

THE 28-DAY *Meal Plan*

How This 28-Day Plan Works

This plan has one goal: **to help you eat well** — varied meals, steady protein, and real pleasure — for four weeks. Most leftover days are light, but some cooking days involve several recipes and require extended preparation. Check the heavier days before each week begins. It runs across **28 days** of simple, satisfying meals: each day brings a breakfast, a lunch, a dinner, one small snack, a serving of the previous night's dessert on most days, and a freshly prepared dessert after dinner, averaging around **1,970** calories. Many lunches and dinners are cooked once and served again the next day, so there's less time at the stove.



Week 1 opens with **chicken piccata**, then tuna pasta, a whole baked fish, and beef stew. Week 2 adds turkey meatballs, two fish dinners, and a lamb tagine; Week 3, tuna cakes, pork souvlaki, risotto, and roast chicken. Week 4 brings polenta, gnocchi, orzo, a quick shrimp-and-rice dinner, and freshly baked hake. Throughout the four weeks, lunch alternates between soup with a vegetable or bean dish and **soup with a salad**. Each week has its own shopping list, and the snacks to choose from come just before Week 1.

All **52 recipes** appear in the four-week plan. The lunches and dinners include the salads and both new fresh fish recipes.

Why about 2,000 calories a day

U.S. dietary guidance recognizes that **energy needs vary** with age, body size, activity, and health. Daily totals vary from about 1,670 to 2,240 calories, although the four-week average is about 1,970. These are estimates, not individual calorie or protein targets.

If you're tall, active, or unintentionally losing weight, add a little more — an extra slice of bread, a fuller drizzle of olive oil, or a handful of nuts. If your doctor has asked you to eat less, scale down your portions. **The plan bends to you.**

Protein, spread throughout the day

Protein protects your muscles, and older bodies use it less efficiently than younger ones. International expert bodies — the PROT-AGE Study Group and the European Society for Clinical Nutrition and Metabolism (ESPEN) — recommend about **1.0 to 1.2 grams of protein per kilogram** of body weight a day for healthy older adults, more than the long-standing minimum of 0.8. Spreading it across meals is a practical approach, though the best split is still being studied. So this plan places protein at every main meal and in

most snacks; most desserts add protein too. Fruit salad is light on protein; a few nuts or a spoonful of yogurt beside it adds a little.

Some older adults find **smaller, more frequent meals** easier to manage, especially when appetite is low. This is an example plan, not an individual nutrition prescription. If you have kidney disease, diabetes, or take medications that affect dietary needs, ask **your healthcare team** to review it before starting. If you take warfarin, keep your **vitamin K intake consistent** and discuss major dietary changes with your clinician.



A word about salt

Cooking at home is one of the most effective ways to manage salt intake. More than 70% of the sodium most Americans eat comes from packaged and restaurant food — not from the home kitchen or the salt shaker. The recipes here are seasoned with a careful hand. The **American Heart Association** recommends no more than 2,300 mg of sodium a day, and ideally closer to 1,500 mg for older adults. Daily sodium on this plan varies

with the brands of broth, bread, cheese, and canned foods you buy, so check the labels and the sodium figure on each recipe.

At the same time, food has to taste good for you to keep eating it — and a little salt is part of that, especially when eating enough is the real priority. So these recipes use **salt thoughtfully, not fearfully**. If your doctor or cardiologist has placed you on a low-sodium diet, or if you live with high blood pressure, heart failure, or kidney disease, follow their guidance first and season more lightly. The sodium figures in the nutrition tables do not include salt added to taste. Among the snacks, olives, feta, and cheese are flavorful but salty, so **keep those portions small** — a few olives, a thin slice of cheese.

Sources: The nutrition targets in this plan draw on the Dietary Guidelines for Americans (USDA & HHS), protein recommendations from the PROT-AGE Study Group and ESPEN, sodium guidance from the American Heart Association, and side-dish calorie data from the USDA’s FoodData Central. This book is not medical advice; talk with your doctor about your individual needs.

A comfortable daily rhythm

Time	Meal
7:30 a.m.	Breakfast
10:00 a.m.	Snack — or at 4:00, as you like
1:00 p.m.	Lunch — soup with a vegetable or bean dish, or a Chapter 3 salad
4:00 p.m.	Last night’s dessert — or the snack
6:30 p.m.	Dinner — a pasta or grain dish, or a fish or meat plate, followed by dessert

Choose a dinner time and portion that suit your appetite, daily routine, and medical needs. Eating earlier is fine.

The timing above is **a practical rhythm, not a medical prescription** — designed to spread protein and energy evenly through the day. Adjust the times to fit your routine.

Snacks — one from the lists, one from last night's dessert

Each recipe in this book yields two servings, and desserts are no exception — so the day has one snack and last night's dessert between meals; eat either one in the morning and the other in the afternoon, as you like. **The snack** is one of the options in the Snacks section a few pages on, about 100 to 150 calories. Each day names one, chosen to keep that day's calories and protein on target, and you can swap it for any other on the list — the shopping lists buy the named ones, so check that you have what a swap needs. Most options include a protein anchor — yogurt, nuts, cheese, or hummus. **Last night's dessert** — desserts are planned in pairs, so the next day usually uses what was made the evening before; follow the amount shown for each day. Nothing is wasted, and the fresh-fruit desserts (fruit salad, yogurt with fruit) are eaten when they're at their best. For a fruit salad eaten over two days, chill half the fruit separately before adding the banana (or kiwi), and slice the other half of the banana into it the next day. On the very first day, there's no dessert from “yesterday,” so Day 1 has a second snack from the Snacks section.

