

A top-down view of a wooden cutting board filled with various fresh ingredients. The ingredients are arranged in a circular pattern, including a large piece of salmon, two shrimp, several asparagus spears, a bunch of carrots, a bowl of green beans, a bowl of red salsa, a bowl of green guacamole, a bowl of mixed nuts and seeds, a bowl of yellow corn chips, a whole lemon, a bunch of green herbs, and several whole tomatoes. The background is a dark wooden surface.



This meal plan is based on a daily 2,000-calorie diet.

THE PLATE METHOD



- 1 VEGETABLES**
The more vegetables—and the greater the variety—the better.
- 2 FRUITS**
Eat plenty of fruits of all colors.
- 3 HEALTHY PROTEIN**
Choose fish, poultry, beans and nuts. Limit red meat and cheese.
- 4 WHOLE GRAINS**
Eat a variety of whole grains. Limit refined grains.
- 5 DAIRY**
Choose skim or 1% milk and limit to 1-2 servings per day.

Use as a guide for creating healthy, balanced meals, whether served on a plate or packed in a lunch box.

Remember, $\frac{1}{2}$ plate of vegetables and fruit, $\frac{1}{4}$ grains and $\frac{1}{4}$ protein.

The total number of calories a person needs each day varies depending on a person's age, sex, height, weight and level of physical activity. Estimates range from 1,600 to 2,400 calories per day for adult women and 2,000 to 3,000 calories per day for adult men.



DAY ONE

Mediterranean Slow-Cooker Chicken Noodle Soup

INGREDIENTS

1 pound boneless, skinless chicken breast
1 14-ounce can no-salt-added fire-roasted diced tomatoes
4 cups low-sodium chicken broth
1 ½ cups chopped yellow onion
1 cup chopped orange bell pepper
4 cloves garlic, minced
1 tablespoon Italian seasoning
½ teaspoon ground pepper
¼ teaspoon salt
¼ teaspoon crushed red pepper
1 bay leaf
6 ounces whole-wheat rotini pasta
2 tablespoons chopped fresh basil
2 tablespoons chopped fresh flat-leaf parsley, plus more for garnish
½ cup grated Parmesan cheese

PREPARATION

Combine chicken, tomatoes, broth onion, bell pepper, garlic, Italian seasoning, pepper, salt, crushed red pepper and bay leaf in a 4-quart slow cooker. Cover and cook on high until the chicken is tender and an instant-read thermometer inserted into the thickest part of the chicken registers 165°F, about 3 hours. Remove and discard the bay leaf. Transfer the chicken to a plate; let rest for 10 minutes.

Meanwhile, stir pasta into the mixture in the slow cooker; cover and cook on high until the pasta is tender, about 30 minutes.

Coarsely shred the chicken and stir it back into the soup, along with basil and parsley. Ladle the soup evenly into 6 bowls; sprinkle with Parmesan and garnish with parsley, if desired.

Active Time 15m
Total Time 3h 50m
Serves 6
2 cups each

NUTRITION FACTS

Calories	251
Total Fat	5g
Saturated Fat	2g
Monounsaturated Fat	1g
Cholesterol	48mg
Sodium	659mg
Carbohydrates	29g
Dietary Fiber	4g
Total Sugars	4g
Added Sugars	N/A
Protein	24g
Potassium	529mg



DAY TWO

Superfood Chopped Salad with Salmon and Creamy Garlic Dressing

INGREDIENTS

1 pound salmon fillet
½ cup low-fat plain yogurt
¼ cup mayonnaise
2 tablespoons lemon juice
2 tablespoons grated Parmesan cheese
1 tablespoon finely chopped fresh parsley
1 tablespoon snipped fresh chives
2 teaspoons reduced-sodium tamari
1 medium clove garlic, minced
¼ teaspoon ground pepper
8 cups chopped curly kale
2 cups chopped broccoli
2 cups chopped red cabbage
2 cups finely diced carrots
½ cup sunflower seeds, toasted

PREPARATION

Arrange rack in upper third of oven. Preheat broiler to high.
Line a baking sheet with foil.

Place salmon on the prepared baking sheet, skin-side down. Broil, rotating the pan from front to back once, until the salmon is opaque in the center, 8 to 12 minutes. Cut into 4 portions.

Meanwhile, whisk yogurt, mayonnaise, lemon juice, Parmesan, parsley, chives, tamari, garlic and pepper in a small bowl.

Combine kale, broccoli, cabbage, carrots and sunflower seeds in a large bowl. Add ¾ cup of the dressing and toss to coat. Divide the salad among 4 dinner plates and top each with a piece of salmon and about 1 tablespoon of the remaining dressing.

