



PHC360 · PERSONALIZED HEALTH CENTER

7-Day Beginner Meal Plan — Plan 2

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: Ground Beef · Turkey Sausage · 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

One Pan Beef & Broccoli

PROTEIN Flank steak, sliced thin (palm-sized)	VEGETABLES 1+ cup broccoli & cremini mushrooms	FRUIT / STARCH ½ cup cooked white rice (serve alongside)
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Cook extra — 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 raw broccoli florets or cucumber	FRUIT / STARCH ½ small apple (half portion)
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Boil 6–8 eggs on Sunday — grab and go all week.

DINNER

~7:00 pm

One Pan Beef & Broccoli

PROTEIN Flank steak, sliced thin (palm-sized)	VEGETABLES 1+ cup broccoli & cremini mushrooms	FRUIT / STARCH ½ cup cooked white rice (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 — simple and consistent.

LUNCH

~12:00 pm

Leftover One Pan Beef & Broccoli ■

PROTEIN Leftover flank steak (palm-sized)	VEGETABLES 1+ cup leftover broccoli & mushrooms, reheated	FRUIT / STARCH ½ cup leftover rice OR fresh apple
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MINI MEAL

~3:00 pm ½ portions

Leftover Beef & Carrot Sticks ■

PROTEIN Small portion of leftover beef (half palm)	VEGETABLES ½ cup raw carrot sticks	FRUIT / STARCH ½ small apple (half portion)
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■ Last of Monday's beef batch. Quick grab-and-go.

DINNER

~7:00 pm

Turkey Apple Breakfast Hash

PROTEIN Ground turkey (palm-sized)	VEGETABLES 1+ cup Brussels sprouts & red onion	FRUIT / STARCH ½ cup butternut squash & apple (in the hash)
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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 batch — or make fresh today.

LUNCH

~12:00 pm

Leftover Turkey Apple Breakfast Hash ■

PROTEIN Leftover ground turkey (palm-sized)	VEGETABLES 1+ cup leftover Brussels sprouts & butternut squash, reheated	FRUIT / STARCH ½ cup leftover apple & butternut squash
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MINI MEAL

~3:00 pm ½ portions

Leftover Turkey & Carrot Sticks ■

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

DINNER

~7:00 pm

Beef, Sweet Potato & Rapini Skillet

PROTEIN Ground beef (palm-sized)	VEGETABLES 1+ cup rapini or kale, wilted in skillet	FRUIT / STARCH ½ cup diced sweet potato in skillet
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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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No decisions before coffee — same reliable breakfast.

LUNCH

~12:00 pm

Leftover Beef, Sweet Potato & Rapini Skillet ■

PROTEIN Leftover ground beef (palm-sized)	VEGETABLES 1+ cup leftover rapini or kale, reheated	FRUIT / STARCH ½ cup leftover sweet potato
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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 carrot sticks	FRUIT / STARCH ½ small apple (half portion)
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Keep a batch of boiled eggs in the fridge — they last 5 days.

DINNER

~7:00 pm

One Pan Beef & Broccoli

PROTEIN Flank steak, sliced thin (palm-sized)	VEGETABLES 1+ cup broccoli & cremini mushrooms	FRUIT / STARCH ½ cup cooked white rice (serve alongside)
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Make a double batch — Friday lunch is covered.

05

Friday

End of Week — Keep it easy

BREAKFAST

~7:00 am

Soft-Boiled Eggs with Spinach & Carrot Hash**PROTEIN**

2–3 eggs (soft-boiled or fried)

VEGETABLES

1+ cup sautéed spinach & shredded carrots

FRUIT / STARCH

½ cup mixed berries OR ½ cup roasted sweet potato

LUNCH

~12:00 pm

Leftover One Pan Beef & Broccoli ■**PROTEIN**

Leftover flank steak (palm-sized)

VEGETABLES

1+ cup leftover broccoli & mushrooms, reheated

FRUIT / STARCH

½ cup leftover rice OR fresh apple

MINI MEAL

~3:00 pm ½ portions

Hard-Boiled Eggs & Berries**PROTEIN**

2 hard-boiled eggs

VEGETABLES

½ cup raw broccoli florets

FRUIT / STARCH

½ cup mixed berries (half portion)

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

DINNER

~7:00 pm

Turkey Apple Breakfast Hash**PROTEIN**

Ground turkey (palm-sized)

VEGETABLES

1+ cup Brussels sprouts & red onion

FRUIT / STARCH

½ cup butternut squash & apple (in the hash)

■ Make extra — Saturday lunch 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 and enjoy it warm.

