MEDICO DIAGNOSTICS

4-Week Healthy Eating Meal Plan

A simple, balanced guide to help support consistent nutrition, energy, hydration, and healthy everyday choices.

How to use this plan

Build meals around lean protein, vegetables or fruit, high-fiber carbohydrates, and healthy fats. Adjust portions to hunger, activity level, personal goals, allergies, cultural preferences, and guidance from your healthcare professional.

Simple plate guide: Aim for about 1/2 of the plate from non-starchy vegetables, 1/4 from protein, and 1/4 from a high-fiber carbohydrate when appropriate. Add a small serving of healthy fat.

Hydration: Choose water regularly throughout the day. Individual fluid needs vary, and people with kidney, heart, or other conditions may have specific fluid recommendations.

Important: This general wellness meal plan is educational and is not a medical nutrition prescription. Clients who are pregnant, under 18, have food allergies, diabetes, kidney disease, eating-disorder history, or other medical conditions should follow individualized guidance from an appropriate healthcare professional.

WEEK 1

Day	Breakfast	Lunch	Dinner	Snack
Monday	Greek yogurt, berries & oats	Grilled chicken salad with cucumber, tomato & avocado	Baked salmon, roasted broccoli & brown rice	Apple + peanut or almond butter
Tuesday	2 eggs, whole-grain toast & fruit	Turkey-avocado wrap + side salad	Chicken fajita bowl with peppers, black beans & brown rice	Greek yogurt + berries
Wednesday	Overnight oats with chia, cinnamon & banana	Tuna or chickpea salad over greens + whole-grain crackers	Turkey meatballs, marinara, whole-grain pasta & green beans	Carrots + hummus
Thursday	Berry-spinach smoothie with Greek yogurt	Chicken quinoa bowl with mixed vegetables	Baked chicken, sweet potato & asparagus	Pear + small handful of nuts
Friday	Veggie egg scramble + whole-grain toast	Turkey sandwich on whole grain + vegetable soup	Shrimp or tofu stir-fry with mixed vegetables & brown rice	Cottage cheese + fruit
Saturday	Oatmeal with berries, walnuts & cinnamon	Grilled chicken or bean tacos with cabbage slaw	Lean turkey burger, roasted potatoes & salad	Bell peppers + hummus
Sunday	Whole-grain waffle, eggs & berries	Mediterranean bowl: chicken/chickpeas, cucumber, tomato, greens & hummus	Sheet-pan chicken, zucchini, peppers & quinoa	Fruit + unsweetened yogurt

Week 1 Grocery List

Chicken breast, salmon, lean turkey, shrimp/tofu, eggs, Greek yogurt, tuna/chickpeas, oats, whole-grain bread/wraps/pasta, brown rice, quinoa, sweet potatoes, black beans, berries, bananas, apples, pears, leafy greens, broccoli, asparagus, peppers, zucchini, cucumbers, tomatoes, cabbage, carrots, avocado, hummus, nuts/nut butter.

WEEK 2

Day	Breakfast	Lunch	Dinner	Snack
Monday	Egg & spinach breakfast wrap + fruit	Chicken Caesar-style salad, light dressing	Baked cod, green beans & roasted sweet potato	Orange + almonds
Tuesday	Greek yogurt parfait with berries, chia & oats	Turkey chili + side salad	Chicken stir-fry with broccoli, peppers & brown rice	Cucumber + hummus
Wednesday	Oatmeal with banana & peanut butter	Tuna-avocado whole-grain wrap + vegetables	Lean beef or lentil taco bowl with lettuce, salsa & beans	Greek yogurt
Thursday	Eggs, avocado & whole-grain toast	Quinoa-chickpea salad with cucumber and tomato	Herb chicken, roasted Brussels sprouts & brown rice	Apple + nuts
Friday	Protein-rich smoothie: milk/fortified alternative, berries, spinach, Greek yogurt	Leftover chicken grain bowl	Salmon tacos with cabbage slaw & avocado	Cottage cheese + berries
Saturday	Whole-grain English muffin, egg & tomato	Turkey lettuce wraps + bean salad	Whole-wheat pasta with turkey marinara + side salad	Fruit + nut butter
Sunday	Oats with apple, cinnamon & walnuts	Chicken vegetable soup + whole-grain toast	Baked fish or tofu, quinoa & roasted vegetables	Air-popped popcorn + fruit

Week 2 Grocery List

Chicken, cod, salmon, lean turkey, lean beef/lentils, eggs, Greek yogurt, cottage cheese, tuna, oats, whole-grain wraps/bread/pasta, brown rice, quinoa, sweet potatoes, beans, berries, bananas, apples, oranges, spinach, broccoli, peppers, Brussels sprouts, green beans, cabbage, salad greens, avocado, hummus, nuts.

