



Florida Health Care OF BREVARD

Primary Care - Wellness - Prevention

Generic 7-Day Meal Plan for Women

Common discussion range: about 1,400 to 1,700 calories daily with 90 to 120 grams of protein, adjusted by the care team.

Hydration: aim for 64 to 80 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: 3/4 cup plain Greek yogurt, 1/2 cup berries, 1 tbsp chia seeds, and 1 tbsp chopped walnuts.
- Lunch: 4 oz grilled chicken over 2 cups salad greens with 1/4 avocado, 1/2 cup cucumber, 1/2 cup tomato, and 1 tbsp vinaigrette.
- Snack: 1 small apple with 1 tbsp peanut butter.
- Dinner: 4 oz salmon, 2 cups roasted broccoli, and 1/2 cup cooked quinoa.

Meal	Calories	Protein	Carbs	Fat
Breakfast	320	26g	28g	12g
Lunch	420	36g	18g	22g
Snack	180	4g	25g	8g
Dinner	520	38g	36g	24g
Daily total	1440	104g	107g	66g

Day 2

- Breakfast: 2 eggs scrambled with 1 cup spinach and peppers plus 1 slice whole-grain toast.
- Lunch: 3 to 4 oz turkey in 2 large lettuce leaves with 2 tbsp hummus and 1 cup raw vegetables.
- Snack: 1/2 cup cottage cheese or 1 protein shake with 20 to 30 grams protein.
- Dinner: 4 oz lean turkey taco bowl with 2 cups lettuce, 1/2 cup salsa, 1/3 cup beans, and 1/3 cup cooked brown rice.

Meal	Calories	Protein	Carbs	Fat
Breakfast	330	22g	22g	16g
Lunch	360	32g	22g	14g
Snack	170	20g	10g	4g
Dinner	500	34g	42g	20g
Daily total	1360	108g	96g	54g

Day 3

- Breakfast: Smoothie with 1 cup unsweetened milk, 1 scoop protein powder, 1/2 cup berries, and 1 cup spinach.
- Lunch: 1 tuna packet or 1/2 cup chickpea salad over 2 cups greens with 1 tbsp olive oil dressing.
- Snack: 1 cup carrots with 2 tbsp hummus.
- Dinner: 4 oz chicken breast, 1.5 cups zucchini, 2 cups side salad, and 1/2 small sweet potato.

Meal	Calories	Protein	Carbs	Fat
Breakfast	310	28g	28g	7g
Lunch	390	32g	22g	18g
Snack	140	4g	16g	6g
Dinner	500	38g	34g	19g
Daily total	1340	102g	100g	50g

Day 4

- Breakfast: 1/2 cup dry oats prepared overnight with 1/2 scoop protein powder, cinnamon, and 1/2 cup blueberries.
- Lunch: 4 oz shrimp or tofu with 1.5 cups vegetables and 1.5 cups cauliflower rice.
- Snack: 1 boiled egg and 1 small fruit.
- Dinner: 4 oz lean beef or veggie burger patty with 2 cups salad and 1.5 cups roasted vegetables.

Meal	Calories	Protein	Carbs	Fat
Breakfast	360	24g	45g	9g
Lunch	360	32g	20g	16g
Snack	150	8g	16g	5g
Dinner	480	34g	22g	26g
Daily total	1350	98g	103g	56g

Day 5

- Breakfast: 2 eggs with 1 sliced tomato and 1/4 avocado.
- Lunch: 2 cups chicken vegetable soup with 3 to 4 oz chicken plus 2 cups side salad.
- Snack: 3/4 cup Greek yogurt or 1 string cheese with 1 small fruit.
- Dinner: 4 oz baked cod, 1.5 cups asparagus, and 1/2 cup cooked lentils.

Meal	Calories	Protein	Carbs	Fat
Breakfast	310	18g	12g	22g
Lunch	420	34g	28g	18g
Snack	170	16g	18g	2g
Dinner	480	38g	34g	16g
Daily total	1380	106g	92g	58g

Day 6

- Breakfast: 1 low-sugar protein bar with 15 to 25 grams protein and 1 small fruit, or 3/4 cup cottage cheese with 1/2 cup berries.
- Lunch: 4 oz grilled chicken or tofu with 1 cup cucumber and tomato, 1 tbsp olives, 2 cups greens, and 2 tbsp tzatziki or vinaigrette.
- Snack: 1 oz nuts and 1 cup cucumber slices.
- Dinner: 4 oz turkey meatballs, 1/2 cup marinara, 2 cups zucchini noodles, and 2 cups salad.

Meal	Calories	Protein	Carbs	Fat
Breakfast	300	24g	30g	8g
Lunch	430	36g	24g	20g
Snack	200	6g	8g	16g

Dinner	500	36g	24g	24g
Daily total	1430	102g	86g	68g

Day 7

- Breakfast: 2-egg veggie omelet with 1 cup vegetables and 1/2 cup berries.
- Lunch: 4 oz salmon salad or chicken salad in 2 to 3 lettuce cups with 1 cup raw vegetables.
- Snack: 1 protein shake with 20 to 30 grams protein or 2 tbsp hummus with 1 cup vegetables.
- Dinner: 4 oz grilled chicken, 1.5 cups green beans, and 1 small baked potato.

Meal	Calories	Protein	Carbs	Fat
Breakfast	300	20g	16g	16g
Lunch	400	34g	14g	22g
Snack	170	24g	8g	3g
Dinner	500	38g	42g	16g
Daily total	1370	116g	80g	57g

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.