Cook once, eat twice.

Every recipe makes two servings, and **the day shows how much to make** (full, $\frac{1}{2}$, or $\frac{1}{4}$). On a “cook today” day, make that amount and eat one serving; any second serving becomes your “from yesterday” meal the next day. You cook just once and eat from it twice — no doubling, no extra math. **No**

recipe appears three days running: after its two days, something else takes its turn. Most lunches and dinners work this way, and many dishes taste even better the second day. Soups, stews, and bean dishes reheat especially well; pasta and rice soften a little. A $\frac{1}{2}$ before a dish means half of one serving; “ $\frac{1}{2}$ recipe” after it means make half the recipe. If two days in a row each call for $\frac{1}{2}$, make half the recipe and divide it between them.

If your schedule changes

If a day doesn't go as planned — you eat out, a friend visits, or you don't feel like cooking — **nothing breaks**. Cooked dishes keep safely in the refrigerator for three to four days; reheat until steaming hot (165°F). A meal meant for Tuesday is just as good on Wednesday.

Refrigerate all perishable leftovers **within 2 hours** of cooking, or within 1 hour when the temperature is above 90°F. Divide large amounts into shallow containers. Keep the refrigerator at 40°F or below. Reheat cooked leftovers to 165°F; use within 3–4 days or freeze sooner.

Freeze meat and seafood that will be used later in the week. Move each frozen portion to the **refrigerator the night before** its scheduled meal. Check the dated thawing reminder in the weekly preparation notes.

Cooked fresh, not carried over

Fish or seafood comes **twice a week**, close to the American Heart Association's advice of two fish servings a week (shrimp counts as seafood, not fish). The weekly notes explain the whole-fish portions and the tuna cakes' extra serving to freeze. A few one-day pasta dishes leave room for all the fish recipes, while paired meat, risotto, and polenta dinners keep the **cook once, eat twice** rhythm.

Every recipe makes two servings, but the plan is built for one person

This plan and its shopping lists are sized **for one person**. Follow the exact recipe fraction printed for each meal. For two people, **double the shopping quantities** and every cooking amount; when saving a meal for the next day, prepare enough for both people on both days.

Breakfasts are the **one-day exception** — cook for one and make half the breakfast recipe, unless a smaller portion is shown. On those days, make a quarter of the recipe. When a recipe uses only egg yolks or only whites, keep the other part covered in the refrigerator and use it within 2 to 4 days — the almond cookies (8.03) take a white; for half a batch, beat it lightly with a fork and use half. Freeze any whites you won't use by then in an ice-cube tray; they keep for months.

What matters most is your weekly intake

Keep **the soup at lunch** when you change the salad or vegetable dish. Choose a similar portion, and let it take the place of the planned dish. **Your weekly intake matters most**, so enjoy the rhythm of the week without expecting every day to be the same.

A few **familiar breakfasts and desserts** return to simplify shopping: desserts after at least four days, and three breakfasts about weekly. Swap within Chapter 8 or Chapter 1 and update your shopping list. A new dessert's **second serving** replaces the next afternoon's dessert.

Daily calories and protein describe the **planned dishes**; swaps change them. Choose a yogurt or cheese snack if a swap is lighter in protein. Check **heavier cooking days** before each week; follow the preparation notes to make suitable dishes ahead and refrigerate promptly.

A note for family and caregivers

If you're reading this on behalf of a parent or someone you care for, this plan was **designed with you in mind**, too. It is not designed as a crash diet and requires no special cooking skills. The “cook once, eat twice” rhythm keeps effort and waste low. Each week's shopping list is organized by store aisle and ready to give to whoever does the shopping — you, a family member, or a grocery delivery service.

When in doubt about calories, salt, or protein for a specific health condition, **check with their doctor first**. The plan averages about two eggs a day; if their doctor limits eggs, swap egg breakfasts for yogurt (1.03) or semolina (1.05) and skip the egg desserts.

How each meal is built

Lunch starts with **a bowl of soup**. Beside it, the plan alternates a vegetable or bean dish from Chapter 5 with a salad from Chapter 3. These are the lunch salads, so you do not need another full salad beside dinner. For fresh salads, follow the fraction printed for the meal: half a serving means a quarter of the recipe. Eat the salad fresh. The carrot and orange salad, tahini bean salad, and potato salad keep well for tomorrow.

For dinner, a pasta or grain dish from Chapter 4 stands **on its own**. With fish or meat, add **a small green salad** — two cups of leaves with a teaspoon of olive oil and a squeeze of lemon — to fill half the plate, as in Chapter 9. The Chapter 3 salads already come with lunch, so there is no second one at dinner.

You do not need to add bread, potatoes, rice, or a dip to these dinners. Where the recipe already includes potatoes, rice, or tzatziki, they are part of the plate. The **SERVE WITH line** under each recipe is there for the days you cook outside this plan. When you buy pasta, couscous, or bread, **whole-grain versions** add fiber — choose them whenever you like.

Equipment: soups 2.01, 2.02, and 2.05 are puréed with a stick (immersion) blender — off the heat, with the blender head under the surface, right in the pot; switch it off before lifting, or simply mash. Never pour hot soup into a jug blender.



