PROREVIEWINSIGHT

# YOUR FREE 7-DAY HEALTHY MEAL PLAN

Simple meals. Balanced nutrition. Sustainable wellness.

**EAT WELL • FEEL BETTER • BUILD HEALTHIER HABITS**

A practical guide to everyday meals, a ready-to-use grocery list, easy recipes, and realistic wellness habits. No crash diets. No complicated rules. Just a helpful place to start.

**INSIDE YOUR GUIDE**
**7 days of meal ideas**
**A simple shopping checklist**
**5 beginner-friendly recipes**
**Healthy habits you can keep**

**ProReviewInsight — Practical Insights for Healthier Living**

# 1. Your 7-Day Meal Plan

Choose portions that suit your appetite, activity level, and individual needs. Snacks are optional; use them when hungry.

### DAY 1 — Start Fresh

Breakfast: Oatmeal with banana, cinnamon, and plain yogurt.
Lunch: Chicken, brown rice, and mixed vegetables.
Dinner: Baked salmon, potatoes, and broccoli.
Snack idea: Apple and a small handful of unsalted nuts.

### DAY 2 — Fuel Your Energy

Breakfast: Whole-grain toast with eggs and tomatoes.
Lunch: Chickpea and cucumber salad with olive oil and lemon.
Dinner: Turkey or bean chili with brown rice.
Snack idea: Plain yogurt with berries.

### DAY 3 — Eat More Plants

Breakfast: Plain yogurt with oats, berries, and seeds.
Lunch: Whole-grain wrap with chicken or hummus, lettuce, and peppers.
Dinner: Lentil and vegetable soup with whole-grain bread.
Snack idea: Pear and a few nuts.

### DAY 4 — Keep It Simple

Breakfast: Scrambled eggs, whole-grain toast, and fruit.
Lunch: Tuna and white bean salad with tomatoes and leafy greens.
Dinner: Chicken and vegetable stir-fry with brown rice.
Snack idea: Carrot sticks with hummus.

### DAY 5 — Balance Your Plate

Breakfast: Overnight oats with milk, banana, and chia seeds.
Lunch: Leftover lentil soup with a side salad.
Dinner: Whole-wheat pasta with tomato sauce, beans or lean mince, and vegetables.
Snack idea: Plain yogurt or fruit.

### DAY 6 — Enjoy Variety

Breakfast: Whole-grain toast with peanut butter and banana.
Lunch: Baked potato with tuna or beans and a side salad.
Dinner: Baked fish or tofu with quinoa and roasted vegetables.
Snack idea: Fresh fruit and a small handful of nuts.

### DAY 7 — Prepare for Success

Breakfast: Oatmeal with apples, cinnamon, and yogurt.
Lunch: Chicken or chickpea grain bowl with vegetables and olive oil dressing.
Dinner: Vegetable omelet with whole-grain bread and salad.
Snack idea: Yogurt, fruit, or vegetables with hummus.

**Flexible plate guide:** Aim for roughly half vegetables and fruit, one-quarter protein foods, and one-quarter whole grains or other starchy foods. Include moderate amounts of healthy fats. This is a guide, not a strict rule.

# 2. Your Grocery Shopping List

Check what you already have, then choose fresh, frozen, or canned options that fit your budget.

## VEGETABLES

| | |
|---|---|
| ■ Broccoli | ■ Spinach or mixed leafy greens |
| ■ Carrots | ■ Onions and garlic |
| ■ Tomatoes | ■ Potatoes |
| ■ Cucumbers | ■ Frozen mixed vegetables |
| ■ Bell peppers | |

## FRUIT

| | |
|---|---|
| ■ Bananas | ■ Berries (fresh or frozen) |
| ■ Apples | ■ Lemons |
| ■ Pears | |

## PROTEIN FOODS

| | |
|---|---|
| ■ Eggs | ■ Chickpeas |
| ■ Chicken | ■ Lentils |
| ■ Salmon or other fish | ■ Beans |
| ■ Tuna | ■ Tofu or turkey (optional) |
| ■ Plain yogurt | |

## WHOLE GRAINS & CARBOHYDRATES

| | |
|---|---|
| ■ Oats | ■ Whole-grain wraps |
| ■ Brown rice | ■ Whole-wheat pasta |
| ■ Whole-grain bread | ■ Quinoa (optional) |

## HEALTHY FATS & EXTRAS

| | |
|---|---|
| ■ Extra-virgin olive oil | ■ Hummus |
| ■ Unsalted nuts | ■ Chopped tomatoes or passata |
| ■ Chia or other seeds | ■ Cinnamon, pepper, and dried herbs |
| ■ Peanut butter | |

**Budget tip:** Cook larger batches of grains, lentils, and soup. Frozen vegetables, dried beans, and seasonal fruit can reduce costs and food waste.

# 3. Five Easy Recipes

These flexible recipes use everyday ingredients. Adjust seasonings and ingredients to suit your preferences and dietary needs.

