



PHC360 · PERSONALIZED HEALTH CENTER

7-Day Beginner Meal Plan

Breakfast · Lunch · Mini Meal · Dinner · Grocery List

3.5 meals per day · Palm-sized protein OR 2–3 eggs · 1+ cup vegetables · ½ cup fruit or starch · Mini meal = half portions

■ Tips for Getting Started

1. Eat every 3–4 hours — don't skip meals, especially breakfast. 2. Cook double or triple portions at dinner — leftovers are your best friend. 3. Boil 6–8 eggs on Sunday — grab-and-go mini meals all week. 4. Keep your 3 proteins, 4 veggies and 2 starches stocked — that's all you need. 5. Consistency beats perfection. Same breakfast every day is a win.

 BREAKFAST (~7 am) LUNCH (~12 pm) MINI MEAL (~3 pm) ½ portions DINNER (~7 pm)

Meals marked ■ use leftovers — always cook extra at dinner to make the next day effortless. Recipes link to personalizedhealthcenter.com/recipes-for-members/

01

Monday

Proteins: Chicken · Ground Turkey · Eggs

BREAKFAST

~7:00 am

Turkey Sausage Scramble

PROTEIN Turkey sausage (palm-sized)	VEGETABLES 1+ cup baby spinach, wilted into scramble	FRUIT / STARCH ½ cup mixed berries on the side
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■ Make a big batch of sausage — refrigerate and use throughout the week.

LUNCH

~12:00 pm

Grilled Chicken Shawarma & Cucumber Salad

PROTEIN Grilled shawarma-spiced chicken (palm-sized)	VEGETABLES 1+ cup cucumber & red onion salad with dill	FRUIT / STARCH ½ cup cooked white rice (serve alongside)
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■ Cook extra chicken — saves time for tomorrow's lunch.

MINI MEAL

~3:00 pm ½ portions

Hard-Boiled Eggs & Apple Slices

PROTEIN 2 hard-boiled eggs	VEGETABLES ½ cup sliced cucumber	FRUIT / STARCH ½ small apple (half portion)
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■ Mini meal = half the size of a regular meal. Quick, no cooking needed.

DINNER

~7:00 pm

Honey Mustard Chicken & Brussels Sprouts

PROTEIN Chicken thigh or breast (palm-sized)	VEGETABLES 1+ cup roasted Brussels sprouts & red onion	FRUIT / STARCH ½ cup cooked white rice OR fresh apple (serve alongside)
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■ Make a triple batch — covers all of Tuesday's lunch and mini meal.

02

Tuesday

Leftovers Day — Zero cooking required

BREAKFAST

~7:00 am

Turkey Sausage Scramble

PROTEIN Turkey sausage (palm-sized, from batch)	VEGETABLES 1+ cup baby spinach, wilted into scramble	FRUIT / STARCH ½ cup mixed berries on the side
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■ Same breakfast as Monday — consistency is the goal for beginners.

LUNCH

~12:00 pm

Leftover Honey Mustard Chicken & Brussels Sprouts ■

PROTEIN Leftover chicken (palm-sized)	VEGETABLES 1+ cup leftover Brussels sprouts, reheated	FRUIT / STARCH ½ cup fresh apple or leftover rice
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MINI MEAL

~3:00 pm ½ portions

Leftover Chicken & Apple Slices ■

PROTEIN Small portion of leftover chicken (half palm)	VEGETABLES ½ cup sliced cucumber	FRUIT / STARCH ½ small apple (half portion)
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■ Use the last of Monday's chicken batch. Quick grab-and-go.

DINNER

~7:00 pm

Citrus Spiced Turkey Bowl

PROTEIN Ground turkey (palm-sized)	VEGETABLES 1+ cup roasted green beans	FRUIT / STARCH ½ cup navel orange segments
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■ Make a triple batch — covers Wednesday's lunch and mini meal.

03

Wednesday

Midweek Cook Day

BREAKFAST

~7:00 am

Turkey Sausage Scramble

PROTEIN Turkey sausage (palm-sized, from batch)	VEGETABLES 1+ cup baby spinach, wilted into scramble	FRUIT / STARCH ½ cup mixed berries on the side
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Last of the sausage batch — or make a fresh one today.