Snacks

Each day of the plan names **one snack** from the lists below — have it in the morning or the afternoon, whichever you like, and last night's dessert at the other time. Every option is about 100 to 150 calories in the amount shown, so any one can stand in for another — **swap whenever you like**. The shopping lists buy only the named snacks, so add what a swap needs.

Nuts & dried fruit

A handful of almonds (about 20)

6 walnut halves + 1 Medjool date

Pistachios in the shell, a small handful (about 40 nuts)

2 dried figs + 4 walnut halves

Yogurt & fresh cheese

Greek yogurt ($\frac{3}{4}$ cup) + a teaspoon of honey

Greek yogurt ($\frac{3}{4}$ cup) + a teaspoon of chopped walnuts

Greek yogurt ($\frac{1}{2}$ cup) + $\frac{1}{2}$ cup berries, fresh or frozen

Low-fat cottage cheese ($\frac{1}{2}$ cup) + half a sliced pear

Ricotta ($\frac{1}{4}$ cup) + a teaspoon of honey on 2 whole-grain crackers

Fruit with a few nuts or a little cheese

Apple slices + a thin slice ($\frac{1}{2}$ oz) of mild cheese

Orange or mandarin + 8 almonds

Pear + 4 walnut halves

Vegetables & dips

Hummus ($\frac{1}{4}$ cup) + cucumber & carrot sticks

Quick tzatziki ($\frac{1}{2}$ cup Greek yogurt, grated cucumber, a pinch of garlic powder, dill) + cucumber spears

Small Mediterranean plates

Small Caprese (1 tomato, 1 oz fresh mozzarella, basil, 1 tsp olive oil)

Tomato + 5 Kalamata olives + 1 slice whole-grain bread

Pantry — check before shopping

Buy every required item you do not already have, including canned foods and broth. Tick each item when confirmed or purchased. Check these **pantry staples** before shopping for any week; they include the snack staples — nuts, dried fruit, crackers, and frozen berries keep for weeks, and the amount shown covers every snack in the 28 days. Most are used by the spoonful, so one standard pack lasts all four weeks — except **olive oil**, about 5 cups over the 28 days (a 1.5-liter bottle), and **honey**, about 1¾ cups (a 24-oz jar).

Use these standard **pack sizes** when reading the lists. A bag is 10 oz, a produce pack 8 oz, a yogurt or labneh tub 16 oz, a feta block 8 oz, and a cheese wedge 5 oz. Buy 15-oz cans of beans, 14.5-oz cans of no-salt-added tomatoes, 6-oz cans of tomato paste, 24-oz jars of passata, and broth in 32-oz cartons (a 14.5-oz can where one can is listed); each fresh herb listed needs one small bunch. Choose no-salt-added canned tomatoes and tuna; the sodium on the recipe cards counts them.

Fats, Oils & Vinegars

- ☐ Olive oil
- ☐ Red wine vinegar
- ☐ White wine vinegar

Grains, Pasta & Lentils

- ☐ Almond flour
- ☐ Arborio rice
- ☐ Breadcrumbs
- ☐ Brown or green lentils
- ☐ Cornstarch
- ☐ Couscous
- ☐ Ditalini
- ☐ Flour
- ☐ Linguine
- ☐ Orzo
- ☐ Polenta
- ☐ Potato gnocchi
- ☐ Red lentils
- ☐ Semolina
- ☐ White rice

Nuts, Dried Fruit & Snacks

- ☐ Almonds **10 oz**
- ☐ Blanched almonds
- ☐ Dried figs **8 oz**
- ☐ Frozen blueberries (freezer) **10 oz**
- ☐ Medjool dates **8 oz**
- ☐ Pine nuts
- ☐ Pistachios in the shell **1 lb**
- ☐ Prunes
- ☐ Raisins
- ☐ Slivered almonds
- ☐ Walnuts **10 oz**
- ☐ Whole-grain crackers **8.5 oz**

Cans & Jars

- ☐ Capers
- ☐ Dijon mustard
- ☐ Harissa paste
- ☐ Kalamata olives

Baking & Sweet

- ☐ Almond extract
- ☐ Honey
- ☐ Orange blossom water
- ☐ Powdered sugar
- ☐ Sesame seeds
- ☐ Sugar
- ☐ Vanilla extract

Spices & Dried Herbs

- ☐ Aleppo pepper
- ☐ Bay leaf
- ☐ Black pepper
- ☐ Cinnamon
- ☐ Cinnamon stick
- ☐ Cumin
- ☐ Dried basil
- ☐ Dried dill
- ☐ Dried mint
- ☐ Dried oregano
- ☐ Dried parsley
- ☐ Dried thyme
- ☐ Garlic powder
- ☐ Ginger
- ☐ Saffron
- ☐ Salt
- ☐ Smoked paprika
- ☐ Sweet paprika
- ☐ Turmeric
- ☐ Za'atar

Preparation — read before each week

Check pantry and refrigerated remainders before shopping; buy only missing amounts and respect use-by dates. Use thick Greek yogurt for 1.03; no separate labneh tub is needed. For half of 1.06, use 1 oz frozen chopped spinach. Freeze the spare egg whites from each natillas (8.05) for the next almond cookies (8.03); thaw them in the fridge. For all batches below, follow the earlier cooling and reheating rules; prepare green salads fresh.

Week 1 — preparation notes

Buy: one cleaned branzino, about 1 lb, for Day 4; freeze if needed.

