

My 30 Day Healthy Lifestyle Eating Plan

Mount Sinai is committed to helping you take a mindful approach to self-care and healthy living.

An important part of self-care includes choosing foods that are nutritious, taste good, and support a positive mood and outlook. We have included a sample 30-day meal plan filled with delicious recipes for you and your family to share on your journey to optimal health.

This guide also lists activity options that you can include in your personal wellness plan. Some of these activities are available on a Mount Sinai Hospital campus or in your local community.

This guide has only been designed as a suggestion and does not take the place of a visit with your physician. Consult with your health care team to outline a wellness plan that is safe for you to follow.

My Healthy Lifestyle Plan

I. Recreational Activities

	Duration	Days of the Week
1. Walking	_____	_____
2. Exercise Class	_____	_____
3. Meditation Club	_____	_____
4. Yoga	_____	_____
5. Swimming	_____	_____
6. Weights	_____	_____
7. _____	_____	_____
8. _____	_____	_____
9. _____	_____	_____
10. _____	_____	_____

II. Members of My Healthcare Team

1. Primary Healthcare Practitioner: _____ a. Date: _____ b. Reason for visit: _____	4. Weight Watchers: _____ 5. Diabetes Prevention Program: _____ 6. Personal Wellness Coach: _____ 7. Support Group: _____ 8. Other: _____ _____
3. Certified Diabetes Educator/ Registered Dietitian: _____ a. Date: _____ b. Reason for visit: _____ _____	III. Smoking Cessation _____ _____

Day 1:

Breakfast:

1 low-fat plain Greek yogurt (6oz)
¾ cup blueberries
12 almonds or 2 tablespoons
of ground flaxseed meal
Coffee with milk and a sugar substitute

Lunch:

1 piece of grilled chicken (4oz)
1 whole grain wrap (*substitute corn
as a gluten-free option*)
Fill with onions, peppers, spinach,
and ⅓ avocado
1¼ cup of strawberries on the side

Snack:

1 small apple with 1 tablespoon all
natural nut butter (*peanut, almond,
cashew, sunflower seed*)

Dinner:

1 grilled *turkey burger (4oz)
1 medium baked sweet potato
topped with cinnamon
1 cup spinach (*sautéed with garlic
and 1 teaspoon olive oil*)
Side salad with 1 tablespoon dressing
* Made with 99% lean ground white meat

Day 2:

Breakfast:

3 egg whites and 1 whole egg,
scrambled
2 slices of whole grain bread
(*100% whole wheat, rye, oat
or gluten-free bread*)
½ cup cooked spinach
¼ cup low-fat shredded cheese

Lunch: Quinoa Bowl

Skinless roasted chicken, diced (3oz)
1 cup cooked quinoa
1 cup chopped tomatoes
and carrots
⅓ avocado or 6 olives, diced

Snack:

1 *Kind® bar
* Avoid bars with coconut or yogurt

Dinner:

Shrimp (4oz)
Sauté with garlic, olive oil, and lemon
1 cup spaghetti squash or zucchini
½ cup herb roasted potatoes

Day 3:

Breakfast:

1 whole grain English muffin
1 tablespoon peanut butter
¾ cup blueberries
2 slices low-sodium turkey

Lunch: Tuna Salad

1 can of tuna in water, drained
1 whole grain wrap
Mix with spinach, cucumber,
carrots, ½ cup beans (*if using
canned, make sure to rinse*)
Dress with 1 teaspoon olive oil,
vinegar, and lemon (*fresh garlic
and hot pepper optional*)

Snack:

20 baby carrots with 2 tablespoons
hummus or 2 tablespoons guacamole

Dinner: Chicken and Vegetable Stir-Fry

1 cup brown rice
1 piece of grilled chicken (4oz)
1 cup broccoli
1 cup bell peppers
1 tablespoon olive oil

Day 4:

Breakfast:

½ cup oatmeal
(*cooked in water*)
½ cup cup canned or frozen peaches
(*unsweetened*)
2 hard-boiled egg whites

Lunch: Salad

1 - 2 cups mixed greens or spinach
Add chicken, broccoli and peppers
(*use leftovers from Day 3's dinner*)
1 small piece of fruit

Snack:

3 cups air popped popcorn

Dinner: Grilled Chicken Burgers with Onions and Peppers

1 whole wheat bun
*Ground chicken (4oz)
Add onions and peppers
1 cup cauliflower mash
1 cup grilled asparagus
* Make extra burger for next day's lunch

Day 5:

Breakfast: Grilled Peanut Butter and Strawberry Sandwich

1 whole grain bread sandwich thin
(at least 3 grams of fiber)
1½ tablespoons all natural nut butter (peanut, almond, cashew, sunflower seed)
½ cup sliced strawberries
(or other berry variety)

Lunch: Chicken Burger Fiesta Salad

1 leftover chicken burger
(from Day 4's dinner)
2 cups lettuce
Add ½ cup black beans, (if using canned, make sure to rinse)
¼ cup low-fat cheddar cheese, and
⅓ avocado
1 tablespoon *salsa
Dress with 1 tablespoon lemon and vinegar
* Avoid salsa if you have high blood pressure, as it can be high in sodium

Snack:

1½ cups edamame in shell
(sprinkle with sea salt)

Dinner: Egg White, Veggie Omelet

3 egg whites and 1 whole egg
Add veggies of your choice
2 slices of whole grain bread
or 1 medium baked sweet potato

Day 6:

Breakfast:

(mix together)
1 low-fat plain Greek yogurt (6oz)
½ cup low-fat cottage cheese
1 slice whole grain bread
¾ cup blueberries
2 tablespoons chopped almonds

Lunch: Lettuce Wraps

4 slices low-sodium roast turkey or ham (wrapped in lettuce)
1 slice of cheese
2 - 4 Whole Grain Wasa® crackers
Side salad or carrots with
2 tablespoons hummus

Snack:

Small orange and 15 nuts

Dinner:

Grilled salmon or preferred fish (5oz)
Unlimited steamed broccoli
1 medium baked sweet potato
(Top with cinnamon and 1 dollop of low-fat Greek yogurt)

Day 7:

Breakfast: Pumpkin Quinoa Blueberry Bowl

(mix together)
½ cup cooked *quinoa
½ cup unsweetened almond milk
¼ cup 100% pure pumpkin puree
¼ cup blueberries (frozen or fresh)
¼ cup chopped walnuts
or slivered almonds
1 teaspoon cinnamon, 1 teaspoon nutmeg, and 1 teaspoon vanilla extract
* Quinoa is a low-glycemic index, high-fiber, high-protein grain. It is a great substitution for oatmeal and is naturally gluten-free.

Lunch: Salmon Salad

Canned, boneless, and skinless wild salmon (6oz)
½ cup chickpeas (if using canned, make sure to rinse)
½ cup chopped red onion
½ cup chopped red bell pepper
Dress with 1 tablespoons extra-virgin olive oil and 2 tablespoons red wine vinegar

Snack:

8 Triscuits® with bean dip spread and chopped parsley

Dinner:

Lean beef or your choice of meat (4oz)
1 medium potato or sweet potato (6oz)
1 cup salad with 1 tablespoon of oil-based dressing
1 cup fruit salad

Day 8:

Breakfast:

½ cup oatmeal (cooked in water)
½ cup blueberries
½ cup 1% milk
Coffee or tea without sugar

Lunch:

1 piece of grilled chicken (4oz)
1 cup brown rice
1 - 2 cups salad with 1 tablespoon oil-based dressing

Snack:

½ - ¾ cup whole grain cereal
(Cheerios®, Barbara's Bakery Cinnamon Puffins®, or Kashi Heart to Heart® cereal)
12 raw almonds
1 tablespoon raisins (unsweetened)

Dinner:

Baked fish (4oz)
⅔ cup whole wheat pasta
½ cup cooked non-starchy vegetables (i.e. string beans, broccoli, cabbage, spinach)
1 cup melon

Day 9:

Breakfast:

1¼ cup plain Cheerios®
Low-fat or non-fat Greek yogurt (6oz)
¾ cup berries
12 chopped almonds
Coffee with milk and sugar substitute