Active Time 30m

Total Time 30m

Serves 4

3 cups salad and
3-4 ounces salmon each

NUTRITION FACTS

Calories	409
Total Fat	24g
Saturated Fat	4g
Monounsaturated Fat	N/A
Cholesterol	63mg
Sodium	356mg
Carbohydrates	19g
Dietary Fiber	6g
Total Sugars	7g
Added Sugars	N/A
Protein	32g
Potassium	1152mg



DAY THREE

Seared Scallops with White Bean Ragu and Charred Lemon

INGREDIENTS

3 teaspoons extra-virgin olive oil, divided
1 pound mature spinach or white chard, trimmed and thinly sliced
2 cloves garlic, minced
1 tablespoon capers, rinsed and chopped
½ teaspoon ground pepper, divided
1 15-ounce can no-salt-added cannellini beans, drained and rinsed
1 cup low-sodium chicken broth
⅓ cup dry white wine
1 tablespoon butter
1 pound dry sea scallops, tough side muscle removed
1 lemon, halved
2 tablespoons chopped fresh parsley

PREPARATION

Heat 2 teaspoons oil in a large skillet over medium-high heat. Add greens and cook, stirring often, until wilted, about 4 minutes. Stir in garlic, capers and ¼ teaspoon pepper; cook, stirring occasionally, until fragrant, about 30 seconds. Add beans, broth and wine and bring to a simmer. Reduce heat to maintain a low simmer, cover and cook for 5 minutes. Remove from heat and stir in butter. Cover to keep warm.

Meanwhile, sprinkle scallops with the remaining ¼ teaspoon pepper. Heat the remaining 1 teaspoon oil in a large nonstick skillet over medium-high heat. Add the scallops and cook until browned on both sides, about 4 minutes total. Transfer to a clean plate. Add lemon halves to the pan, cut-side down, and cook until charred, about 2 minutes. Cut into wedges. Sprinkle the scallops and the bean ragu with parsley and serve with the lemon wedges.

Active Time 25m

Total Time 25m

Serves 4

3 oz scallops/1 cup ragu each

NUTRITION FACTS

Calories	255
Total Fat	8g
Saturated Fat	3g
Monounsaturated Fat	N/A
Cholesterol	35mg
Sodium	590mg
Carbohydrates	21g
Dietary Fiber	5g
Total Sugars	1g
Added Sugars	N/A
Protein	21g
Potassium	853mg



DAY FOUR

Walnut-Rosemary Crusted Salmon

INGREDIENTS

2 teaspoons Dijon mustard
1 clove garlic, minced
¼ teaspoon lemon zest
1 teaspoon lemon juice
1 teaspoon chopped fresh rosemary
½ teaspoon honey
½ teaspoon kosher salt
¼ teaspoon crushed red pepper
3 tablespoons panko breadcrumbs
3 tablespoons finely chopped walnuts
1 teaspoon extra-virgin olive oil
1 pound skinless salmon fillet, fresh or frozen
Olive oil cooking spray
Chopped fresh parsley and lemon wedges for garnish

PREPARATION

Preheat oven to 425°F. Line a large rimmed baking sheet with parchment paper.

Combine mustard, garlic, lemon zest, lemon juice, rosemary, honey, salt and crushed red pepper in a small bowl. Combine panko, walnuts and oil in another small bowl.

Place salmon on the prepared baking sheet. Spread the mustard mixture over the fish and sprinkle with the panko mixture, pressing to adhere. Lightly coat with cooking spray.

Bake until the fish flakes easily with a fork, about 8 to 12 minutes, depending on thickness.

Sprinkle with parsley and serve with lemon wedges, if desired.

Active Time 10m

Total Time 20m

Serves 4

3 oz salmon each

NUTRITION FACTS

Calories	222
Total Fat	12g
Saturated Fat	2g
Monounsaturated Fat	N/A
Cholesterol	62mg
Sodium	256mg
Carbohydrates	4g
Dietary Fiber	0g
Total Sugars	1g
Added Sugars	N/A
Protein	24g
Potassium	0mg



DAY FIVE

Mediterranean Chickpea Quinoa Bowl

INGREDIENTS

1 7-ounce jar roasted red peppers, rinsed
¼ cup slivered almonds
4 tablespoons extra-virgin olive oil, divided
1 small clove garlic, crushed
1 teaspoon paprika
½ teaspoon ground cumin
¼ teaspoon crushed red pepper (optional)
2 cups cooked quinoa
¼ cup Kalamata olives, chopped
¼ cup finely chopped red onion
1 15-ounce can chickpeas, rinsed
1 cup diced cucumber
¼ cup crumbled feta cheese
2 tablespoons finely chopped fresh parsley

PREPARATION

Place peppers, almonds, 2 tablespoons oil, garlic, paprika, cumin and crushed red pepper (if using) in a mini food processor. Puree until fairly smooth.

Combine quinoa, olives, red onion and the remaining 2 tablespoons oil in a medium bowl.