Mushrooms: about 3 oz for Day 3, loose if available. Caprese snacks: 1 oz mozzarella each; plan a use for any package remainder.

Thaw in the refrigerator overnight: branzino before Day 4; stew beef on Day 4 evening; cod on Day 6 evening.

Prepare ahead: Day 3, full recipe 2.01 for Days 5–6; Day 4, full 5.02 for Days 5–6; Day 6, full 2.06 for Days 7–8. Start Day 5's beef stew early; it remains a longer cooking day.

Day 3: half of 4.01 makes one serving only. Day 4: quarter of 3.02 makes the half-serving of fresh fattoush; reheat soup separately. For 6.07, use the whole 1-lb fish with half the potatoes and seasonings; a single boneless fillet uses the card's shorter baking time.

Week 2 — preparation notes

Carry over: Day 8 finishes Day 7's 2.06, 3.03 and 8.01. Buy 10 oz frozen chopped spinach for Days 10 and 13–14; thaw, squeeze dry and use 5.04's frozen-spinach option. Reserve one fresh white-bread slice for 7.03 and one day-old slice or breadcrumbs for 5.04; freeze extras. Caprese: 1 oz mozzarella per snack.

Thaw overnight in the refrigerator: pollock on Day 9 evening; flounder on Day 11; lamb on Day 12.

Prepare ahead: Day 8, half of 2.03 for Days 9–10; Day 12, full 2.05 and 5.04 for Days 13–14.

Day 8: half of 8.03 makes two cookies; use half a lightly beaten egg white. Eat one and store the other airtight for tomorrow. Day 11: quarter of 4.02 uses $\frac{1}{8}$ of a 15-oz chickpea can; reserve $\frac{1}{2}$ can for Day 13 and freeze $\frac{3}{8}$ promptly. This serving is about 217 kcal and 6 g protein; recalculate totals if increasing it.

Week 3 — preparation notes

Carry over: Day 15 finishes 8.04 from Day 14. Reserve 2–3 fully baked, day-old bread slices for Day 15's panzanella; buy ahead or thaw previously frozen bread.

Thaw overnight in the refrigerator: chicken breast on Day 17 evening; cod on Day 19; chicken thighs on Day 20.

Prepare ahead: Day 16, full 2.04 for Days 17–18; Day 19, full 2.01 for Days 21–22. Reheat egg-lemon soup gently to 165°F without boiling; its texture may change.

Day 15: make the full 6.04 batch with one 5-oz tuna can; eat one serving, freeze the other promptly, and make the green salad fresh.

Week 4 — preparation notes

Carry over: Day 22 finishes Day 21's 2.01, 5.06, 7.01 and 8.04. Freeze 2 oz of the bread (about 2 slices) for Day 28's panzanella.

Thaw overnight in the refrigerator: cooked chicken and raw shrimp on Day 25 evening; ground beef on Day 26; hake on Day 27.

Prepare ahead: Day 22, half of 2.03 for Days 23–24; Day 26, full 2.04 for Days 27–28. Reheat egg-lemon soup gently to 165°F without boiling; its texture may change. Day 23: keep Day 24's potato-salad herbs separate until serving.

Shopping List · WEEK 1

Produce

☐ Apples	x8
☐ Banana	x1
☐ Carrots	x9
☐ Cauliflower	1 head
☐ Celery	1 bunch
☐ Cherry tomatoes	1 pack
☐ Cucumber	x2
☐ Frozen chopped spinach	1 bag
☐ Garlic	1 head
☐ Grapes	½ lb
☐ Lemons	x7
☐ Onions	x3
☐ Oranges	x2
☐ Peaches	x2
☐ Pears	x1
☐ Potatoes	x6
☐ Red bell pepper	x1
☐ Red onions	x1
☐ Romaine lettuce	3 bags
☐ Scallions	1 bunch
☐ Tomatoes	x7
☐ White mushrooms	1 pack
☐ Zucchini	x1
☐ Basil, mint, parsley, rosemary	1 bunch each

Meat & Seafood

☐ Chicken cutlets	¾ lb
☐ Chuck stew meat, 1 1/2 -inch cubes freeze	½ lb
☐ Cod fillet freeze	½ lb
☐ Cooked chicken	½ lb
☐ Whole branzino, cleaned freeze	x1

Dairy & Eggs

☐ Butter	1 stick
☐ Eggs	x13
☐ Feta	1 block
☐ Fresh mozzarella (deli, or plan package remainder)	1 oz
☐ Greek yogurt	2 tubs
☐ Hummus	1 tub
☐ Low-fat milk	1 qt
☐ Mild cheese	1 block
☐ Parmesan	1 wedge
☐ Part-skim ricotta	1 tub
☐ Whole milk	2 qt

Bakery

☐ Maria cookies	1 pack
☐ Pocket pita	1 piece
☐ Whole-grain bread	1 loaf
☐ Whole-grain pita	1 piece

Pantry check before shopping

☐ Beef broth	x1 can	☐ Tomato paste	x1 can
☐ Borlotti beans	x1 can	☐ Tomato sauce	x1 can
☐ Chicken broth	x1 carton	☐ Tuna in water	x1 can
☐ Chickpeas	x1 can	☐ Vegetable broth	x1 carton
☐ Crushed tomatoes	x2 cans	☐ White beans	x1 can

