



# Superfoods+ Meal Plan

Week 1, 1200 Calories

# Welcome to the Mayo Clinic Diet Superfoods Meal Plan

This meal plan is designed to make your heart happy and healthy — and help you lose weight. The Superfoods meal plan is cardio-protective, anti-inflammatory and DASH-aligned making it suitable for people with hypertension, high cholesterol or heart disease who need to lose weight, as well as those trying to prevent these conditions.

## What to expect from the menu

- **The "recipe" for a heart healthy diet**

A heart-healthy diet focuses on unprocessed, "real" foods like vegetables, fruits, and fiber-rich plant foods such as whole grains. It emphasizes healthy fats like olive oil, avocado, and nuts, along with lean proteins, especially fish. Additionally, it includes nutrient-packed "superfoods" like cocoa, chili, oats, kale, and legumes to support cardiovascular health.

- **Quick & easy meals**

This menu was designed for someone who enjoys variety throughout the week. Most recipes are quick and easy with basic cooking methods, short cooking times and simple flavors. For the recipes that require a bit more effort, these can all easily be prepared in advance, saving you time during the week. Our Prep Steps will guide you on a weekly basis. If you prefer simpler assembly-style meals and eating the same meals on repeat, you may prefer the Simple Meal Plan. You can preview all the meal plan options under [Account & Settings](#).

- **Ability to swap meals and ingredients**

If you prefer less repetition and more variety, simply click the "Swap" button to customize your meal plan. You can also substitute ingredients within each food group. For instance, choose walnuts instead of almonds for your Fats serving at breakfast, or start with salmon or tuna if mackerel or sardines feel too bold — save those for another week. Feel free to choose any types of fruits and vegetables you enjoy.



# Meal Plan

|              | Breakfast  | Lunch                                  | Dinner   | Snack               |
|--------------|--|--|--|---------------------|
| <b>Day 1</b> | Raspberry cheesecake brownie baked oats          | Tomato & basil mackerel pasta          | Black bean chili + fruit                             | Vegetables & fruits |
| <b>Day 2</b> | Oatmeal with pear & toasted walnuts              | Chicken sandwich with chili mayo       | Crispy skin salmon & cucumber salsa + fruit          | Vegetables & fruits |
| <b>Day 3</b> | Leftover Raspberry cheesecake brownie baked oats | Leftover Tomato & basil mackerel pasta | Leftover Black bean chili + fruit                    | Vegetables & fruits |
| <b>Day 4</b> | Leftover Raspberry cheesecake brownie baked oats | Italian bean & quinoa soup             | Leftover Crispy skin salmon & cucumber salsa + fruit | Vegetables & fruits |
| <b>Day 5</b> | Avocado toast with pesto eggs                    | Leftover Italian bean & quinoa soup    | Italian ground turkey + fruit                        | Vegetables & fruits |
| <b>Day 6</b> | Leftover Raspberry cheesecake brownie baked oats | Chicken sandwich with chili mayo       | Leftover Italian ground turkey + fruit               | Vegetables & fruits |
| <b>Day 7</b> | Oatmeal with pear & toasted walnuts              | Leftover Italian bean & quinoa soup    | Chicken with quick-pickled mustard onion + fruit     | Vegetables & fruits |

# Prep steps and tips for this week

## Here's your checklist to help you prepare for the week:

1. **Swap meals to suit your preferences.** If you don't like a particular meal, go to your [Meal Plan](#) and click the "Swap" button to select a different recipe. You can also use the search function to find other recipes to add to your meal plan.
2. **Shop for all the ingredients.** Review the [Grocery List](#) at the end of this PDF or on the website. Adjust the list to cater for your family and needs. Check off items you already have.
3. **Cook ahead.** The Raspberry cheesecake brownie baked oats\*, Italian bean & quinoa soup\* and Black bean chili\* can all be prepared in advance and stored in the fridge or freezer. This results in zero effort meals later in the week.
4. **Cook the grains ahead of time, too.** We recommend cooking the pasta for the Tomato & basil mackerel pasta\* at the start of the week and storing in separate airtight containers in the fridge.
5. **Prep the vegetables.** Wash, slice, chop, or dice vegetables for the remaining meals in advance to save time during the week. Store the prepared vegetables in airtight containers in the fridge.
6. **Prep the snacks.** Wash fruit, cut vegetables into sticks, and store them in airtight containers, so they're ready whenever you need a quick, healthy bite.
7. **Freeze leftover ingredients.** Store any leftover ingredients like bread, tomato paste, and fresh herbs in the freezer to use in future weeks.
8. **Add your own flavor.** Fresh and dried herbs and spices, along with aromatics like garlic, ginger and chili are all free foods, so feel free to add these or use what you have in your pantry to boost flavor.



