

Fueling your body with the right balance of nutrients doesn't need to be complicated. The following one-day meal plan is designed to show how simple, everyday foods can come together to meet key nutrition goals, including adequate calcium, fibre, and protein. Each recipe is approachable, easy to batch prep, and built around whole-food ingredients to help you stay energized and satisfied throughout the day.

This example provides roughly 1,750 calories, 1,239 mg of calcium, 39 g of fibre, and 93 g of protein, a nutrient profile that supports bone health, digestion, muscle recovery, and sustained energy. Use it as a flexible guide, adjusting portions or ingredients to match your personal health goals, preferences, and activity level.



Breakfast: Blackberry Protein Overnight Oats

- 1 cup reduced-fat milk (or unsweetened soy milk)
- ½ cup oats
- 1 Tbsp chia seeds
- ¼ cup vanilla protein powder
- ½ cup blackberries
- Cinnamon to taste

Nutrition (per portion): 455 kcal | 35 g protein | 14 g fibre | 551 mg calcium. Covers nearly half your calcium goal and over one-third of daily protein needs.

Morning Coffee + Snack

- Coffee with cream (nutrients = joy)
- Apple + 2 Tbsp sunflower-seed butter

Nutrition (per portion): 6 g protein | 4 g fibre | 40 mg calcium



- Hydrate consistently: Aim for 6-8 cups of water daily, herbal teas and sparkling water count too.
- Slow down: Take a moment to pause before eating; chew slowly and check in with hunger cues.
- Balanced beverages: If you enjoy coffee, pair it with protein or a small snack to keep energy steady.





Lunch: Greek Pasta Mason Jar Salad

- ½ cup chickpeas (cooked)
- ¾ cup cooked brown-rice fusilli
- ½ cup cherry tomatoes
- ¼ cup red onion (minced)
- ¼ cup pitted Kalamata olives
- 1 cup arugula
- 1 Tbsp olive oil + 1 Tbsp balsamic vinegar
- (Optional: 2 Tbsp feta cheese for extra calcium)
- (Optional: 3oz of skinless chicken breast for 25 grams of extra protein
- and 125 calories)

Nutrition (with feta): 500 kcal | 22 g protein | 8 g fibre
| 200 mg calcium Easy to prep 3—4 at once and
store cold for workdays.

Afternoon Snack: Popcorn Trail mix with Dark Chocolate & Pumpkin Seeds

- 1 cup air-popped popcorn
- 1 tbsp 80% dark chocolate chips
- 2 tbsp pumpkin seeds
- 1 tbsp dried goji berries

Nutrition (per portion): 214 kcal | 7 g protein | 4 g fibre | 22
mg calcium



- Add colour: Every extra fruit or veggie adds vitamins, minerals, and fibre.
- Calcium matters: Non-dairy sources like tofu, chia seeds, and almonds can help you reach your calcium goals.



Dinner: Roasted Broccoli Quinoa Bowl with Tofu & Feta

- 3 oz ($\approx$ 175 g) extra-firm tofu, pressed and cubed
- 1 cup broccoli florets
- $\frac{1}{4}$ cup red onion, chopped
- $\frac{3}{4}$ tsp olive oil
- $\frac{1}{4}$ cup cooked quinoa
- 1 Tbsp feta cheese, crumbled
- Lemon juice + Greek seasoning

Nutrition (per portion): 351 kcal | 20 g protein | 8 g fibre | 388 mg calcium

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- Prep once, eat twice: Double your dinner recipe to have a ready-to-go lunch the next day.
- Batch your base: Cook grains (like quinoa or brown rice) and proteins (like tofu or chicken)
- at the start of the week, then mix and match for fast meals.
- Portable meals: Mason-jar salads or overnight oats make healthy eating on busy days
- effortless.