Spices: ☐ See Pantry checklist

Monday • Day 1

~1,960 kcal

Breakfast	spinach & feta omelet (1.06) + bread — ½ recipe
Snack	apple slices with cheese (~150 kcal)
Lunch	italian chickpea & pasta soup (2.02) + white beans in tomato sauce (5.01) — <i>cook today</i>
Snack	a pear & walnuts (~155 kcal)
Dinner	chicken piccata with capers & lemon (7.04) + green salad — <i>cook today</i>
Dessert	Greek yogurt with fruit, honey & walnuts (8.06) — assemble today

Tuesday • Day 2

~1,960 kcal

Breakfast	½ spanish potato omelet (1.02) + bread — ¼ recipe
Snack	a small Caprese (~145 kcal)
Lunch	italian chickpea & pasta soup (2.02) + white beans in tomato sauce (5.01) — reheat both
Yesterday's dessert	Greek yogurt with fruit, honey & walnuts (8.06)
Dinner	chicken piccata with capers & lemon (7.04) — reheat main; fresh green salad
Dessert	baked apples with honey (8.01) — <i>cook today</i>

Wednesday · Day 3

~1,760 kcal

Breakfast	½ semolina with apple & walnuts (1.05) — ¼ recipe
Snack	walnuts & a Medjool date (~145 kcal)
Lunch	greek egg-lemon soup (2.04) + mushroom, celery & parmesan salad (3.06) — cook full soup today; ½ recipe of salad, fresh
Yesterday's dessert	baked apples with honey (8.01) Prep: Make 2.01 for Days 5–6.
Dinner	linguine with tuna & capers (4.01) — ½ recipe
Dessert	italian fruit salad (8.04) — assemble today

Thursday · Day 4

~2,080 kcal

Breakfast	½ creamy yogurt with honey & herbs (1.03) + 1 apple — ¼ recipe
Snack	hummus with cucumber & carrot (~145 kcal)
Lunch	greek egg-lemon soup (2.04) + ½ fattoush with toasted pita (3.02) — 2.04: reheat; 3.02: ¼ recipe
Yesterday's dessert	italian fruit salad (8.04) Prep: Make 5.02 for Days 5–6.
Dinner	greek whole baked fish (6.07) + green salad — ½ recipe
Dessert	turkish rice pudding (8.02) — <i>cook today</i>

Friday • Day 5

~2,220 kcal

Breakfast	spanish potato omelet (1.02) + bread — ½ recipe
Snack	ricotta & honey on crackers (~140 kcal)
Lunch	roasted tomato soup (2.01) + baked cauliflower with parmesan (5.02) — reheat both
Yesterday's dessert	turkish rice pudding (8.02)
Dinner	½ italian beef stew (7.02) + green salad — ½ recipe
Dessert	natillas (8.05) — <i>cook today</i>

Saturday • Day 6

~2,050 kcal

Breakfast	spinach & feta omelet (1.06) + bread — ½ recipe
Snack	pistachios in the shell (~140 kcal)
Lunch	roasted tomato soup (2.01) + baked cauliflower with parmesan (5.02) — reheat both
Yesterday's dessert	natillas (8.05) Prep: Make 2.06 for Days 7–8.
Dinner	½ italian beef stew (7.02) — reheat main; fresh green salad
Dessert	Greek yogurt with fruit, honey & walnuts (8.06) — assemble today

Sunday · Day 7

~1,820 kcal

Breakfast

½ semolina with apple & walnuts (**1.05**) —
¼ recipe

Snack

a handful of almonds (~140 kcal)

Lunch

vegetable & bean soup (**2.06**) + moroccan carrot
& orange salad (**3.03**) — 2.06: reheat; 3.03: make
full recipe

**Yesterday's
dessert**

Greek yogurt with fruit, honey & walnuts (**8.06**)

Dinner

cod braised in tomato sauce (**6.02**) + green
salad — ½ recipe

Dessert

baked apples with honey (**8.01**) — *cook today*

Shopping List · WEEK 2

Produce

- ☐ Apples **x5**
- ☐ Banana **x2**
- ☐ Bell peppers **x2**
- ☐ Carrots **x2**
- ☐ Cherry tomatoes **1 pack**
- ☐ Collard greens **1 bag**
- ☐ Cucumber **x2**
- ☐ Frozen chopped spinach **1 bag**
- ☐ Garlic **1 head**
- ☐ Grapes **¾ lb**
- ☐ Lemons **x6**
- ☐ Onions **x4**
- ☐ Oranges **x3**
- ☐ Peaches **x1**
- ☐ Pears **x1**
- ☐ Potatoes **x4**
- ☐ Red bell pepper **x1**
- ☐ Red onions **x1**
- ☐ Romaine lettuce **2 bags**
- ☐ Scallions **1 bunch**
- ☐ Tomatoes **x9**
- ☐ Zucchini **x1**
- ☐ Basil, mint, parsley **1 bunch each**

Meat & Seafood

- ☐ Cooked chouriço **¼ lb**
- ☐ Flounder fillets freeze **½ lb**
- ☐ Ground turkey **¾ lb**
- ☐ Lamb stew meat freeze **¾ lb**
- ☐ Pollock fillets freeze **½ lb**

Dairy & Eggs

- ☐ Eggs **x11**
- ☐ Feta **1 block**
- ☐ Fresh mozzarella (deli, or plan package remainder) **1 oz**
- ☐ Greek yogurt **2 tubs**
- ☐ Low-fat cottage cheese **1 tub**
- ☐ Low-fat milk **1 qt**
- ☐ Whole milk **2 qt**

