

## **Meal Plan - Single Day Meal Plan**

### **Breakfast:**

Meal: Oats with Berries and Nuts

Description: 1/2 cup rolled oats cooked with water or unsweetened almond milk, topped with 1/2 cup mixed berries (strawberries, blueberries, raspberries) and 1/4 cup unsalted almonds and walnuts.

Notes: Provides fiber, antioxidants, and healthy fats. Low sodium.

### **Lunch:**

Meal: Vegetable and Lentil Soup with Whole Wheat Bread

Description: 2 cups homemade or low-sodium vegetable and lentil soup (check sodium content!), 2 slices whole wheat bread.

Notes: Good source of protein and fiber. Ensure soup is low in sodium.

### **Afternoon snack:**

Meal: Apple with Peanut Butter

Description: 1 medium apple sliced, with 2 tablespoons natural peanut butter (no added salt or sugar).

Notes: Provides fiber, healthy fats, and protein. Opt for natural peanut butter to avoid added sodium.

### **Dinner:**

Meal: Vegetable Curry with Brown Rice

Description: 1.5 cups mixed vegetable curry (using low-sodium spices and coconut milk sparingly), 1 cup cooked brown rice.

Notes: Rich in vitamins and minerals. Use turmeric, ginger, and garlic for flavor instead of excessive salt.

**Evening snack:**

Meal: Small bowl of plain yogurt with fruit

Description: 1 cup plain, non-fat yogurt with 1/2 cup diced melon or berries.

Notes: Provides protein and calcium. Choose plain yogurt to avoid added sugar.