\*Refers to recipes in the meal plan as specified. Your meal plan may differ if you have swapped meals.

# Breakfast meals

## Raspberry cheesecake brownie baked oats

### Raspberry cheesecake brownie baked oats, makes 4 servings

Frozen raspberries, 3 cup(s) (1.4lb)

Maple syrup, 1 tbsp(s), (optional) (0.7oz)

Old fashioned (rolled) oats, 2 cup(s) (5.6oz)

Cocoa powder, ¼ cup(s) (0.7oz)

Fat-free milk, 2 cup(s) (1.1lb)

Eggs, 2 large, whisked (3½oz)

Fat-free cream cheese, 1.13 cup(s), (1 1/8 cup) at room temperature (11½oz)

Vanilla extract, 2 tsp(s) (0.3oz)

### Method

Prepare the Raspberry cheesecake brownie baked oats according to the recipe instructions below.

Enjoy one serving for breakfast. Store the remaining oats and raspberry mixture in separate airtight containers in the fridge for later in the week.

### Raspberry cheesecake brownie baked oats instructions

Preheat oven to 375°F. Mix raspberries and syrup, if using, in a large heatproof bowl. Microwave, uncovered, on high for 4 minutes, stirring halfway, or until just softened and slightly warmed through. Set aside.

Meanwhile, mix oats, cocoa powder, milk, and one of the whisked eggs in a medium bowl. Lightly spray with olive oil a 8-inch x 10-inch, 3-inch deep rectangle baking dish. Add the oat mixture to the dish and let stand for 15 minutes to soak (this will thicken the mixture and prevent cream cheese and raspberry topping from sinking). Stir well before baking.

Mix cream cheese, vanilla, and remaining whisked egg together in a medium bowl until smooth. Dollop over the surface of oat mixture, then spoon half of the raspberry mixture on top. Use a breadknife to gently swirl together.

Bake for 40 minutes or until cooked and set. Rest in dish for 5 minutes. Serve the remaining raspberry mixture on the side.

Each serving of 'Raspberry cheesecake brownie baked oats' provides: 1.4 Fruit, 2.1 Carbohydrates, 0.7 Protein/Dairy, 1.9 Fats, 0.2 Sweets, 435 calories, 27.9g protein.

# Oatmeal with pear & toasted walnuts

Old fashioned (rolled) oats, ½ cup(s) (1.4oz)

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Fat-free milk, 1 cup(s) (8.6oz)

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Non-fat plain Greek yogurt, 2 tbsp(s) (1oz)

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Pear, 1 small, finely sliced (5.2oz)

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Walnuts, 7 walnut(s), chopped, toasted (optional) (½oz)

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## Method

Bring oats and milk to a boil in a small saucepan (careful it doesn't boil over). Turn down the heat and simmer, stirring occasionally, for 5 minutes or until thick and creamy.

Alternately, combine oats and milk in a microwave-safe bowl. Microwave on high for 1 minute, stir, then microwave for a further minute or until cooked.

Serve oatmeal topped with yogurt, pear and toasted walnuts.

**Makes 1 serving.** Each serving provides: 1.4 Fruit, 2.1 Carbohydrates, 0.9 Protein/Dairy, 2.1 Fats, 428 calories, 18.9g protein.



# Leftover Raspberry cheesecake brownie baked oats

## Raspberry cheesecake brownie baked oats, 1 serving

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### Method

Enjoy one leftover serving of the Raspberry cheesecake brownie baked oats prepared earlier in the week.

TIP: Enjoy reheated or cold.

**Makes 1 serving.** Each serving provides: 1.4 Fruit, 2.1 Carbohydrates, 0.7 Protein/Dairy, 1.9 Fats, 0.2 Sweets, 435 calories, 27.9g protein.



# Avocado toast with pesto eggs

Pesto, low sodium, 2 tsp(s) (0.3oz)

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Eggs, 2 large (3½oz)

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Avocado, 0.13 medium avocado(s), (1/8 avocado), sliced (0.9oz)

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Whole-wheat bread, 2 slice(s), toasted (2.3oz)

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Red chili flakes, 1 dash(es), (optional)

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Blueberries, ¾ cup(s) (3.9oz)

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## Method

Heat the pesto in a non-stick skillet over medium heat. Once the pesto is hot, crack the eggs into the skillet. Cook for 3 minutes, or until cooked to your liking.

Place avocado onto each slice of toast. Season with chili flakes, if using. Top toast with pesto eggs.

Enjoy with blueberries on the side.

**Makes 1 serving.** Each serving provides: 1.1 Fruit, 2.3 Carbohydrates, 1.3 Protein/Dairy, 1.7 Fats, 446 calories, 22.4g protein.





