

WEEKLY MEAL PLANNER

Dr. Louella K McIntosh, BCC

2025

| Menu | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|--|--|--|---|--|--|--|
| BREAKFAST | 2 boiled eggs with whole grain toast and sliced Avocado or mixed fruit | Greek yogurt with slice banana and granola | Oatmeal with sliced almonds, (nuts) cinnamon, and honey | Smoothie with banana, Spinach, almond milk, and protein powder | Whole grain waffles with mixed berries and maple syrup | Scramble eggs with spinach and whole grain toast | Yogurt parfait with mixed berries, granola, and honey |
| LUNCH | Grilled Chicken/Tuna with roasted vegetables | Turkey sandwich with whole grain bread, lettuce, tomato, and mustard | Turkey/Chicken salad with mixed veggies feta cheese and vinaigrette dressing | Tuna salad with mixed greens, cherry tomatoes, and balsamic vinaigrette | Grilled chicken, Caesar salad with whole grain croutons and dressing | Grilled turkey burger with sweet potatoes fries | Whole grain toast, lettuce, tomatoes Turkey, and vinaigrette sauce |
| DINNER | Grilled Salmon with strained broccoli and brown rice/beans | Grilled Chicken with bell peppers, onions and whole wheat tortillas | Beef Stir-fry with mixed veggies and brown rice | Grilled Shrimp with mixed vegetable and whole grain pasta | Baked Fish/Cod, Vegetable and brown rice | Baked Salmon with mixed vegetables and quinoa | Beef chili with mixed vegetable and whole grain crackers |
| DESSERT | Baked Chocolate Cookies Apple Crisp Strawberry Cheesecake | Blueberry Muffins Thin Mints | | | | | |
| HEALTHY DRINK | WATER Green Tea Ginger Tea Black Coffee | Lemon Water Coconut water Cucumber Mint Water Apple Juice | Vegetable Juice Smoothie Almond Milk | | | | |
| SNACK | 1/2 Apple Peanut Sandwich Trailmix | Hummus, Carrot Sticks Fruit Salad Popcorn | | | | | |

Menu

3/7/2025

1. Complex carbohydrates: Complex carbohydrates are also a good source of fiber and B vitamins that help release energy from food.

Good sources include:

Lentils

Sweet potatoes

Brown rice

(such as quinoa, old-fashioned or steel cut oats, whole wheat, lentil or- chickpea pastas, and bread made with 100% whole wheat flour)

3. Good sources of Amino Acids include:

Almonds

Bananas

Green tea (a good source of theanine)

Pumpkin seeds

Beans and peas

Berries

Whole Grains:

(such as quinoa, old-fashioned or steel cut oats, whole wheat, lentil or- chickpea pastas, and bread made with 100% whole wheat flour)

Avocados

Dairy

Lima beans

Turkey

2. Omega-3 fatty acids promote optimal brain function and enhance mood by boosting serotonin levels and our memory.

Good sources of omega-3 fatty acids include:

Fatty fish such as salmon, tuna and sardines

Walnuts

Flax seeds

Chi seeds

4. B vitamins including folic acid, vitamins B5 and B12 help maintain energy and mood, improve coping mechanisms, relieve stress, anxiety, panic and depression.

Good sources include:

Asparagus

Bananas

Kidney Beans

Whole Grains

Broccoli

Brussels Sprouts

Spinach and Kale

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| <p>5. Vitamin C lowers blood pressure and the stress hormone cortisol while boosting the immune system. Good sources are: Fruits, such as guava, oranges, papaya, strawberries, tomato and kiwi Vegetables, including bell peppers, kale and snow peas</p> | <p>6. Magnesium promotes muscle relaxation and regulation of heartbeat. Magnesium also helps to lower stress by keeping a person in a calm state and prevents blood pressure from spiking. Good sources include: Almonds Black beans Swiss cheese/kale</p> |
| <p>7. Selenium is an antioxidant which helps prevent cell damage and stress related health conditions. It also improves mood. Good sources include: Brazil nuts Lean protein such as pork chops and chicken breast Seafood such as yellow fin tuna, oysters, firm tofu and shrimp Shiitake mushrooms Whole wheat pasta</p> | <p>8. Some foods that can help reduce stress and tension include: 1. Nuts and seeds (like almonds and pumpkin seeds) 2. Fruits (like oranges and blueberries) 3. Dark chocolate 4. Yogurt 5. Green leafy vegetables (like spinach) 6. Fatty fish (like salmon and tuna) 7. Whole grains (like oats and brown rice) 8. Herbal teas (chamomile/green tea)</p> |