

# Sample MIND Diet 7 Day Meal Plan

The Geriatric Dietitian

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	<ul style="list-style-type: none"> <li>• 1/2 cup oatmeal with 1/2 cup strawberries</li> </ul>	<ul style="list-style-type: none"> <li>• Egg whites, 2 tsp olive oil</li> <li>• 3 oz turkey sausage</li> <li>• 1 piece whole grain toast</li> </ul>	<ul style="list-style-type: none"> <li>• 1 whole grain protein pancake with light syrup</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit smoothie with banana, kale, Greek yogurt, and honey</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 cup overnight oats with 1/2 cup blueberries and 1/3 cup cashews</li> </ul>	<ul style="list-style-type: none"> <li>• Avocado toast on 1 slice whole grain bread</li> </ul>	<ul style="list-style-type: none"> <li>• Quinoa breakfast bowl                             <ul style="list-style-type: none"> <li>◦ 1/2 cup quinoa, 1 tsp olive oil</li> </ul> </li> </ul>
Snack	<ul style="list-style-type: none"> <li>• Greek yogurt with 1/3 cup shaved almonds</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 pita with hummus dip</li> </ul>	<ul style="list-style-type: none"> <li>• Multigrain crackers (1 serving) and bean dip</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 cup oatmeal with 1/2 cup strawberries</li> </ul>	<ul style="list-style-type: none"> <li>• 3 oz tuna salad and 1/2 cup sliced cucumber</li> </ul>	<ul style="list-style-type: none"> <li>• Cottage cheese and peaches</li> </ul>	<ul style="list-style-type: none"> <li>• Multigrain crackers (1 serving) and bean dip</li> </ul>
Lunch	<ul style="list-style-type: none"> <li>• Fiesta salad bowl                             <ul style="list-style-type: none"> <li>◦ 3 oz grilled chicken, 1/2 cup quinoa, 1/2 cup black beans, bell peppers, corn, red onion, cilantro, tomatoes, avocado</li> <li>◦ Drizzle with 1 tsp olive oil and lemon juice</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Large loaded baked potato with 1 cup kale side salad</li> </ul>	<ul style="list-style-type: none"> <li>• Bowl of lentil soup                             <ul style="list-style-type: none"> <li>◦ 1/2 cup quinoa</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Arugula and beet salad with grilled chicken                             <ul style="list-style-type: none"> <li>◦ 1/2 cup quinoa</li> <li>◦ 1 tsp olive oil</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Mushroom tacos                             <ul style="list-style-type: none"> <li>◦ 1/2 cup pinto beans, 1/2 cup brown rice, 1/2 cup romaine, pico de gallo</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• 1 whole grain flat bread pizza with 1/2 cup vegetables and 1/2 cup cooked spinach, 1 tsp olive oil</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable patty burger                             <ul style="list-style-type: none"> <li>◦ 1 cup romaine, tomato, onion, 1 tsp olive oil</li> </ul> </li> </ul>
Snack	<ul style="list-style-type: none"> <li>• Sliced apples with 1 TBSP of almond butter</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 cup unsalted trail mix</li> </ul>	<ul style="list-style-type: none"> <li>• Banana drizzled with 2 TBSP peanut butter and cinnamon</li> </ul>	<ul style="list-style-type: none"> <li>• Guacamole and veggie chips</li> </ul>	<ul style="list-style-type: none"> <li>• Nut and protein bar</li> </ul>	<ul style="list-style-type: none"> <li>• Guacamole and veggie chips</li> </ul>	<ul style="list-style-type: none"> <li>• 1 oz walnuts</li> <li>• 1 medium plum</li> </ul>
Dinner	<ul style="list-style-type: none"> <li>• 3 oz salmon with 1/2 cup brown rice, 1/2 cup broccoli, 1 tsp olive oil</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken tacos                             <ul style="list-style-type: none"> <li>◦ 1/2 cup corn</li> <li>◦ 1/2 cup black beans</li> <li>◦ 1 corn tortilla</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• 3 oz ground turkey, 2 tsp olive oil</li> <li>• Mashed potatoes, 1/2 cup green beans</li> </ul>	<ul style="list-style-type: none"> <li>• Shrimp</li> <li>• 1/2 cup whole grain pasta                             <ul style="list-style-type: none"> <li>◦ Olives, 1/2 cup tomato, 1/2 cup steamed spinach, 1 tsp olive oil</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Turkey cobb salad                             <ul style="list-style-type: none"> <li>◦ 1/2 cup brown rice, 2 tsp olive oil vinaigrette</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Chicken skewers                             <ul style="list-style-type: none"> <li>◦ Brussels sprouts, 1/2 cup black bean salsa, 1/2 cup brown rice side, 1 tsp olive oil</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Ground turkey lettuce wraps                             <ul style="list-style-type: none"> <li>◦ 3 oz ground turkey, 1/2 cup brown rice</li> </ul> </li> </ul>
Snack	<ul style="list-style-type: none"> <li>• Smoothie:                             <ul style="list-style-type: none"> <li>◦ 1/2 cup frozen raspberries, 1 oz walnuts, 1/2 cup spinach, 1 scoop protein powder</li> <li>◦ Water and ice cubes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Strawberries with non-fat whipped cream</li> </ul>	<ul style="list-style-type: none"> <li>• Carrot sticks with 1 TBSP almond butter</li> </ul>	<ul style="list-style-type: none"> <li>• Sliced pear with pecans and nutmeg</li> </ul>	<ul style="list-style-type: none"> <li>• Sorbet with pistachio topping</li> </ul>	<ul style="list-style-type: none"> <li>• Apple with 2 TBSP peanut butter</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 cup sliced bell peppers with guacamole</li> </ul>