# Lunch meals

## Tomato & basil mackerel pasta

### Tomato & basil mackerel pasta, makes 2 servings

Whole-wheat pasta, uncooked, 1 cup(s), penne (3oz)

Cherry tomatoes, 1 cup(s), halved (5.3oz)

Red onion, raw, ½ cup, sliced, (about 1 small) (2oz)

Extra virgin olive oil, garlic infused for added flavor, 1½  
tbsp(s) (0.8fl oz)

Black pepper, 2 dash(es)

Canned mackerel, drained, 6 oz, (or canned salmon, canned  
tuna) (6oz)

Basil, fresh, 1 cup(s), whole leaves (0.8oz)

Lemon, 1 medium, optional, wedges to serve (3oz)

Red chili flakes, 1 dash(es), (optional)

### Method

Prepare the Tomato & basil mackerel pasta according to the recipe instructions below.

Enjoy one serving for lunch and store the remaining serving in an airtight container in the fridge for later in the week.

### Tomato & basil mackerel pasta instructions

Cook the pasta according to packet instructions.

Preheat the broiler to high.

Mix tomatoes, onion and oil on a baking sheet. Season with black pepper. Broil for 5 minutes or until tomatoes collapse and release their juices.

Meanwhile, use a fork to lightly crush mackerel in a large heatproof bowl. Season with black pepper. Add tomato mixture, cooked pasta, and basil. Stir well to combine. Serve with lemon, and chili flakes, if using.

Each serving of 'Tomato & basil mackerel pasta' provides: 1.1 Vegetables, 0.2 Fruit, 2.2 Carbohydrates, 1.2 Protein/Dairy, 2.1 Fats, 420 calories, 27.6g protein.

# Chicken sandwich with chili mayo

Light mayo, 2 tbsp(s) (1.1oz)

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Red chili flakes, 1 dash(es)

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Chicken breast, cooked, 2 oz(s), shredded (2oz)

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Whole-wheat bread, 2 slice(s) (2.3oz)

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Arugula, ½ cup(s) (0.4oz)

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Tomato, 1 medium, whole, sliced (4.3oz)

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Cucumber, ½ medium, thinly sliced (3½oz)

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## Method

Combine the mayo and chili flakes, if using, in a bowl. Add chicken and stir to combine.

Lay the two slices of bread onto a plate and top with the arugula, tomato, cucumber and chicken.

**Makes 1 serving.** Each serving provides: 1.6 Vegetables, 2.3 Carbohydrates, 0.8 Protein/Dairy, 1.6 Fats, 362 calories, 27.1g protein.



# Leftover Tomato & basil mackerel pasta

## Tomato & basil mackerel pasta, 1 serving

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### Method

Reheat and enjoy the leftover serving of the Tomato & basil mackerel pasta prepared earlier in the week.

TIP: This pasta is also delicious served cold.

**Makes 1 serving.** Each serving provides: 1.1 Vegetables, 0.2 Fruit, 2.2 Carbohydrates, 1.2 Protein/Dairy, 2.1 Fats, 420 calories, 27.6g protein.



# Italian bean & quinoa soup

## Italian bean & quinoa soup, makes 3 servings

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Extra virgin olive oil, garlic infused for added flavor, 1 tbsp(s) (0.5fl oz)

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Garlic & herb seasoning, salt-free, 1 tbsp(s) (0.3oz)

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Red onion, raw, ½ cup, sliced, (about 1 small) (2oz)

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Zucchini, 2 medium, sliced (about 2 cup) (13.8oz)

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Kale, raw, 4 cup(s), torn (2.3oz)

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Low-sodium vegetable broth, 4 cup(s) (1qt)

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Kidney beans, canned, low-sodium, 1½ cup(s), drained, rinsed (13½oz)

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Quinoa, cooked, 2 cup(s), (2/3 cup uncooked) (13.1oz)

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Walnuts, 12 walnut(s), halved (0.9oz)

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## Method

Prepare the Italian bean & quinoa soup according to the recipe instructions below.

Enjoy one serving for lunch. Store the remaining serving in an airtight container in the fridge for later in the week.

## Italian bean & quinoa soup instructions

Heat oil in a large saucepan over medium-high heat.

Add seasoning, onion and zucchini to the pan. Cook, tossing occasionally, for 5 minutes or until starting to soften.

Stir in kale, broth, and beans. Cook, stirring occasionally, for 5 minutes or until kale has wilted and beans heated through.

Divide quinoa among serving bowls. Top with soup mixture and walnuts. Serve.

Each serving of 'Italian bean & quinoa soup' provides: 1.6 Vegetables, 2.1 Carbohydrates, 0.9 Protein/Dairy, 2.1 Fats, 411 calories, 16.1g protein.

