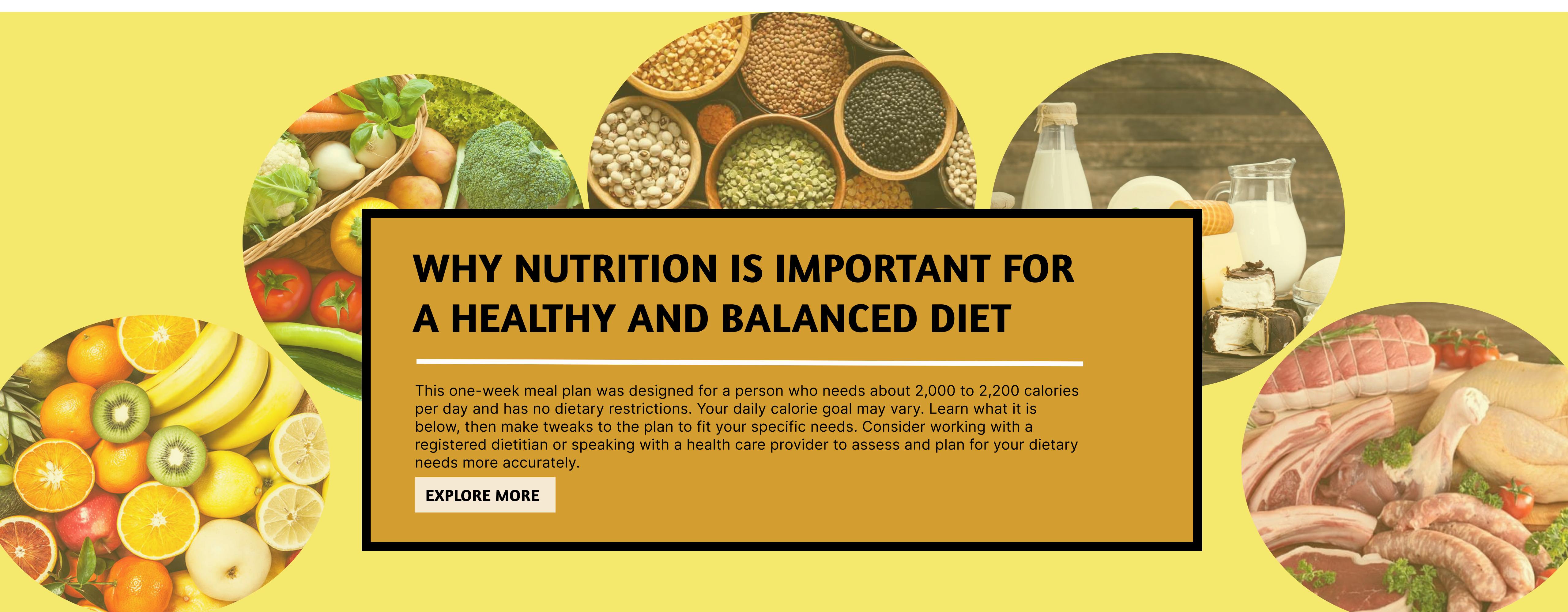




1-WEEK HEALTHY AND BALANCED MEAL PLAN IDEAS RECIPES & PREP

This one-week meal plan was designed for a person who needs about 2,000 to 2,200 calories per day and has no dietary restrictions. Your daily calorie goal may vary. Learn what it is below, then make tweaks to the plan to fit your specific needs. Consider working with a registered dietitian or speaking with a health care provider to assess and plan for your dietary needs more accurately.

[KNOW MORE](#)


WHY NUTRITION IS IMPORTANT FOR A HEALTHY AND BALANCED DIET

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7-DAY SAMPLE MENU

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Each day includes three meals and three snacks and has a healthy balance of carbohydrates, fats, and proteins. You'll also get plenty of fiber from whole grains, fruits, vegetables, and legumes.

[Explore more](#)

DAY 1



If you keep good food in your fridge, you will eat good food.”

BREAKFAST

- One grapefruit
- Two poached eggs (or fried in a non-stick pan)
- One slice 100% whole wheat toast

LUNCH

- 6 ounces grilled chicken breast
- Large garden salad (3 cups mixed greens with 1 cup cherry tomatoes, 1/4 avocado)

DINNER

- 1 cup steamed broccoli
- 1 cup of brown rice
- Halibut (4-ounce portion)

A WORD FROM VERYWELL

Planning healthy meals isn't difficult, but if you're not used to it, the planning can take a little practice. The examples we provided should give you a great start. Don't feel discouraged if you don't stick to the plan exactly as outlined—it's OK to make variations that fit your lifestyle and needs. Do your best to incorporate healthy choices into your day—vegetables, fruit, lean proteins, beans and legumes, and whole grains are always smart bets.

We recognize that meal plans may not be appropriate for all, especially those with disordered eating habits. If you or a loved one are coping with an eating disorder, contact the National Eating Disorders Association (NEDA) Helpline for support at 1-800-931-2237.