Lunch: *Three Bean Salad*

(combine all ingredients)
½ cup canned cannellini beans, *(if using canned, make sure to rinse)*
½ cup canned black beans, *(if using canned, make sure to rinse)*
1 cup cooked French cut string beans *(frozen or fresh)*
¼ cup chopped onion
Dress with 1 tablespoon olive oil, red wine vinegar, and balsamic vinegar

Snack:

½ medium apple
Top with 1 thin slice of low-fat cheddar cheese (1oz)
Broil 3 minutes with ½ teaspoon chives

Dinner:

99% lean *ground turkey (4oz)
2 slices of whole rye bread
½ cup baby spinach
¼ cup chopped artichoke hearts *(kept in water, not oil)*
1 tablespoon vinaigrette dressing
* You can substitute for roast turkey but the sodium content will double. When buying deli meats, choose the low-sodium option.

Day 10:

Breakfast:

1 whole wheat English muffin
1 tablespoon creamy peanut butter, unsalted
¾ cup blueberries

Lunch:

1 cup tossed salad mix – add any non-starchy vegetables *(i.e. string beans, broccoli, cabbage, spinach)*
Add 3 hard-boiled egg whites or grilled shrimp (4oz)
Dress with 1 tablespoon vinegar and olive oil
1 slice of whole grain bread *(rye, whole wheat, or another variety)*
½ cup fresh cantaloupe

Snack:

1 small 16oz non-fat, iced cappuccino

Dinner:

⅔ cup cooked quinoa
Roast pork tenderloin or grilled London broil with mushrooms and onions (4oz)
¾ cup sliced, cooked carrots
1 cup strawberries on the side

Day 11:

Breakfast:

(mix together)
1 low-fat plain Greek yogurt (6oz)
½ cup low-fat cottage cheese
1 whole grain waffle
¾ cup blueberries
2 tablespoons chopped almonds

Lunch:

1 cup low-sodium lentil soup
Side salad with 1 tablespoon vinaigrette dressing

Snack:

2 brown rice cakes
2 tablespoons hummus

Dinner: *Fish Tacos*

Grilled fish (4oz)
1 whole corn soft small tortilla wrap
Chopped tomatoes, peppers, onions, and scallions *(stir fried with 1 tablespoon olive oil)*
¼ cup shredded low-fat cheese or ⅓ avocado

Day 12:

Breakfast:

1 medium banana
1 tablespoon nut butter *(almond, cashew, sunflower seed, peanut)*
1 hard-boiled egg

Lunch:

2 slices of whole grain bread *(rye, whole wheat or another variety)*
Low-sodium turkey or ham (4oz)
Lettuce, tomato, peppers or onions

Snack:

½ cup low-fat cottage cheese
¾ cup raspberries
5 chopped almonds

Dinner:

Baked chicken (4oz) *(without skin)*
1 cup brussel sprouts
¾ cup diced sweet potato
Roast vegetables in garlic, black pepper, and 2 teaspoons olive oil

Day 13:

Breakfast: *Healthy French Toast*

(dip bread into batter, then cook in pan)

2 slices of whole grain bread

Mix 1 egg, ¼ cup unsweetened almond or soy milk, 1 teaspoon vanilla,

1 teaspoon cinnamon

Lunch: *Quinoa and Veggie Bowl*

½ cup cooked quinoa

½ cup diced broccoli and tomatoes

¼ cup black beans, *(if using canned, make sure to rinse)*

1 teaspoon lemon juice

2 teaspoons olive oil

1 cup apple slices on the side

Snack:

1 low-fat plain Greek yogurt (6oz) or

low-fat cottage cheese

½ cup Kashi 7 Whole Grain

Flakes® cereal

1 teaspoon cinnamon

Dinner: *Pan-Seared Salmon over Kale Salad*

1 piece of salmon, pan seared (4oz)

2 cups kale

1/2 cup chick peas, *(if using canned, make sure to rinse)*

1 tablespoon lemon juice

1 tablespoon olive oil

Salt and pepper, to taste

(Whisk together lemon juice, olive oil, salt and pepper. Add kale, toss to coat and top with pan seared salmon.)

