KORB

HEALTHY BITES

WEEKLY MENU INSPIRATION | ISSUE 001



A WEEK OF EATING WELL

A sample week at 1,600 calories, with about 110 to 125 grams of protein a day. Mix, match, and swap in foods from your HEALTHY BITES guide.

THIS MENU IS DESIGNED FOR THE 1,600-CALORIE PLAN
On the 1,800-calorie plan? Add ½ cup vegetables and ½ healthy fat a day.
On the 2,000-calorie plan? Add ½ cup vegetables, ½ cup fruit, and 1 healthy fat a day.

MON

- [ ] **Breakfast:** 1 slice crustless frittata, 1 slice whole-wheat toast, ½ cup berries ★
- [ ] **Mid-morning:** protein shake (1 scoop protein powder shaken with 1 cup low-fat or fat-free milk)
- [ ] **Lunch:** 2 cups mixed greens with 3 oz grilled chicken, ½ cup cherry tomatoes, 2 tsp dressing
- [ ] **Afternoon:** 1 string cheese, 1 medium apple
- [ ] **Dinner:** pasta night! 3 oz turkey meatballs, 1 cup zucchini noodles, ½ cup no-sugar-added marinara ★
- [ ] **Evening:** ¾ cup plain Greek yogurt with cinnamon

TUE

- [ ] **Breakfast:** 1 slice crustless frittata, ½ whole-wheat English muffin, 1 Tbsp avocado ★
- [ ] **Mid-morning:** ½ cup cottage cheese, ½ cup pineapple
- [ ] **Lunch:** snack box with 3 oz deli turkey, 1 oz cheese, 1 cup cucumber slices and red or green pepper strips, 8 olives, ½ cup grapes
- [ ] **Afternoon:** ready-to-drink protein shake with 20 grams of protein or more
- [ ] **Dinner:** 3 oz sheet-pan salmon, 1 cup roasted broccoli, ½ cup quinoa ★
- [ ] **Evening:** ¾ cup plain Greek yogurt, ½ cup berries

WED

- [ ] **Breakfast:** protein oatmeal with ½ cup cooked oats, 1 scoop protein powder, 1 cup berries, 1½ tsp peanut butter ★
- [ ] **Mid-morning:** latte with 1 cup low-fat or fat-free milk, 1 string cheese
- [ ] **Lunch:** leftover salmon (3 oz) over 2 cups greens, 2 tsp dressing
- [ ] **Afternoon:** tuna pouch, 1 cup snap peas
- [ ] **Dinner:** lettuce-wrapped shrimp tacos with 3 oz shrimp, 1 cup cabbage slaw, salsa, 1 Tbsp avocado ★
- [ ] **Evening:** ½ cup cottage cheese, ½ cup sliced peaches

FEELING FULL FAST? Eat slowly and stop when you feel full, drink at least 64 oz of water a day, and go easy on greasy or fried foods. **Eat in this order:** protein first, then fruits, vegetables, and fiber, and carbs and starches last.

★ **Find these recipes in *Healthy Bites Recipes, Issue 001***

THU

- [ ] **Breakfast:** 3 scrambled eggs, 1 oz cheese, and salsa on a small whole-wheat tortilla
- [ ] **Mid-morning:** 1 medium apple, 6 almonds
- [ ] **Lunch:** burrito bowl, no rice, with 3 oz rotisserie chicken, 2 cups romaine, ½ cup peppers and onions, salsa, 2 Tbsp avocado
- [ ] **Afternoon:** protein shake (1 scoop protein powder with 1 cup low-fat or fat-free milk)
- [ ] **Dinner:** beef and broccoli stir-fry with 3 oz lean beef, 1 cup vegetables, ½ cup brown rice ★
- [ ] **Evening:** ¾ cup plain Greek yogurt, ½ cup berries

FRI

- [ ] **Breakfast:** protein smoothie with 1 scoop protein powder, 1 cup low-fat or fat-free milk, ½ cup berries
- [ ] **Mid-morning:** 1 string cheese, ½ cup grapes
- [ ] **Lunch:** open-face tuna salad made with Greek yogurt on 1 slice whole-wheat bread, 1 cup celery and cucumber ★
- [ ] **Afternoon:** ½ cup cottage cheese, ½ cup pineapple
- [ ] **Dinner out:** grilled salmon, chicken, or steak (about 6 oz) with double vegetables instead of fries, dressing or sauce on the side

SAT

- [ ] **Breakfast:** egg bites, latte with 1 cup low-fat or fat-free milk, 1 medium banana
- [ ] **Mid-morning:** protein bar with 20 grams of protein and 5 grams of added sugar or less
- [ ] **Lunch:** turkey and cheese wrap with 3 oz deli turkey and 1 oz cheese in a small whole-wheat tortilla, 1 cup baby carrots and snap peas, ½ cup grapes
- [ ] **Afternoon:** 1 oz Parmesan crisps
- [ ] **Dinner out:** big mixed green salad with grilled chicken or shrimp (about 6 oz), dressing on the side

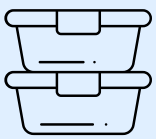
SUN

- [ ] **Breakfast:** 1 slice crustless frittata, 1 slice whole-wheat toast, ½ cup berries ★
- [ ] **Mid-morning:** protein smoothie with 1 scoop protein powder, 1 cup low-fat or fat-free milk, ½ cup mango
- [ ] **Lunch:** Greek chicken plate with 3 oz chicken, 1 cup cucumber and tomatoes, 8 olives
- [ ] **Afternoon:** ½ cup cottage cheese, ½ cup pineapple
- [ ] **Family dinner:** 3 oz roast chicken, 1 cup roasted vegetables, ½ cup roasted potatoes
- [ ] **Evening:** ¾ cup plain Greek yogurt with cinnamon, or a small taste of the family dessert



SUNDAY PREP: ONE HOUR SETS UP YOUR WEEK

- Bake a crustless frittata with 9 eggs, spinach, peppers, and onion. Cut it into 3 slices for Sunday, Monday, and Tuesday breakfast.
- Roast extra chicken at Sunday dinner for Monday's lunch.
- Make turkey meatballs for pasta night. Freeze the extras.
- Wash and cut vegetables for salads and snack boxes.
- Portion cottage cheese and Greek yogurt into grab-and-go cups.



MIDWEEK SHORTCUTS

- Cook an extra salmon fillet on Tuesday for Wednesday's lunch.
- Pick up a rotisserie chicken on Wednesday for Thursday's lunch.
- Store-bought egg bites are fine for Saturday. Look for 15 to 20 grams of protein.

Eating out: Order a protein with vegetables, or a salad with a protein. A restaurant serving of meat is often 6 oz or more, which counts as 2 protein servings. Swap fries for vegetables, get dressing on the side, and eat your protein first.

★ Find these recipes in *Healthy Bites Recipes, Issue 001*

Questions? Call our Care Team at 888-959-7299 or email info@korbhealth.com This guide is for educational reference only. It is not medical advice. Always follow the plan your KORB provider has given you, and check with them before making changes to your diet. KORB Health Medical Texas PA | korbhealth.com © 2026 KORB Health Group, LLC.