Bakery

- ☐ Soft white bread **1 loaf**
- ☐ Whole-grain bread **1 loaf**
- ☐ Whole-grain pita **1 piece**

Pantry check before shopping

- ☐ Cannellini beans **x1 can**
- ☐ Chickpeas **x1 can**
- ☐ Crushed tomatoes **x1 can**
- ☐ Passata **x1 jar**
- ☐ Tomato paste **x1 can**
- ☐ Vegetable broth **x2 cartons**
- ☐ Tahini

Spices: ☐ See Pantry checklist

Monday · Day 8

~1,930 kcal

Breakfast

scrambled eggs with peppers (**1.01**) + bread — ½ recipe

Snack

cottage cheese with pear (~130 kcal)

Lunch

vegetable & bean soup (**2.06**) + moroccan carrot & orange salad (**3.03**) — reheat soup; serve salad cold

Yesterday's dessert

baked apples with honey (**8.01**)
Prep: Make ½ of 2.03 for Days 9–10.

Dinner

soft turkey meatballs with mint (**7.03**) + green salad — *cook today*
Dessert

½ soft almond cookies (**8.03**) — ½ recipe

Tuesday • Day 9

~1,730 kcal

Breakfast	½ creamy yogurt with honey & herbs (1.03) — ¼ recipe
Snack	dried figs & walnuts (~95 kcal)
Lunch	½ portuguese greens & potato soup (2.03) + ½ spanish lentil stew (5.03) — 2.03: reheat; 5.03: ½ recipe
Yesterday's dessert	½ soft almond cookies (8.03)
Dinner	soft turkey meatballs with mint (7.03) — reheat main; fresh green salad
Dessert	turkish rice pudding (8.02) — <i>cook today</i>

Wednesday • Day 10

~1,890 kcal

Breakfast	spinach & feta omelet (1.06) + bread — ½ recipe
Snack	tomato, olives & bread (~120 kcal)
Lunch	½ portuguese greens & potato soup (2.03) + ½ spanish lentil stew (5.03) — reheat both
Yesterday's dessert	turkish rice pudding (8.02)
Dinner	pollock with herbed crumb topping (6.06) + green salad — ½ recipe
Dessert	italian fruit salad (8.04) — assemble today

Thursday · Day 11

~1,950 kcal

Breakfast	spanish potato omelet (1.02) + bread — ½ recipe
Snack	a small Caprese (~145 kcal)
Lunch	roasted tomato soup (2.01) + antalya tahini bean salad (3.04) — cook soup; make salad
Yesterday's dessert	italian fruit salad (8.04)
Dinner	½ express couscous with chickpeas & vegetables (4.02) — ¼ recipe
Dessert	Greek yogurt with fruit, honey & walnuts (8.06) — assemble today

Friday · Day 12

~1,670 kcal

Breakfast	½ semolina with apple & walnuts (1.05) — ¼ recipe
Snack	an orange & 8 almonds (~120 kcal)
Lunch	roasted tomato soup (2.01) + antalya tahini bean salad (3.04) — reheat soup; serve salad cold
Yesterday's dessert	Greek yogurt with fruit, honey & walnuts (8.06) Prep: Make 2.05 and 5.04 for Days 13–14.
Dinner	pan-fried flounder with lemon (6.08) + green salad — ½ recipe
Dessert	baked apples with honey (8.01) — <i>cook today</i>

Saturday • Day 13

~2,240 kcal

Breakfast	eggs in tomato sauce (1.04) + bread — ½ recipe
Snack	dried figs & walnuts (~95 kcal)
Lunch	turkish red lentil soup (2.05) + braised spinach with chickpeas (5.04) — reheat both
Yesterday's dessert	baked apples with honey (8.01)
Dinner	moroccan lamb tagine with prunes (7.05) + green salad — <i>cook today</i>
Dessert	turkish rice pudding (8.02) — <i>cook today</i>

Sunday • Day 14

~2,240 kcal

Breakfast	spinach & feta omelet (1.06) + bread — ½ recipe
Snack	quick tzatziki with cucumber (~110 kcal)
Lunch	turkish red lentil soup (2.05) + braised spinach with chickpeas (5.04) — reheat both
Yesterday's dessert	turkish rice pudding (8.02)
Dinner	moroccan lamb tagine with prunes (7.05) — reheat main; fresh green salad
Dessert	italian fruit salad (8.04) — assemble today

Shopping List · WEEK 3

Produce

☐ Apples	x6
☐ Asparagus	1 pack
☐ Banana	x1
☐ Bell peppers	x1
☐ Carrots	x3
☐ Celery	1 bunch
☐ Cherry tomatoes	1 pack
☐ Cucumber	x2
☐ Eggplant	x3
☐ Frozen chopped spinach	1 bag
☐ Garlic	1 head
☐ Grapes	½ lb
☐ Green pepper	x1
☐ Lemons	x7
☐ Onions	x4
☐ Oranges	x1
☐ Pears	x2
☐ Potatoes	x7
☐ Red bell pepper	x2
☐ Red onions	x1
☐ Romaine lettuce	2 bags
☐ Scallions	1 bunch
☐ Tomatoes	x8
☐ White mushrooms	1 pack
☐ Zucchini	x3
☐ Basil, mint, parsley, rosemary	1 bunch each