LUNCH

~12:00 pm

Leftover Citrus Spiced Turkey Bowl

PROTEIN Leftover ground turkey (palm-sized)	VEGETABLES 1+ cup leftover roasted green beans, reheated	FRUIT / STARCH ½ cup leftover orange segments OR fresh apple
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MINI MEAL

~3:00 pm ½ portions

Leftover Turkey & Cucumber Sticks

PROTEIN Small portion of leftover turkey (half palm)	VEGETABLES ½ cup sliced cucumber	FRUIT / STARCH ½ small apple (half portion)
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Last of Tuesday's turkey batch. No prep needed.

DINNER

~7:00 pm

One Pan Chicken, Golden Cauliflower & Carrot Fries

PROTEIN Chicken breast or thigh (palm-sized)	VEGETABLES 1+ cup golden roasted cauliflower florets	FRUIT / STARCH ½ cup roasted carrot fries
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Make a triple batch — covers Thursday AND Friday lunches.

04

Thursday

Leftovers Day — Zero cooking required

BREAKFAST

~7:00 am

Turkey Sausage Scramble

PROTEIN Turkey sausage (palm-sized)	VEGETABLES 1+ cup baby spinach, wilted into scramble	FRUIT / STARCH ½ cup mixed berries on the side
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■ Same reliable breakfast — no decisions before your morning coffee.

LUNCH

~12:00 pm

Leftover One Pan Chicken, Cauliflower & Carrot Fries ■

PROTEIN Leftover chicken (palm-sized)	VEGETABLES 1+ cup leftover cauliflower, reheated	FRUIT / STARCH ½ cup leftover carrot fries
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MINI MEAL

~3:00 pm ½ portions

Hard-Boiled Eggs & Apple Slices

PROTEIN 2 hard-boiled eggs	VEGETABLES ½ cup raw broccoli florets or sliced cucumber	FRUIT / STARCH ½ small apple (half portion)
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■ Boil a batch of 6 eggs at the start of the week — grab and go all week.

DINNER

~7:00 pm

Citrus Spiced Turkey Bowl

PROTEIN Ground turkey (palm-sized)	VEGETABLES 1+ cup roasted green beans	FRUIT / STARCH ½ cup navel orange segments
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■ Make a double batch — Friday lunch is covered.

05

Friday

End of Week — Keep it easy

BREAKFAST

~7:00 am

Turkey Sausage Scramble**PROTEIN**

Turkey sausage (palm-sized)

VEGETABLES

1+ cup baby spinach, wilted into scramble

FRUIT / STARCH

½ cup mixed berries on the side

LUNCH

~12:00 pm

Leftover Citrus Spiced Turkey Bowl ■**PROTEIN**

Leftover ground turkey (palm-sized)

VEGETABLES

1+ cup leftover roasted green beans, reheated

FRUIT / STARCH

½ cup leftover orange segments OR fresh apple

MINI MEAL

~3:00 pm ½ portions

Hard-Boiled Eggs & Berries**PROTEIN**

2 hard-boiled eggs

VEGETABLES

½ cup sliced cucumber

FRUIT / STARCH

½ cup mixed berries (half portion)

■ End of the work week — keep it simple and consistent.

DINNER

~7:00 pm

Baked Chicken & Carrots with Cilantro Lime Sauce**PROTEIN**

Chicken thighs or breast (palm-sized)

VEGETABLES

1+ cup roasted carrots

FRUIT / STARCH

½ cup roasted sweet potato

■ Make a double batch — Saturday lunch is sorted.

06

Saturday

Weekend — Relax & Recharge

BREAKFAST

~8:00 am

Turkey Sausage Scramble

PROTEIN Turkey sausage (palm-sized)	VEGETABLES 1+ cup baby spinach, wilted into scramble	FRUIT / STARCH ½ cup mixed berries OR ½ cup apple slices
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■ Weekend version — take your time, enjoy it warm.