## 1. Banana Cinnamon Oatmeal

*Prep 5 min • Cook 5–10 min*

**Ingredients:** ½ cup rolled oats; 1 cup milk or fortified plant milk; 1 banana; Cinnamon; optional yogurt or seeds.

**Method:** 1. Combine oats and milk in a saucepan. 2. Cook over medium-low heat, stirring until creamy. 3. Top with sliced banana, cinnamon, and optional yogurt or seeds.

## 2. Chickpea Power Salad

*Prep 10 min • No cooking*

**Ingredients:** 1 cup cooked chickpeas, drained; Chopped cucumber and tomatoes; Leafy greens; Olive oil, lemon juice, pepper, and herbs.

**Method:** 1. Rinse and drain the chickpeas. 2. Combine with chopped vegetables and greens. 3. Dress with olive oil, lemon juice, and seasoning. Serve with whole-grain bread if desired.

## 3. One-Pan Chicken and Vegetables

*Prep 10 min • Cook 25–35 min*

**Ingredients:** Chicken breast or thighs; Broccoli, carrots, and peppers; A little olive oil; Garlic, paprika, and black pepper.

**Method:** 1. Heat oven to 200°C / 400°F. 2. Place chicken and vegetables on a tray; add oil and seasonings. 3. Roast until vegetables are tender and chicken reaches 74°C / 165°F internally.

## 4. Easy Lentil Soup

*Prep 10 min • Cook 25–35 min*

**Ingredients:** 1 cup dried lentils, rinsed; 1 onion and 1 carrot, chopped; 1 can chopped tomatoes; 3–4 cups water or lower-sodium broth; garlic and herbs.

**Method:** 1. Add ingredients to a saucepan. 2. Bring to a boil, then reduce to a simmer. 3. Cook until lentils are tender, adding water if needed. Season to taste.

## 5. Quick Vegetable Omelet

*Prep 5 min • Cook 5–8 min*

**Ingredients:** 2 eggs; Spinach and chopped tomatoes or peppers; A little olive oil; Whole-grain bread, optional.

**Method:** 1. Beat eggs in a bowl. 2. Lightly cook vegetables in a non-stick pan. 3. Add eggs and cook gently until fully set. Fold and serve with toast if desired.

Food safety: Refrigerate cooked food promptly, use clean utensils, and reheat leftovers thoroughly. Follow local food-safety guidance.

# 4. Seven Healthy Habits Beyond Your Plate

**Drink water regularly.** Keep water accessible. Needs vary with activity, temperature, and individual health.

**Include protein.** Eggs, fish, poultry, yogurt, tofu, and beans can support muscle maintenance and satisfying meals.

**Choose fiber-rich foods.** Vegetables, fruit, legumes, oats, and whole grains support digestive health. Increase fiber gradually.

**Move in ways you enjoy.** Walking, cycling, dancing, swimming, and strength exercises count. Start where you are.

**Protect your sleep.** A regular sleep schedule and relaxing evening routine can support energy and recovery.

**Plan ahead.** Prepare a few ingredients, keep convenient snacks available, and make a shopping list.

**Aim for consistency.** One unplanned meal does not undo progress. Return to your routine without punishment or extreme restriction.

# 5. Your Weekly Meal-Prep Checklist

■ Wash and prepare vegetables.

■ Cook a batch of rice or another whole grain.

■ Prepare lentil soup or another batch meal.

■ Portion convenient snacks.

■ Store cooked food safely in the refrigerator or freezer.

■ Plan easy alternatives for busy days.

# 6. A Realistic Approach to Weight Management

Long-term weight management depends on more than a single food or meal plan. A sustainable approach may include balanced eating, appropriate portions, regular activity, enough sleep, and habits you can maintain. Individual results vary. You do not need detox teas, extreme restriction, or products promising rapid fat loss to begin improving your habits.

# 7. Your 7-Day Wellness Tracker

Check each habit as you complete it. Use this for encouragement, not as a test you must pass.

| Day | Small step | Done |
|---|---|---|
| 1 | Planned my meals. | ■ |
| 2 | Included vegetables or fruit with my meals. | ■ |
| 3 | Chose a movement activity I enjoyed. | ■ |
| 4 | Prepared a meal at home. | ■ |
| 5 | Made time for rest and sleep. | ■ |
| 6 | Ate mindfully and noticed hunger and fullness. | ■ |
| 7 | Reflected on the habits I want to continue. | ■ |

**My next healthy habit:** _____

**One change I am proud of:** _____

**YOUR HEALTH JOURNEY STARTS WITH ONE PRACTICAL STEP. TAKE IT TODAY.**

Stay connected with ProReviewInsight for practical guidance on nutrition, fitness, weight management, and everyday wellness.

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**Health information disclaimer:** This guide provides general educational information and is not a substitute for individualized medical or nutritional advice. Nutritional needs vary. If you have a medical condition, food allergy, special dietary requirement, or history of disordered eating, consult a qualified healthcare professional or registered dietitian before making significant dietary changes.