Meat & Seafood

☐ Chicken breast freeze	½ lb
☐ Chicken thighs freeze	1½ lb
☐ Cod fillet freeze	½ lb
☐ Cooked chicken	½ lb
☐ Pork tenderloin	¾ lb

Dairy & Eggs

☐ Butter	1 stick
☐ Eggs	x13
☐ Feta	1 block
☐ Greek yogurt	1 tub
☐ Hummus	1 tub
☐ Low-fat cottage cheese	1 tub
☐ Low-fat milk	1 qt
☐ Parmesan	1 wedge
☐ Part-skim ricotta	1 tub
☐ Plain yogurt	1 tub
☐ Whole milk	2 qt

Bakery

☐ Maria cookies	1 pack
☐ Rustic Italian bread	1 loaf
☐ Whole-grain pita	1 piece

Pantry check before shopping

☐ Borlotti beans	x1 can	☐ Passata	x1 jar
☐ Chicken broth	x1 carton	☐ Tomato paste	x1 can
☐ Chickpeas	x1 can	☐ Tuna in water	x1 can
☐ Crushed tomatoes	x2 cans	☐ Vegetable broth	x2 cartons

Spices: ☐ See Pantry checklist

Monday • Day 15

~1,790 kcal

Breakfast	½ semolina with apple & walnuts (1.05) — ¼ recipe
Snack	ricotta & honey on crackers (~140 kcal)
Lunch	italian chickpea & pasta soup (2.02) + panzanella (3.05) — cook full soup today; ½ recipe of salad, fresh
Yesterday's dessert	italian fruit salad (8.04)
Dinner	tuna cakes with lemon & herbs (6.04) + green salad — <i>cook fresh</i>
Dessert	½ natillas (8.05) — ½ recipe

Tuesday • Day 16

~1,920 kcal

Breakfast	scrambled eggs with peppers (1.01) — ½ recipe
Snack	walnuts & a Medjool date (~145 kcal)
Lunch	italian chickpea & pasta soup (2.02) + mushroom, celery & parmesan salad (3.06) — 2.02: reheat; 3.06: ½ recipe
Yesterday's dessert	½ natillas (8.05) Prep: Make 2.04 for Days 17–18.
Dinner	pork souvlaki (7.06) + green salad — <i>cook today</i>
Dessert	baked apples with honey (8.01) — <i>cook today</i>

Wednesday · Day 17

~1,870 kcal

Breakfast	½ spanish potato omelet (1.02) — ¼ recipe
Snack	hummus with cucumber & carrot (~145 kcal)
Lunch	greek egg-lemon soup (2.04) + ½ greek baked vegetables (5.05) — 2.04: reheat; 5.05: ½ recipe
Yesterday's dessert	baked apples with honey (8.01)
Dinner	pork souvlaki (7.06) — reheat main; fresh green salad
Dessert	soft almond cookies (8.03) — <i>cook today</i>

Thursday · Day 18

~2,130 kcal

Breakfast	semolina with apple & walnuts (1.05) — ½ recipe
Snack	cottage cheese with pear (~130 kcal)
Lunch	greek egg-lemon soup (2.04) + ½ greek baked vegetables (5.05) — reheat both
Yesterday's dessert	soft almond cookies (8.03)
Dinner	chicken & asparagus risotto (4.04) — <i>cook today</i>
Dessert	turkish rice pudding (8.02) — <i>cook today</i>

Friday • Day 19

~2,030 kcal

Breakfast	spinach & feta omelet (1.06) — ½ recipe
Snack	Greek yogurt with honey (~145 kcal)
Lunch	vegetable & bean soup (2.06) + zucchini ribbon & Parmesan salad (3.07) — cook full soup today; ½ recipe of salad, fresh
Yesterday's dessert	turkish rice pudding (8.02) Prep: Make 2.01 for Days 21–22.
Dinner	chicken & asparagus risotto (4.04) — reheat main
Dessert	½ natillas (8.05) — ½ recipe

Saturday • Day 20

~2,000 kcal

Breakfast	½ spanish potato omelet (1.02) — ¼ recipe
Snack	a pear & walnuts (~155 kcal)
Lunch	vegetable & bean soup (2.06) + greek village salad (3.01) — 2.06: reheat; 3.01: ½ recipe
Yesterday's dessert	½ natillas (8.05)
Dinner	greek fish fillets with tomatoes & capers (6.03) + green salad — ½ recipe
Dessert	baked apples with honey (8.01) — <i>cook today</i>

Sunday · Day 21

~2,180 kcal

Breakfast

½ creamy yogurt with honey & herbs (**1.03**) —
¼ recipe

Snack

pistachios in the shell (~140 kcal)

Lunch

roasted tomato soup (**2.01**) + stuffed eggplant
(**5.06**) — 2.01: reheat; 5.06: make full recipe

Yesterday's dessert

baked apples with honey (**8.01**)

Dinner

greek lemon roast chicken (**7.01**) + green salad —
cook today

Dessert

italian fruit salad (**8.04**) — assemble today

Shopping List · WEEK 4

Produce

☐ Apples	x4
☐ Banana	x1
☐ Bell peppers	x2
☐ Carrots	x4
☐ Cherry tomatoes	1 pack
☐ Collard greens	1 bag
☐ Cremini mushrooms	1 pack
☐ Cucumber	x1
☐ Frozen chopped spinach	1 bag
☐ Frozen peas	1 bag
☐ Grapes	½ lb
☐ Lemons	x6
☐ Onions	x3
☐ Oranges	x2
☐ Peaches	x1
☐ Pears	x1
☐ Potatoes	x5
☐ Red onions	x1
☐ Romaine lettuce	2 bags
☐ Scallions	1 bunch
☐ Shallots	x1
☐ Tomatoes	x2
☐ Zucchini	x1
☐ Basil, chives, dill,	1 bunch each
☐ mint, parsley, sage	

