



BECOME A WELL-BEING

Harness Self-Care for Leadership Excellence

Healthy Nutrition: A Healthy 7-Day Meal Plan

A diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats provides the nutrients needed for optimal brain function. Omega-3 fatty acids, found in fatty fish, flaxseeds, and walnuts, are particularly good for brain health.

Here is an example 7-day meal plan that focuses on whole foods, fruits, vegetables, whole grains, lean proteins, and healthy fats:

Day 1:

- **Breakfast:** Overnight oats with almond milk, chia seeds, blueberries and a sprinkle of walnuts (~350 calories)
- **Lunch:** Quinoa salad with mixed vegetables, chickpeas, and a vinaigrette dressing (~400 calories)
- **Dinner:** Baked salmon, sweet potatoes, and steamed broccoli (~500 calories)
- **Snacks:** A handful of almonds, and an apple (~200 calories)

Day 2:

- **Breakfast:** Scrambled eggs with spinach and whole-grain toast (~300 calories)
- **Lunch:** Chicken wrap with whole grain tortilla, mixed greens, and Greek yogurt dressing (~400 calories)
- **Dinner:** Lentil soup with a side salad (~450 calories)
- **Snacks:** A banana and a tablespoon of peanut butter (~200 calories)

Day 3:

- **Breakfast:** Greek yogurt with mixed berries and a sprinkle of granola (~300 calories)
- **Lunch:** Whole grain pasta salad with tuna, cherry tomatoes, and cucumber (~400 calories)
- **Dinner:** Grilled chicken breast, quinoa, and grilled vegetables (~500 calories)
- **Snacks:** A handful of walnuts, and a pear (~200 calories)

Day 4:

- **Breakfast:** Whole grain toast with avocado and poached egg (~350 calories)
- **Lunch:** Brown rice stir-fry with tofu and mixed vegetables (~400 calories)
- **Dinner:** Baked cod, sweet potatoes, and green beans (~450 calories)
- **Snacks:** Greek yogurt and a handful of blueberries (~150 calories)

Day 5:

- **Breakfast:** Oatmeal with almond milk, bananas, and a sprinkle of flaxseeds (~350 calories)
- **Lunch:** Quinoa salad with mixed vegetables, black beans, and a vinaigrette dressing (~400 calories)
- **Dinner:** Grilled turkey breast, sweet potatoes, and roasted Brussels sprouts (~500 calories)
- **Snacks:** A handful of almonds, and an orange (~200 calories)

Day 6:

- **Breakfast:** Smoothie with spinach, banana, blueberries, Greek yogurt, and a tablespoon of peanut butter (~350 calories)
- **Lunch:** Whole grain wrap with hummus, mixed greens, and grilled chicken (~400 calories)
- **Dinner:** Baked salmon, brown rice, and steamed asparagus (~500 calories)
- **Snacks:** A banana and a tablespoon of almond butter (~200 calories)

Day 7:

- **Breakfast:** Greek yogurt with mixed berries and a sprinkle of granola (~300 calories)
- **Lunch:** Whole grain pasta salad with smoked salmon, cherry tomatoes, and cucumber (~400 calories)
- **Dinner:** Grilled chicken breast, quinoa, and grilled zucchini (~500 calories)
- **Snacks:** A handful of walnuts, and a pear (~200 calories)

This meal plan provides an average of 1500-1800 calories per day with balanced macronutrients and a focus on omega-3 fatty acids, fruits, vegetables, and whole grains. As with any diet plan, individuals should adjust portion sizes and food choices based on their specific dietary needs and preferences. Please consult with a registered dietitian or a healthcare professional before starting any new diet plan.

Here are some popular apps that can help you maintain healthy nutrition:

1. **MyFitnessPal:** This is a comprehensive app that allows you to track your food intake, exercise, and even connect with a community for support. The food database is vast, and you can also scan barcodes to quickly input your meals.

2. Lifesum: Lifesum provides personalized diet plans, food tracking, and healthy recipes to support your dietary goals. It also offers unique features such as tracking your water intake and an overview of your nutritional needs.

3. Eat This Much: This app acts as your personal diet assistant, suggesting meal plans based on your dietary preferences and goals. You can customize it to meet specific dietary needs like vegetarian, paleo, or ketogenic diets.

4. Fooducate: Fooducate goes beyond simple tracking to provide in-depth information about your food's nutritional content. By scanning a product barcode, you can receive a letter grade for the food's overall healthiness, along with detailed explanations.

5. Noom: This app uses psychology and small goals to help you make lifestyle changes that will stick. In addition to meal tracking, it offers personalized coaching, health articles, and a supportive community.

6. HealthyOut: If you're often on the go, HealthyOut can be a great tool. This app helps you find and order healthy meals from local restaurants, based on your nutritional needs and preferences.

7. Yummly: This app is full of healthy and delicious recipes. You can filter by dietary preferences, allergies, cooking skill level, and more. Plus, it will generate a shopping list based on your chosen recipes.

8. WaterMinder: Hydration is just as important as nutrition when it comes to health. WaterMinder helps you track your daily water intake and sends reminders to drink more.

Remember, while these apps can provide valuable guidance and resources, they are not substitutes for professional healthcare or dietary advice. It's always a good idea to consult with a healthcare professional before making major changes to your diet.