Day 14:

Breakfast: *Egg White Omelet with Peppers, Onions, Mushrooms*

3 egg whites

1 - 2 slices whole grain bread

Peppers, onions, mushrooms

1 tablespoon shredded low-fat cheese

Lunch: *Roast Turkey Wrap*

Low-sodium turkey (4oz)

1 whole grain wrap

Chopped lettuce, tomato,

cucumber, and peppers

1 tablespoon mustard

Side salad with 1 tablespoon

vinaigrette dressing

1 small pear

Snack:

1 frozen whole grain waffle

1 Cup plain Greek non-fat yogurt (6 oz)

5 sliced strawberries or 2 tablespoons blueberries, blackberries or raspberries

Dinner: *Spaghetti Squash with Grilled Chicken*

1 piece of grilled chicken (4 oz)

1 cup spaghetti squash

½ cup of corn

Sauté with garlic, olive oil, and lemon

Day 15:

Breakfast: *Banana Smoothie*

1 Banana

1 cup low-fat milk

2 tablespoons ground flax, hemp or chia seed

1 scoop protein powder, ice

(Add spinach/kale for extra vitamins and minerals)

Lunch: *Tuna on Whole Grain Pita*

Mix 1 can of tuna in water, drained

with ⅓ avocado

or 2 tablespoons hummus

Add chopped onions, celery, and carrots

Scoop into 1 whole grain pita

Stuff with 9 spinach leaves

Snack:

2 Hearty Rye Wasa® Crispbreads or

1 slice of whole grain toast

½ cup low-fat cottage cheese and

2 tablespoons salsa *(warmed in microwave)*

Dinner:

Poached fish (4 oz)

1 cup roasted potatoes *(with skin)*

1 - 2 cups string beans

Day 16:

Breakfast: *Homemade Egg McMuffin*

Low-sodium turkey or ham (1oz)

2-3 scrambled egg whites

1 whole grain English muffin or

1 whole grain sandwich thin

1 tablespoon shredded,

low-fat cheddar

2 slices medium tomato

Lunch:

1 whole grain wrap *(substitute rice or corn as gluten free option)*

Grilled chicken breast (4oz)

Fill with onions, peppers, spinach, and ⅓ avocado

1 cup fruit salad

Snack:

1 *Kind® bar

** Avoid bars with coconut or yogurt*

Dinner: *Shrimp and Vegetable Stir-Fry*

Shrimp (4oz)

1 - 2 cups mixed vegetables

(i.e. eggplant, peppers, onion, broccoli, mushroom, etc.)

½ cup brown rice

½ cup black beans

Day 17:

Breakfast: *Peach Oatmeal*

½ cup oatmeal (cooked in water)
½ cup frozen peaches
(warmed in microwave)
1 teaspoon cinnamon
2 tablespoons chopped walnuts
1 dollop of low-fat Greek vanilla yogurt

Lunch: *Tuna Spinach Salad*

1 can of tuna in water, drained
1-2 cups spinach
Slices of cucumber, carrots, and
any other non-starchy vegetables
½ cup beans, (if using canned, make
sure to rinse)
Dress with 1 teaspoon olive oil
and vinegar

Snack:

5 celery stalks
1 tablespoon peanut butter
and 15 raisins (unsweetened)

Dinner: *Lemon Chicken Tacos*

1 whole grain corn tortilla (warmed)
1 piece of grilled chicken (4oz)
Marinate in 1 teaspoon lemon, garlic,
1 teaspoon olive oil, pepper, and salt
Sauté 1-2 cups of carrots, scallions,
zucchini, and peppers with
1 teaspoon olive oil

Day 18:

Breakfast:

2 hard-boiled eggs
1 slice of whole grain bread
1 medium apple, sliced
with cinnamon

Lunch:

1 low-fat plain Greek yogurt (6oz)
1 cup berries
2 tablespoons chopped nuts
¾ cup low-sugar cereal

Snack:

1 medium apple
2 tablespoons hummus

Dinner:

Salmon fillet (4oz)
(Marinate in garlic, 1 teaspoon
olive oil, and lemon).
Add 1 tablespoon capers and bake
Serve with:
1 cup roasted butternut squash
1 cup roasted cauliflower

Day 19:

Breakfast: *Blueberry Smoothie*

1 cup blueberries
1 cup low-fat milk
2 tablespoons ground flax, hemp
or chia seed
1 scoop protein powder, ice
(Add spinach or kale for extra vitamins
and minerals)