Meat & Seafood

☐ Cooked chicken freeze	½ lb
☐ Cooked chouriço	¼ lb
☐ Hake fillets freeze	½ lb
☐ Lean ground beef freeze	¼ lb
☐ Pancetta	¼ lb
☐ Raw peeled shrimp freeze	¼ lb

Dairy & Eggs

☐ Butter	1 stick
☐ Eggs	x15
☐ Feta	1 block
☐ Fontina	1 wedge
☐ Greek yogurt	2 tubs
☐ Low-fat cottage cheese	1 tub
☐ Low-fat milk	1 qt
☐ Parmesan	1 wedge
☐ Whole milk	2 qt

Bakery

☐ Maria cookies	1 pack
☐ Pocket pita	1 piece
☐ Rustic Italian bread	1 loaf
☐ Whole-grain pita	1 piece

Pantry check before shopping

☐ Chicken broth	x1 carton
☐ Crushed tomatoes	x2 cans
☐ Passata	x1 jar
☐ Tomato paste	x1 can

☐ Tomato sauce	x1 can
☐ Vegetable broth	x2 cartons
☐ White beans	x1 can

Spices: ☐ See Pantry checklist

Monday · Day 22

~2,170 kcal

Breakfast	½ spanish potato omelet (1.02) — ¼ recipe
Snack	Greek yogurt with berries (~130 kcal)
Lunch	roasted tomato soup (2.01) + stuffed eggplant (5.06) — reheat both
Yesterday's dessert	italian fruit salad (8.04) Prep: Make ½ of 2.03 for Days 23–24.
Dinner	greek lemon roast chicken (7.01) — reheat main; fresh green salad
Dessert	turkish rice pudding (8.02) — <i>cook today</i>

Tuesday · Day 23

~1,910 kcal

Breakfast	scrambled eggs with peppers (1.01) — ½ recipe
Snack	cottage cheese with pear (~130 kcal)
Lunch	½ portuguese greens & potato soup (2.03) + french potato salad with herbs (3.08) — 2.03: reheat; 3.08: make full recipe
Yesterday's dessert	turkish rice pudding (8.02)
Dinner	polenta with mushrooms & pancetta (4.05) — <i>cook today</i>
Dessert	½ soft almond cookies (8.03) — ½ recipe

Wednesday • Day 24

~1,980 kcal

Breakfast	semolina with apple & walnuts (1.05) — ½ recipe
Snack	Greek yogurt with walnuts (~140 kcal)
Lunch	½ portuguese greens & potato soup (2.03) + french potato salad with herbs (3.08) — reheat soup; serve salad cold
Yesterday's dessert	½ soft almond cookies (8.03)
Dinner	polenta with mushrooms & pancetta (4.05) — reheat the polenta with a splash of water, stirring; heat the topping separately, both to 165°F
Dessert	baked apples with honey (8.01) — <i>cook today</i>

Thursday • Day 25

~1,950 kcal

Breakfast	eggs in tomato sauce (1.04) — ½ recipe
Snack	cottage cheese with pear (~130 kcal)
Lunch	turkish red lentil soup (2.05) + white beans in tomato sauce (5.01) — <i>cook today</i>
Yesterday's dessert	baked apples with honey (8.01)
Dinner	gnocchi with sage butter (4.06) — ½ recipe
Dessert	natillas (8.05) — <i>cook today</i>

Friday · Day 26

~1,980 kcal

Breakfast	½ creamy yogurt with honey & herbs (1.03) — ¼ recipe
Snack	a handful of almonds (~140 kcal)
Lunch	turkish red lentil soup (2.05) + white beans in tomato sauce (5.01) — reheat both
Yesterday's dessert	natillas (8.05) Prep: Make 2.04 for Days 27–28.
Dinner	quick shrimp & pea rice (6.05) + green salad — ½ recipe
Dessert	italian fruit salad (8.04) — assemble today

Saturday · Day 27

~1,900 kcal

Breakfast	eggs in tomato sauce (1.04) — ½ recipe
Snack	an orange & 8 almonds (~120 kcal)
Lunch	greek egg-lemon soup (2.04) + fattoush with toasted pita (3.02) — 2.04: reheat; 3.02: ½ recipe
Yesterday's dessert	italian fruit salad (8.04)
Dinner	½ orzo with beef & tomato (4.03) — ¼ recipe
Dessert	soft almond cookies (8.03) — <i>cook today</i>

Sunday • Day 28

~1,840 kcal

Breakfast	spinach & feta omelet (1.06) — ½ recipe
Snack	dried figs & walnuts (~95 kcal)
Lunch	greek egg-lemon soup (2.04) + panzanella (3.05) — 2.04: reheat; 3.05: ½ recipe
Yesterday's dessert	soft almond cookies (8.03)
Dinner	hake baked in a parchment packet (6.01) + green salad — ½ recipe
Dessert	Greek yogurt with fruit, honey & walnuts (8.06) — last day — ½ recipe