

Sample 3-Day Meal Plan



Med Center
Health®

Health & Wellness

MEAL 1

2 egg omelet with vegetables of choice, ¼ cup cheese
+ ½ cup of cooked oatmeal with 1 cup berries of choice

MEAL 2

Whole Wheat Wrap with lower sodium oven roasted turkey breast,
lettuce, tomato, and mustard + grapes

OPTIONAL SNACK

Celery + 2 tbsp unsalted nut butter

MEAL 3

Stuffed Bell Peppers with ground turkey

OPTIONAL SNACK

No-salt-added cottage cheese + fruit

MEAL 1

Overnight Oats

MEAL 2

Scrambled egg topped with vegetables of choice, ¼ ripe avocado
+ vegetables of choice on a whole grain tortilla

OPTIONAL SNACK

Apple + 2 tbsp unsalted nut butter

MEAL 3

Salmon, sweet potato + asparagus

OPTIONAL SNACK

Unsweetened Greek Yogurt + 1 cup berries

MEAL 1

Greek Yogurt with strawberries and blueberries + ¼ cup granola

MEAL 2

Pre-bagged salad mix, lower sodium oven roasted turkey chopped, cucumbers,
tomatoes, carrots, snap peas, bell peppers and olive oil and vinegar dressing
+ 2 pieces whole wheat toast

OPTIONAL SNACK

Hummus & fresh vegetables or no-salt-added crackers

MEAL 3

Black Bean Soup

OPTIONAL SNACK

Unsalted almonds + banana

*Please note: this is a sample meal plan that is low in sodium and moderate in carbohydrates. You may need more or less food depending on your individual needs. If you have other health issues that are affected by what you eat, you may need to speak with a registered dietitian or your medical provider for further recommendations.

BLACK BEAN SOUP

- cooking spray
- 1 medium onion, diced
- 1 medium fresh jalapeno, seeds and ribs discarded, chopped (optional)
- 1 tbsp minced garlic
- 2 tsp ground cumin
- 2 15.5-ounce cans no-salt-added black beans, undrained
- 1 14.5-ounce can no-salt-added diced tomatoes, undrained
- 1 cup low-sodium chicken broth
- ¼ cup chopped fresh cilantro (optional)

Lightly spray a large pot with cooking spray. Cook the onion over medium-high heat for 5 minutes, or until very soft, stirring frequently.

Stir in the jalapeno, garlic, and cumin. Cook for 1 minute.

Stir in the beans with liquid. Lightly mash them using a potato masher or fork.

Stir in the tomatoes with liquid and broth. Reduce the heat to medium.

Simmer, covered, for 15 minutes. Serve the soup topped with cilantro (optional).

SALMON WITH SWEET POTATO AND ASPARAGUS

- cooking spray
- 2 salmon fillets (thawed from fresh or frozen)
- 1 pound fresh thin asparagus, trimmed
- 3 tbsp olive oil
- 3 tbsp lemon juice
- 4 cloves garlic, minced
- ¼ tsp sea salt
- 1 tsp ground black pepper
- 1 lemon, sliced into rounds

Preheat oven to 350 degrees F. Line a rimmed 9x12-inch baking sheet with parchment paper and grease with cooking spray. Place salmon fillets and asparagus in a single layer.

Combine olive oil, lemon juice, and garlic in a bowl. Drizzle garlic mixture over salmon and asparagus. Season with salt and pepper. Place lemon rounds on top.

Bake in preheated oven until salmon flakes easily with a fork, 15 to 20 minutes.

Prepare sweet potato: wash thoroughly. Sweet potato can be baked or microwaved until tender.

STUFFED BELL PEPPERS

- 4 green pepper (large, washed)
- 1 pound turkey, ground, 85% lean
- 1 cup rice, uncooked
- ½ cup onion, peeled and chopped
- 1 ½ cups tomato sauce, unsalted
- ground black pepper (to taste)

Cut around the stem of the green peppers. Remove the seeds and pulpy part of the peppers.

Wash, and then cook green peppers in boiling water for five minutes. Drain well.

In saucepan, brown turkey. Add rice, onion, ½ cup tomato sauce and blend.

Stuff each pepper with the mixture and place in casserole dish.

Pour the remaining tomato sauce over the green peppers.

Cover and back for 30 minutes at 350 degrees F.

OVERNIGHT OATS

- ½ cup old-fashioned rolled oats
- ½ cup unsweetened Greek yogurt
- ¼ teaspoon vanilla extract
- ¼ cup water
- 1½ tablespoons unsalted nut butter of choice (optional)
- 1 tablespoon ground flaxseed (optional)
- ½ cup fresh or (thawed) frozen berries, sliced if large

Place oats in a small bowl or mason jar. Add yogurt, vanilla, and water; mix well.

Add fruit on top.

Cover with plastic wrap or a lid and refrigerate overnight (or for up to 2 days).

Just before serving, gently stir in almond butter and ground flaxseed.



SCAN THE QR CODE
FOR HEALTH & WELLNESS
EVENTS HAPPENING
THIS MONTH!



Med Center Health®

Health & Wellness

740 East 10th Avenue
Bowling Green, KY 42101
270-745-0942 | 1-877-800-3824
MedCenterHealth.org