Lunch:

2 cups mixed greens
Roasted low-sodium turkey (4oz)
Unlimited non-starchy vegetables
(i.e. string beans, broccoli, cabbage,
spinach)
¼ cup goat cheese
2 tablespoons oil-based dressing

Snack:

15 baby carrots
1 tablespoon peanut butter

Dinner:

95% lean ground beef burger (4oz)
1 whole grain roll
Mushrooms, onions, peppers,
and tomatoes
Side salad
½ cup melon

Day 20:

Breakfast: *Quinoa Bowl*

(mix together)
½ cup cooked quinoa
½ apple or pear, diced
2 tablespoons chopped nuts
½ cup skim or low-fat milk

Lunch: *Peanut Butter and Banana Sandwich*

2 slices of whole grain bread
1 tablespoon nut butter (peanut,
almond, cashew, sunflower seed)
½ banana, sliced
Side of carrots

Snack:

1 sliced whole bell pepper (any color)
2 tablespoons hummus or guacamole

Dinner: *Shrimp and Veggie Stir-Fry*

Shrimp (4oz)
1 - 2 cups mixed vegetables
of your choice (i.e. eggplant, peppers,
onion, broccoli, mushroom, etc.)
1 cup of brown rice

Day 21:

Breakfast:

3 scrambled egg whites
2 slices of whole grain bread
Add feta (1 oz), chopped tomatoes
and spinach *or* leftover vegetables
from night before
1/3 avocado

Lunch: **Brown Rice Bowl**

2/3 cup brown rice (*leftover from night before*)
1 piece of grilled chicken *or* other
protein source (4oz)
1/2 cup mixed vegetables

Snack:

1 1/4 cup sliced strawberries with
cinnamon and 12 almonds

Dinner: **Turkey Meatballs with Quinoa and Roasted Kale**

Lean ground turkey (3-4oz)
2/3 cup quinoa
1 cup roasted kale
(*Toss with olive oil, garlic, salt,
and pepper*)

Day 22:

Breakfast:

1 cup plain oatmeal (*regular or instant*)
3/4 cup sliced berries
1/4 chopped walnuts
or silvered almonds

Lunch:

Low-sodium turkey *or* ham (4oz)
Lettuce and tomato salad
1 tablespoon oil-based dressing
1 pear

Snack:

15 baby carrots
2 tablespoons hummus

Dinner: **Fish Tacos**

Grilled fish (4oz)
1 whole corn soft small tortilla wrap
Chopped tomatoes, peppers, onions,
scallions (*stir fried with 1 tablespoon
olive oil*)
1/4 cup shredded low-fat cheese
or 1/3 avocado

Day 23:

Breakfast:

1 low-fat plain Greek yogurt (6oz)
1/2 cup low-fat cottage cheese
1/2 cup sliced peaches
2 tablespoons chopped almonds

Lunch:

1 piece of grilled chicken (4oz)
1 whole grain wrap (*substitute corn
as a gluten-free option*)
Fill with onions, peppers, spinach,
and 1/3 avocado
1 1/4 cup strawberries on the side

Snack:

1 *Kind® bar
* *Avoid bars with coconut or yogurt*

Dinner:

Shrimp (4oz)
(*Sauté with garlic, olive oil, and lemon*)
1 cup spaghetti squash *or* zucchini
1/2 cup herb roasted potatoes

Day 24:

Breakfast:

1 1/4 cup whole grain cereal
(*Cheerios®, Barbara's Bakery Cinnamon
Puffins®, or Kashi Heart to Heart®*)
Low-fat *or* non-fat Greek yogurt (6oz)
3/4 cup berries
Coffee with milk and sugar substitute

Lunch: **Tuna Salad Sandwich**

1 whole grain bread sandwich thin
(*at least 3 grams of fiber*)
Mix 1 can of tuna in water, drained,
with spinach, cucumber,
and carrots
Dress with 1 teaspoon olive oil,
vinegar, and lemon

Snack:

Small orange and 15 nuts

Dinner: **Grilled Chicken Burgers with Onions and Peppers**

1 whole wheat bun
Ground chicken (4oz)
Add onions and peppers
Side salad with 1 tablespoon
vinaigrette dressing

Day 25:

Breakfast:

3 scrambled egg whites
2 slices of whole grain bread
(100% whole wheat, rye, oat
or gluten-free bread)
½ cup cooked spinach
¼ cup low-fat shredded cheese

Lunch:

1 - 2 cups lettuce
Add ½ cup black beans, (if using
canned, make sure to rinse)
¼ cup low-fat cheddar cheese,
and ⅓ avocado
Dress with 1 tablespoon lemon
and vinegar
1 small apple

Snack:

24 unsalted almonds

Dinner:

Grilled salmon or preferred fish (5oz)
½ cup whole wheat cous cous
1 cup cauliflower mash
1 cup grilled asparagus

Day 26:

Breakfast:

1 whole grain bread sandwich thin
(at least 3 grams of fiber)
1½ tablespoons all natural nut butter
(peanut, almond, cashew,
sunflower seed)
½ cup sliced strawberries
(or other berry variety)

Lunch:

1 cup tossed salad mix – with any
non-starchy vegetables (i.e. string
beans, broccoli, cabbage, spinach)
Add 3 hard-boiled egg whites
Dress with 1 tablespoon vinegar
and olive oil
½ cup melon

Snack:

8 Triscuits® with bean dip spread
and chopped parsley

Dinner: *Chicken and Vegetable Stir-Fry*

1 cup brown rice
1 piece of grilled chicken (4oz)
1 cup broccoli

Day 27:

Breakfast:

1 boiled egg
1 cup fat-free milk (8oz)
1 cup of Fiber One® cereal or
1½ cups Cheerios®

Lunch: *Peanut Butter and Banana Sandwich*

2 slices of whole grain bread
1 tablespoon nut butter (peanut,
almond, cashew, sunflower seed)
½ banana, sliced

Snack:

1 whole bell pepper, sliced (any color)
2 tablespoons hummus or guacamole

Dinner: *Lemon Chicken Pasta*

1 piece of grilled chicken (4oz)
1 cup whole grain pasta
Add carrots, scallions, zucchini,
and peppers
Sauté in 1 teaspoon lemon, garlic,
1 teaspoon olive oil, pepper, and salt

Day 28:

Breakfast:

(mix together)
½ cup plain oatmeal
1 small, diced apple
1 cup fat-free milk (8oz)
1 teaspoon cinnamon

Lunch:

Low-sodium turkey (4oz)
1 cup cooked quinoa
1 cup chopped tomatoes and carrots
⅓ avocado

Snack:

3 cups air popped popcorn

Dinner:

Roast pork tenderloin (4oz)
1 medium baked sweet potato
1 cup salad or cooked non-starchy
vegetables (i.e. string beans, broccoli,
cabbage, spinach)
½ cup berries

Day 29:

Breakfast:

1 whole grain English muffin
2 tablespoons peanut butter
½ cup non-fat Greek yogurt
¾ cup sliced berries

Lunch: *Lettuce Wraps*

4 slices low-sodium roast turkey
or ham wrapped in lettuce
1 slice of cheese
2 - 4 Whole Grain Wasa® crackers
Side salad or carrots with
2 tablespoons hummus

Snack:

1 small 16oz non-fat, iced cappuccino

Dinner:

Baked fish (4oz)
1 cup whole wheat pasta
½ cup cooked non-starchy vegetables
(i.e. string beans, broccoli, cabbage,
spinach)
1 - 2 cups melon or berries

Day 30:

Breakfast:

2 egg whites and 1 whole egg
Add veggies of your choice
2 slices of whole grain bread or
1 whole grain wrap
Coffee or tea, without sugar

Lunch: *Tuna on Whole Grain Pita*

Mix 1 can of tuna in water, drained
with $\frac{1}{3}$ avocado
or 2 tablespoons hummus
Add chopped onions, celery and carrots
1 whole grain pita
Stuff with 9 spinach leaves

Snack:

1 cup non-fat Greek yogurt or
low-fat cottage cheese
½ cup Kashi 7 Whole Grain
Flakes® cereal
1 teaspoon cinnamon

Dinner:

95% lean ground beef burger (4oz)
1 whole grain roll
Mushrooms, onions, peppers,
and tomatoes
Side salad with 1 tablespoon dressing

Notes

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