LUNCH

~12:30 pm

Leftover Baked Chicken & Carrots ■

PROTEIN Leftover chicken (palm-sized)	VEGETABLES 1+ cup leftover roasted carrots, reheated	FRUIT / STARCH ½ cup leftover sweet potato OR fresh apple
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MINI MEAL

~3:30 pm ½ portions

Hard-Boiled Eggs & Apple Slices

PROTEIN 2 hard-boiled eggs	VEGETABLES ½ cup sliced cucumber or carrot sticks	FRUIT / STARCH ½ small apple or handful of berries (half portion)
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■ Simple and satisfying — no cooking required.

DINNER

~7:00 pm

One Pan Balsamic Chicken, Carrots & Cauliflower

PROTEIN Chicken breast or thigh (palm-sized)	VEGETABLES 1+ cup roasted carrots & cauliflower	FRUIT / STARCH ½ cup roasted carrots (in recipe)
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■ Make a double batch — Sunday lunch is sorted.

07

Sunday

Meal Prep Day — Set yourself up for the week

BREAKFAST

~8:00 am

Turkey Sausage Scramble

PROTEIN

Turkey sausage (palm-sized)

VEGETABLES

1+ cup baby spinach, wilted into scramble

FRUIT / STARCH

½ cup mixed berries OR ½ cup apple slices

LUNCH

~12:00 pm

Leftover One Pan Balsamic Chicken, Carrots & Cauliflower ■

PROTEIN

Leftover chicken (palm-sized)

VEGETABLES

1+ cup leftover roasted carrots & cauliflower, reheated

FRUIT / STARCH

½ cup leftover roasted carrots OR fresh apple

MINI MEAL

~3:00 pm ½ portions

Hard-Boiled Eggs & Apple Slices

PROTEIN

2 hard-boiled eggs

VEGETABLES

½ cup sliced cucumber or carrot sticks

FRUIT / STARCH

½ small apple (half portion)

■ Boil 6–8 eggs now for next week's mini meals — they keep 5 days in the fridge.

DINNER

~7:00 pm

Honey Mustard Chicken & Brussels Sprouts

PROTEIN

Chicken breast or thigh (palm-sized)

VEGETABLES

1+ cup roasted Brussels sprouts & red onion

FRUIT / STARCH

½ cup cooked white rice OR fresh apple (serve alongside)

■ Make a big batch tonight — Monday & Tuesday lunches next week are covered. You've got this!

7-Day Grocery List

Simple & beginner-friendly. 3 proteins, core vegetables, 2 fruits/starches. One shop covers the full week.

■ PROTEINS

■ Chicken breasts or thighs (boneless)
~1.5 kg / ~3.3 lbs

■ Ground turkey (lean)
~1 kg / ~2.2 lbs

■ Eggs (large)
2 dozen (24 eggs)

■

■ VEGETABLES

■ Baby spinach
2 large bags / ~400 g

■ Brussels sprouts
1 bag / ~400 g

■ Cauliflower (head)
1 large head

■ Green beans
300 g / ~10 oz

■ Carrots
1 large bag / ~1 kg

■ Cucumber (English)
2 large

■ Red onion
2 medium

■ Yellow onion
2 large

■ Garlic (fresh heads)
2 heads

■ Fresh dill
1 bunch

■ FRUIT

■ Mixed berries (fresh or frozen)
2–3 cups

■ Apple (Gala or Fuji)
6–8 medium

■ Navel orange
4 (for Citrus Turkey Bowl)

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■ STARCHES

■ Sweet potato
4–6 medium

■ White or brown rice (dry, certified GF)
500 g bag

■ PANTRY & SPICES

■ Extra-virgin olive oil or avocado oil
500 ml bottle

■ Coconut aminos or tamari (certified GF)
1 bottle

■ Dijon mustard (check label — ensure GF & dairy-free) 1 jar	■ Honey (raw) 1 jar
■ Balsamic vinegar (check label — ensure GF) 1 bottle	■ Chicken bone broth (certified GF, low-sodium) 500 ml
■ Shawarma spice blend 1 small jar	■ Italian seasoning 1 jar
■ Cumin (ground) 1 jar	■ Paprika (smoked) 1 jar
■ Garlic powder 1 jar	■ Dried oregano 1 jar
■ Sea salt & black pepper as needed	■

■ DAIRY-FREE FRIDGE STAPLES

■ Extra-virgin olive oil (for cooking & dressing) 500 ml bottle	■
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