

What does that look like on a plate?

Mix and match these meal ideas. More than one goal can use the same meal.

NUTRITION EMPHASIS	BREAKFAST	LUNCH	DINNER
Protein + enough fuel	Greek yogurt, berries, oats + eggs	Chicken, rice + vegetable bowl	Salmon, potatoes + broccoli
Carbs + recovery	Oatmeal, banana + yogurt	Turkey sandwich, fruit + yogurt	Chicken, rice + vegetables
Protein + fiber	Greek yogurt, berries + chia	Chicken + black bean salad	Turkey and bean chili
Mediterranean-style	Eggs, whole-grain toast + fruit	Chickpea, vegetable + grain bowl	Fish, quinoa + roasted vegetables
Soluble fiber + healthier fats	Oats, berries + walnuts	Lentil soup + whole-grain toast	Bean and barley stew + salad
DASH-style	Oats, banana + plain yogurt	Low-sodium chicken + veggie wrap	Fish, sweet potato + green beans
Fiber-rich, balanced carbs	Eggs, whole-grain toast + berries	Chicken, quinoa + vegetables	Tofu, bean + vegetable taco bowl
Plant variety + fiber	Oats, berries, chia + walnuts	Lentil + vegetable grain bowl	Bean chili + avocado
Balanced / flexible meals	Eggs, toast + fruit	Turkey or hummus wrap + fruit	Chicken or tofu, rice + vegetables
Protein + nutrient-rich foods	Greek yogurt, berries + nuts	Tuna + white bean salad	Salmon, quinoa + leafy greens

These are examples, not a meal plan. Portions, snacks, and meal timing depend on your needs and activity.