



PHC360 · PERSONALIZED HEALTH CENTER

7-Day Beginner Meal Plan — Egg Free

Breakfast · Lunch · Mini Meal · Dinner · Grocery List

3.5 meals per day · Palm-sized protein · 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. Keep your 3 proteins, 4 veggies and 2 starches stocked — that's all you need. 4. 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 · Ground Beef

BREAKFAST

~7:00 am

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 big batch — use for Days 3 & 5 breakfasts too.

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

Sliced Chicken & Carrot Sticks

PROTEIN Leftover chicken (half palm — half portion)	VEGETABLES ½ cup raw carrot sticks	FRUIT / STARCH ½ small apple (half portion)
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■ Mini meal = half the size of a regular meal. 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 Apple Breakfast Hash

PROTEIN Ground turkey (palm-sized, from batch)	VEGETABLES 1+ cup leftover Brussels sprouts & butternut squash, reheated	FRUIT / STARCH ½ cup leftover apple & butternut squash
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■ Use the batch from Monday — just reheat and go.

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 Honey Mustard Chicken & Apple Slices ■

PROTEIN Leftover honey mustard chicken (half palm — half portion)	VEGETABLES ½ cup leftover Brussels sprouts or raw carrot sticks	FRUIT / STARCH ½ small apple (half portion)
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■ Last of Monday's chicken batch. Quick grab-and-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 triple batch — covers Wednesday's lunch and mini meal.

03

Wednesday

Midweek Cook Day

BREAKFAST

~7:00 am

Turkey Breakfast Sausages

PROTEIN Turkey breakfast sausage patties (palm-sized)	VEGETABLES 1+ cup sautéed kale or broccoli on the side	FRUIT / STARCH ½ cup mixed berries OR ½ cup roasted sweet potato
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■ Batch cook the patties — they keep 3 days in the fridge or freeze well.

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 Leftover flank steak (half palm — half portion)	VEGETABLES ½ cup raw carrot sticks	FRUIT / STARCH ½ small apple (half portion)
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■ Last of Tuesday's beef 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

Baked Chicken & Carrots with Cilantro Lime Sauce

PROTEIN Chicken breast (palm-sized)	VEGETABLES 1+ cup roasted carrots	FRUIT / STARCH ½ cup mixed berries OR ½ cup extra roasted carrots
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■ Make extra chicken here — use for Thursday's mini meal too.

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

Sliced Chicken & Apple Slices

PROTEIN Leftover grilled chicken (half palm — half portion)	VEGETABLES ½ cup raw broccoli florets	FRUIT / STARCH ½ small apple (half portion)
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■ No cooking — just slice and pack.

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 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)

■ Fresh batch today — make extra for Saturday breakfast.

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

Sliced Turkey & Berries**PROTEIN**

Leftover ground turkey (half palm — half portion)

VEGETABLES

½ cup raw carrot sticks

FRUIT / STARCH

½ cup mixed berries (half portion)

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

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) + ½ cup berries

■ Make a double batch — Saturday lunch is sorted.

06

Saturday

Weekend — Relax & Recharge

BREAKFAST

~8:00 am

Turkey Breakfast Sausages

PROTEIN Turkey breakfast sausage patties (palm-sized)	VEGETABLES 1+ cup sautéed kale or broccoli on the side	FRUIT / STARCH ½ cup mixed berries OR ½ cup apple slices
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■ Weekend version — enjoy warm with a side of veg and fruit.

LUNCH

~12:30 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
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MINI MEAL

~3:30 pm ½ portions

Sliced Chicken & Apple Slices

PROTEIN Leftover chicken (half palm — half portion)	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

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

Chicken breast (palm-sized)

VEGETABLES

1+ cup roasted carrots

FRUIT / STARCH

½ cup roasted sweet potato OR ½ cup mixed berries

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

MINI MEAL

~3:00 pm ½ portions

Sliced Turkey & Carrot Sticks**PROTEIN**

Ground turkey or chicken (half palm — half portion)

VEGETABLES

½ cup raw carrot sticks or broccoli florets

FRUIT / STARCH

½ small apple (half portion)

■ Prep a few small containers of protein + veg today — grab-and-go mini meals for next week.

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. Great work!

7-Day Grocery List — Egg Free

Simple & beginner-friendly. 100% egg free — 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

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

■ Ground beef (lean)
~600 g / ~1.3 lbs

■ VEGETABLES

■ Broccoli (heads or florets)
2 large heads

■ Brussels sprouts
1 bag / ~400 g

■ Butternut squash (small)
1 medium

■ Carrots
1 large bag / ~1 kg

■ Cauliflower (head)
1 large head

■ Green beans
300 g / ~10 oz

■ Kale (curly or lacinato)
1 large bunch

■ Rapini / broccoli rabe
1 bunch

■ Red onion
2 medium

■ Garlic (fresh heads)
2 heads

■ Yellow onion
2 large

■ Cucumber (English)
2 large

■ Fresh dill
1 bunch

■ Fresh cilantro
1 bunch

■ Fresh ginger
1 large knob

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■ FRUIT

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

■ Apple (Gala or Fuji)
8–10 medium

■ Navel orange
4 (for Citrus Turkey Bowl)

■ Lime
3 (for Cilantro Lime Sauce)

■ STARCHES

■ Sweet potato
4–6 medium

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

■ PANTRY & SPICES

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| ■ Extra-virgin olive oil or avocado oil
<i>500 ml bottle</i> | ■ Coconut oil (for turkey sausages)
<i>1 small jar</i> |
| ■ Coconut aminos or tamari (certified GF)
<i>1 bottle</i> | ■ Dijon mustard (check label — ensure GF & dairy-free)
<i>1 jar</i> |
| ■ Honey (raw)
<i>1 jar</i> | ■ Balsamic vinegar (check label — ensure GF)
<i>1 bottle</i> |
| ■ Chicken or beef bone broth (certified GF, low-sodium)
<i>500 ml</i> | ■ Shawarma spice blend
<i>1 small jar</i> |
| ■ Italian seasoning
<i>1 jar</i> | ■ Ground sage
<i>1 jar</i> |
| ■ Dried thyme
<i>1 jar</i> | ■ Cumin (ground)
<i>1 jar</i> |
| ■ Paprika (smoked)
<i>1 jar</i> | ■ Garlic powder
<i>1 jar</i> |
| ■ Poultry seasoning
<i>1 jar</i> | ■ Cinnamon (ground)
<i>1 jar</i> |
| ■ Sea salt & black pepper
<i>as needed</i> | ■ |

■ DAIRY-FREE FRIDGE STAPLES

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|---|---|
| ■ Extra-virgin olive oil (for cooking & dressing)
<i>500 ml bottle</i> | ■ |
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