WEEK 3

Day	Breakfast	Lunch	Dinner	Snack
Monday	Greek yogurt, banana, chia & walnuts	Chicken hummus wrap + salad	Turkey stuffed peppers + brown rice	Apple + nut butter
Tuesday	Veggie omelet + whole-grain toast	Salmon or chickpea salad bowl	Chicken, broccoli & sweet potato sheet-pan dinner	Greek yogurt + berries
Wednesday	Overnight oats with berries	Turkey and avocado sandwich + vegetable sticks	Shrimp or tofu fajitas + black beans	Carrots + hummus
Thursday	Smoothie with berries, spinach, yogurt & oats	Quinoa bowl with chicken/chickpeas and vegetables	Baked salmon, asparagus & quinoa	Pear + nuts
Friday	Eggs + oatmeal with cinnamon	Chicken salad lettuce cups + whole-grain crackers	Lean beef or bean burger, roasted vegetables & side salad	Cottage cheese + pineapple
Saturday	Whole-grain toast with avocado & eggs	Mediterranean tuna/chickpea bowl	Chicken tacos with salsa, cabbage & avocado	Fruit + yogurt
Sunday	Oatmeal with blueberries & walnuts	Turkey chili or lentil chili	Roasted chicken, mixed vegetables & brown rice	Air-popped popcorn + nuts

Week 3 Grocery List

Chicken, salmon, shrimp/tofu, lean turkey, lean beef/beans, eggs, Greek yogurt, cottage cheese, tuna/chickpeas, oats, whole-grain bread/wraps/crackers, brown rice, quinoa, sweet potatoes, black beans, berries, bananas, apples, pears, pineapple, spinach, peppers, broccoli, asparagus, salad greens, carrots, avocado, hummus, nuts.

WEEK 4

Day	Breakfast	Lunch	Dinner	Snack
Monday	Greek yogurt parfait with oats & fruit	Grilled chicken quinoa salad	Baked fish, broccoli & sweet potato	Apple + nut butter
Tuesday	Egg scramble with peppers & spinach + toast	Turkey wrap + vegetable soup	Chicken burrito bowl with beans, salsa & greens	Greek yogurt
Wednesday	Overnight oats with banana & chia	Tuna or chickpea salad + whole-grain crackers	Turkey meatballs, whole-grain pasta & salad	Vegetables + hummus
Thursday	Berry smoothie with Greek yogurt & spinach	Chicken-avocado salad bowl	Salmon, roasted vegetables & brown rice	Pear + almonds
Friday	Eggs, whole-grain toast & berries	Quinoa-chickpea Mediterranean bowl	Shrimp/tofu stir-fry + vegetables	Cottage cheese + fruit
Saturday	Oatmeal with apple & walnuts	Turkey or black bean tacos + slaw	Grilled chicken, roasted potatoes & green beans	Fruit + nut butter
Sunday	Veggie omelet + fruit	Leftover protein-and-vegetable bowl	Choose-your-favorite balanced dinner from the month	Greek yogurt or fruit + nuts

Week 4 Grocery List

Chicken, fish/salmon, shrimp/tofu, lean turkey, eggs, Greek yogurt, cottage cheese, tuna/chickpeas, oats, whole-grain bread/wraps/pasta/crackers, brown rice, quinoa, potatoes/sweet potatoes, beans, berries, bananas, apples, pears, leafy greens, broccoli, peppers, green beans, cabbage, carrots, avocado, hummus, nuts/nut butter.

Healthy Habits for the 4 Weeks

1. Keep it simple. Repeating favorite breakfasts or lunches is completely fine. Consistency is often more practical than trying to cook something new every day.

2. Prep ahead. Wash and cut produce, cook a protein and grain, and portion snacks so healthier choices are easier during busy days.

3. Include protein regularly. Examples include poultry, fish, eggs, Greek yogurt, beans, lentils, tofu, and other foods that fit your preferences.

4. Choose fiber-rich foods. Vegetables, fruit, beans, oats, and whole grains can help make meals more satisfying.

5. Be flexible. One meal does not determine your progress. Return to your usual balanced choices at the next meal.

6. Make smart swaps. Vegetarian proteins can replace meat; gluten-free whole grains can replace wheat products; unsweetened fortified alternatives can replace dairy when appropriate.

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Educational use only. This guide is not intended to diagnose, treat, cure, or prevent disease and does not replace individualized medical or nutrition advice.