

Healthy Living – Today 7 Day Meal Planner

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This sample plan offers a full week of balanced meals and snacks made with whole ingredients to keep you energized and satisfied. Whether you're cooking for yourself or your family, these easy options help take the guesswork out of eating well.

Day	Breakfast	Lunch	Dinner	Snacks	Menu Notes
MONDAY	Oatmeal with berries	Grilled chicken salad	Baked salmon with quinoa and steamed broccoli	Greek yogurt, almonds	
Alternative	Quinoa porridge with apples and cinnamon (gluten-free option)	Kale salad with baked tofu and nutritional yeast "parmesan"	Grilled portobello mushrooms with brown rice and green beans	Coconut yogurt with hemp seeds or roasted chickpeas (dairy/nut-free)	
TUESDAY	Scrambled eggs with toast	Turkey sandwich with a side of salad	Stir-fried tofu with vegetables and brown rice	Carrot sticks, hummus	
Alternative	Chickpea scramble with gluten-free toast or roasted sweet potato slices	Grilled tempeh or roasted chickpea salad with lemon tahini dressing (vegetarian)	Zucchini noodles with chickpeas and olive oil	Sliced bell peppers or cucumber with guacamole	
WEDNESDAY	Smoothie with spinach, banana, and protein powder	Quinoa bowl with black beans and avocado	Grilled shrimp with whole wheat pasta	Apple slices, peanut butter	
Alternative	Smoothie with kale, mango, hemp seeds, and unsweetened almond or oat milk	Lentil or black bean wrap with greens and avocado (gluten-free tortilla)	Baked cod or tempeh with lentil pasta and roasted vegetables	Pear or banana with sunflower seed butter	
THURSDAY	Yogurt parfait with granola	Chicken wrap with mixed greens	Beef stir-fry with vegetables	Trail mix, orange slices	
Alternative	Coconut milk yogurt with sunflower seed butter and pumpkin seeds (dairy-free/nut-free)	Brown rice bowl with edamame, roasted veggies, and sunflower seed butter drizzle	Mushroom and bell pepper stir-fry with wild rice (soy-free sauce alternative)	Roasted pumpkin seeds with a mandarin	
FRIDAY	Pancakes with maple syrup	Tuna salad sandwich	Vegetable Curry with rice	Celery sticks and cream cheese	
Alternative	Almond flour or oat flour pancakes with mashed berries (low sugar option)	Falafel lettuce wraps with cucumber and yogurt sauce	Sweet potato and lentil stew with millet or cauliflower rice	Cucumber rounds with smashed avocado	
SATURDAY	Breakfast bagel with cream cheese	Grilled cheese sandwich with tomato soup	BBQ chicken with corn on the cob	Popcorn, grapes	
Alternative	Whole-grain English muffin with avocado mash or hummus	Mashed white bean salad with herbs and olive oil on whole-grain bread	Baked lentil loaf with roasted carrots and peas	Air-popped popcorn with olive oil drizzle and strawberries	
SUNDAY	French toast with strawberries	Caesar salad with grilled chicken	Roast beef with mashed potatoes	Cheese cubes, crackers	
Alternative	Rice bread French toast with sliced pear and a dash of cinnamon (egg-free option: flax egg)	Hummus and avocado sandwich with sliced cucumbers (dairy-free, nut-free)	Baked turkey meatballs with mashed cauliflower and green beans	Dairy-free cheese slices with flaxseed or rice crackers	