To serve, divide the quinoa mixture among 4 bowls and top with equal amounts of the chickpeas, cucumber and the red pepper sauce. Sprinkle with feta and parsley.

Active Time 20m

Total Time 20m

Serves 4

1 ½ cups each

NUTRITION FACTS

Calories	477
Total Fat	25g
Saturated Fat	4g
Monounsaturated Fat	27g
Cholesterol	8mg
Sodium	643mg
Carbohydrates	49g
Dietary Fiber	8g
Total Sugars	3g
Added Sugars	0g
Protein	13g
Potassium	443mg



DAY SIX

Creamy Lemon Pasta with Shrimp

INGREDIENTS

8 ounces whole-wheat fettuccine
1 tablespoon extra-virgin olive oil
12 ounces medium shrimp, peeled and deveined (26-30 per pound)
2 tablespoons unsalted butter
1 tablespoon finely chopped garlic
¼ teaspoon crushed red pepper
4 cups loosely packed arugula
¼ cup whole-milk plain yogurt
1 teaspoon lemon zest
2 tablespoons lemon juice
¼ teaspoon salt
⅓ cup grated Parmesan cheese, plus more for garnish
¼ cup thinly sliced fresh basil

PREPARATION

Bring 7 cups of water to a boil. Add fettuccine, stirring to separate the noodles. Cook until just tender, 7 to 9 minutes. Reserve ½ cup of the cooking water and drain.

Meanwhile, heat oil in a large nonstick skillet over medium-high heat. Add shrimp and cook, stirring occasionally, until pink and curled, 2 to 3 minutes. Transfer the shrimp to a bowl.

Add butter to the pan and reduce heat to medium. Add garlic and crushed red pepper; cook, stirring often, until the garlic is fragrant, about 1 minute. Add arugula and cook, stirring, until wilted, about 1 minute. Reduce heat to low. Add the fettuccine, yogurt, lemon zest and the reserved cooking water, ¼ cup at a time, tossing well, until the fettuccine is fully coated and creamy. Add the shrimp, lemon juice and salt, tossing to coat the fettuccine. Remove from the heat and toss with Parmesan.

Serve the fettuccine topped with basil and more Parmesan, if desired.

Active Time 20m

Total Time 20m

Serves 4

1 ½ cups each

NUTRITION FACTS

Calories	403
Total Fat	14g
Saturated Fat	6g
Monounsaturated Fat	5g
Cholesterol	160mg
Sodium	396mg
Carbohydrates	46g
Dietary Fiber	6g
Total Sugars	3g
Added Sugars	N/A
Protein	28g
Potassium	626mg



DAY SEVEN

Greek Cauliflower Rice Bowls with Grilled Chicken

INGREDIENTS

6 tablespoons extra-virgin olive oil plus 1 teaspoon, divided
4 cups cauliflower rice
 $\frac{3}{4}$ teaspoon salt, divided
 $\frac{1}{3}$ cup chopped red onion
 $\frac{1}{2}$ cup chopped fresh dill, divided
1 pound boneless, skinless chicken breasts
3 tablespoons lemon juice
1 teaspoon dried oregano
1 cup halved cherry tomatoes
1 cup chopped cucumber
 $\frac{1}{2}$ teaspoon ground pepper, divided
2 tablespoons chopped Kalamata olives
2 tablespoons crumbled feta cheese
Lemon wedges for serving (optional)

PREPARATION

Preheat grill to medium.

Heat 2 tablespoons oil in a large skillet over medium-high heat. Add cauliflower, onion and $\frac{1}{4}$ teaspoon salt. Cook, stirring occasionally, until the cauliflower is softened, about 5 minutes. Remove from heat and stir in $\frac{1}{4}$ cup dill.

Meanwhile, rub 1 teaspoon oil all over chicken. Sprinkle with $\frac{1}{4}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper. Grill, turning once, until an instant-read thermometer inserted into the thickest part of the breast reads 165°F, about 15 minutes total. Slice crosswise.

Meanwhile, whisk the remaining 4 tablespoons oil, lemon juice, oregano and the remaining $\frac{1}{4}$ teaspoon each salt and pepper in a small bowl.

Divide the cauliflower rice between 4 bowls. Top with the chicken, tomatoes, cucumber, olives and feta. Sprinkle with remaining $\frac{1}{4}$ cup dill. Drizzle with the vinaigrette. Serve with lemon wedges, if desired.

Active Time 30m

Total Time 30m

Serves 4

2 cups each

NUTRITION FACTS

Calories	411
Total Fat	28g
Saturated Fat	4g
Monounsaturated Fat	24g
Cholesterol	87mg
Sodium	630mg
Carbohydrates	9g
Dietary Fiber	3g
Total Sugars	5g
Added Sugars	N/A
Protein	29g
Potassium	560mg