



Florida Health Care OF BREVARD

Primary Care - Wellness - Prevention

Generic 7-Day Meal Plan for Men

Common discussion range: about 1,800 to 2,200 calories daily with 120 to 160 grams of protein, adjusted by the care team.

Hydration: aim for 80 to 100 oz daily unless you have a fluid restriction.

This plan is general education only. Patients with diabetes, kidney disease, heart disease, pregnancy, eating disorder history, food allergies, or medication-related nutrition needs should ask the care team before using a meal plan.

Day 1

- Breakfast: 3 eggs scrambled with 1 cup vegetables, 1/4 avocado, and 1 slice whole-grain toast.
- Lunch: 5 to 6 oz grilled chicken over 2 cups greens with 1/2 cup beans, 1/2 cup salsa, and 1/2 cup cooked brown rice.
- Snack: 1 cup Greek yogurt with 1/2 cup berries.
- Dinner: 5 to 6 oz salmon, 2 cups roasted vegetables, and 3/4 cup cooked quinoa.

Meal	Calories	Protein	Carbs	Fat
Breakfast	520	30g	35g	25g
Lunch	650	48g	55g	22g
Snack	220	22g	18g	4g
Dinner	720	46g	54g	32g
Daily total	2110	146g	162g	83g

Day 2

- Breakfast: Smoothie with 1.5 cups unsweetened milk, 1 scoop protein powder, 1 cup spinach, and 3/4 cup berries.
- Lunch: 5 oz turkey burger patty in lettuce bowl with 2 cups side salad and 1 medium sweet potato.
- Snack: 3/4 cup cottage cheese and 1 small fruit.
- Dinner: 5 oz lean steak or tofu, 2 cups broccoli and mushrooms, and 1 small baked potato.

Meal	Calories	Protein	Carbs	Fat
Breakfast	430	34g	34g	10g
Lunch	620	42g	46g	24g
Snack	230	20g	22g	5g
Dinner	700	46g	46g	30g
Daily total	1980	142g	148g	69g

Day 3

- Breakfast: 1/2 cup dry oats prepared with 1 scoop protein powder, 1 tbsp chia seeds, and 1/2 cup blueberries.
- Lunch: 1 tuna packet or 5 oz chicken salad in a whole-grain wrap with 1 cup vegetables.
- Snack: 2 boiled eggs and 1 cup cucumber slices.
- Dinner: 2 cups turkey chili with beans plus 2 cups side salad.

Meal	Calories	Protein	Carbs	Fat
Breakfast	480	34g	48g	16g
Lunch	560	42g	48g	16g
Snack	190	12g	4g	11g
Dinner	680	44g	52g	25g
Daily total	1910	132g	152g	68g

Day 4

- Breakfast: 1 cup Greek yogurt with 1 oz walnuts, 1/2 cup berries, and cinnamon.
- Lunch: 5 to 6 oz chicken Mediterranean bowl with 1 cup cucumber and tomato, 2 tbsp hummus, 2 cups greens, and 1/2 cup cooked grain.
- Snack: 1 protein shake with 25 to 35 grams protein or 1 oz nuts.
- Dinner: 6 oz shrimp or chicken stir-fry with 2 cups vegetables and 1.5 cups cauliflower rice.

Meal	Calories	Protein	Carbs	Fat
Breakfast	430	28g	34g	20g
Lunch	620	46g	45g	24g
Snack	210	28g	8g	5g
Dinner	620	46g	30g	26g
Daily total	1880	148g	117g	75g

Day 5

- Breakfast: 2 egg bites or 2 eggs with 2 oz turkey sausage and 1 cup spinach.
- Lunch: 5 oz salmon salad with 1 tbsp olive oil dressing and 1 small fruit.
- Snack: 1 apple with 2 tbsp peanut butter.
- Dinner: 5 to 6 oz grilled chicken, 2 cups green beans, and 3/4 cup cooked lentils.

Meal	Calories	Protein	Carbs	Fat
Breakfast	390	28g	10g	24g
Lunch	540	38g	24g	30g
Snack	280	8g	28g	16g
Dinner	680	48g	50g	22g
Daily total	1890	122g	112g	92g

Day 6

- Breakfast: 1 cup cottage cheese, 1/2 cup berries, and 1/4 cup low-sugar granola.
- Lunch: 5 oz lean turkey taco bowl with 2 cups lettuce, 1/2 cup beans, 1/2 cup salsa, 1/4 avocado, and 1 cup vegetables.
- Snack: 1/4 cup hummus with 1 cup carrots and peppers.
- Dinner: 5 to 6 oz baked cod, 2 cups asparagus and side salad, and 1 medium roasted sweet potato.

Meal	Calories	Protein	Carbs	Fat
Breakfast	380	30g	34g	12g
Lunch	650	45g	50g	26g
Snack	230	8g	20g	12g
Dinner	700	46g	58g	22g

Daily total	1960	129g	162g	72g
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Day 7

- Breakfast: 3-egg omelet with 1 cup vegetables, 1/2 cup berries, and coffee or tea without added sugar.
- Lunch: 2 cups chicken vegetable soup with 5 oz chicken plus 1/2 cup quinoa or beans.
- Snack: 1 protein shake with 25 to 35 grams protein or 1 cup Greek yogurt.
- Dinner: 5 to 6 oz turkey meatballs, 1/2 cup marinara, 2 cups zucchini noodles, and 2 cups salad.

Meal	Calories	Protein	Carbs	Fat
Breakfast	420	28g	18g	25g
Lunch	590	44g	46g	18g
Snack	230	28g	10g	4g
Dinner	640	45g	34g	28g
Daily total	1880	145g	108g	75g

Ingredient swaps on the website

The web version lets patients change ingredients or meals and recalculates daily macros. Use the PDF for a printable starting plan and the website for interactive planning.