LUNCH

~12:30 pm

Leftover Turkey Apple Breakfast Hash ■

PROTEIN Leftover ground turkey (palm-sized)	VEGETABLES 1+ cup leftover Brussels sprouts & butternut squash, reheated	FRUIT / STARCH ½ cup leftover butternut squash & apple
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MINI MEAL

~3:30 pm ½ portions

Hard-Boiled Eggs & Carrot Sticks

PROTEIN 2 hard-boiled eggs	VEGETABLES ½ cup raw 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

Beef, Sweet Potato & Rapini Skillet

PROTEIN Ground beef (palm-sized)	VEGETABLES 1+ cup rapini or kale, wilted in skillet	FRUIT / STARCH ½ cup diced sweet potato in skillet
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■ Make a double batch — Sunday lunch is sorted.

07

Sunday

Meal Prep Day — Set up next week

BREAKFAST

~8:00 am

Soft-Boiled Eggs with Spinach & Carrot Hash

PROTEIN 2–3 eggs (soft-boiled or fried)	VEGETABLES 1+ cup sautéed spinach & shredded carrots	FRUIT / STARCH ½ cup mixed berries OR ½ cup roasted sweet potato
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LUNCH

~12:00 pm

Leftover Beef, Sweet Potato & Rapini Skillet

PROTEIN Leftover ground beef (palm-sized)	VEGETABLES 1+ cup leftover rapini or kale, reheated	FRUIT / STARCH ½ cup leftover sweet potato
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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 carrot sticks or sliced cucumber	FRUIT / STARCH ½ small apple (half portion)
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■ Boil 6–8 eggs now — next week's mini meals are ready to go.

DINNER

~7:00 pm

One Pan Beef & Broccoli

PROTEIN Flank steak, sliced thin (palm-sized)	VEGETABLES 1+ cup broccoli & cremini mushrooms	FRUIT / STARCH ½ cup cooked white rice (serve alongside)
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■ Make a big batch tonight — Monday & Tuesday lunches next week are covered. Great work!

7-Day Grocery List — Plan 2

Simple & beginner-friendly. No zucchini or peppers. One shop covers the full week.

■ PROTEINS

■ Flank steak (for stir-fry, sliced thin)
~600 g / ~1.3 lbs

■ Ground beef (lean)
~800 g / ~1.8 lbs

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

■ Eggs (large)
2 dozen (24 eggs)

■ VEGETABLES

■ Baby spinach
2 large bags / ~400 g

■ Broccoli (heads or florets)
2 large heads

■ Brussels sprouts
1 bag / ~400 g

■ Butternut squash (small)
1 medium

■ Cremini mushrooms
1 pack / ~250 g

■ Carrots
1 large bag / ~1 kg

■ Rapini / broccoli rabe
1 bunch

■ Kale (optional swap)
1 bunch

■ Red onion
2 medium

■ Garlic (fresh heads)
2 heads

■ Yellow onion
2 large

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■ FRUIT

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

■ Apple (Gala or Fuji)
8–10 medium

■ 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	■ Beef or chicken bone broth (certified GF, low-sodium) 500 ml
■ Ginger (ground or fresh) 1 knob or jar	■ Cumin (ground) 1 jar
■ Paprika (smoked) 1 jar	■ Garlic powder 1 jar
■ Dried oregano 1 jar	■ Poultry seasoning 1 jar
■ Cinnamon (ground) 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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