# Leftover Italian bean & quinoa soup

## Italian bean & quinoa soup, 1 serving

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### Method

Reheat and enjoy the leftover serving of the Italian bean & quinoa soup prepared earlier in the week.

**Makes 1 serving.** Each serving provides: 1.6 Vegetables, 2.1 Carbohydrates, 0.9 Protein/Dairy, 2.1 Fats, 411 calories, 16.1g protein.



# Dinner meals

## Black bean chili + fruit

### Black bean chili, makes 2 servings

Extra virgin olive oil, garlic infused for added flavor, 1½  
tbsp(s) (0.8fl oz)

Red onion, raw, ½ cup, chopped (2.8oz)

Chipotle chili powder, 1 tsp(s) (0.1oz)

Paprika, 1 tsp(s), smoked (0.1oz)

Tomato paste, 1 tbsp(s), no-added-salt (0.6oz)

Zucchini, 1 medium, chopped (6.9oz)

Tomato, 2 medium, whole, chopped (8.7oz)

Black beans, low-sodium, 1 cup(s), drained, rinsed (8½oz)

Black pepper, 1 dash(es)

### Extra Ingredients, 1 serving

Fruit, any type, 1 small piece(s) (3½oz)

### Method

Prepare the Black bean chili according to the recipe instructions below.

Enjoy one serving for dinner with fruit for dessert. Store the remaining serving in an airtight container in the fridge for later in the week.

### Black bean chili instructions

Heat oil in a medium saucepan over medium-high heat.

Add onion, chili powder, and paprika. Cook, stirring occasionally, for 3 minutes or until onion starts to soften.

Stir in tomato paste. Cook, stirring constantly, for 2 minutes or until starting to stick to base of pan.

Stir in zucchini, tomatoes, beans and 1 cup of water.

Reduce heat to medium. Simmer, partially covered and stirring occasionally, for 15 minutes or until vegetables are very tender and sauce reduced. Season with black pepper.

TIP: Top with cilantro leaves if desired.

Each serving of 'Black bean chili + fruit' provides: 2.5 Vegetables, 1.0 Fruit, 1.0 Protein/Dairy, 2.1 Fats, 332 calories, 11.5g protein.

# Crispy skin salmon & cucumber salsa + fruit

## Crispy skin salmon & cucumber salsa, makes 2 servings

Cucumber, 2 medium, finely chopped (14.2oz)

Lime, 1 lime(s), zest finely grated, juiced (2.4oz)

Green onion, ½ cup(s), chopped (1.8oz)

Green bell pepper, raw, 1 medium, finely chopped (4.2oz)

Black pepper, 2 dash(es)

Atlantic salmon, farmed, 6 oz(s), skin on, cut into 4 pieces (6oz)

Extra virgin olive oil, garlic infused for added flavor, ½ tsp(s) (0.1fl oz)

Fresh mint, ½ cup(s) (0.4oz)

Avocado, ½ medium avocado(s), sliced (3½oz)

## Extra Ingredients, 1 serving

Fruit, any type, 1 small piece(s) (3½oz)

## Method

Prepare the Crispy skin salmon & cucumber salsa according to the recipe instructions below.

Enjoy one serving for dinner with fruit for dessert. Store the remaining serving in an airtight container in the fridge for later in the week.

## Crispy skin salmon & cucumber salsa instructions

Preheat the broiler to high.

Mix cucumber, lime zest and juice, green onion, and bell pepper in a medium bowl. Season with black pepper and set aside.

Use kitchen paper towels to pat skin of salmon dry. Coat salmon with oil and season flesh side with black pepper.

Place salmon, skin side facing up, onto a non-stick baking sheet.

Broil for 6 to 8 minutes or until skin is crisp and flesh just cooked. Remove from broiler. Rest on sheet for 5 minutes.

Add mint to cucumber salsa. Mix well to combine. Divide cucumber salsa and avocado among serving plates.

Transfer salmon to each plate and serve.

Each serving of 'Crispy skin salmon & cucumber salsa + fruit' provides: 2.1 Vegetables, 1.2 Fruit, 1.6 Protein/Dairy, 2.0 Fats, 392 calories, 21.9g protein.

# Leftover Black bean chili + fruit

**Black bean chili, 1 serving**

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**Other ingredients**

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Fruit, any type, 1 small piece(s) (3½oz)

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**Method**

Reheat and enjoy the leftover serving of the Black bean chili prepared earlier in the week. Follow with fruit for dessert.

**Makes 1 serving.** Each serving provides: 2.5 Vegetables, 1.0 Fruit, 1.0 Protein/Dairy, 2.1 Fats, 332 calories, 11.5g protein.





# Leftover Crispy skin salmon & cucumber salsa + fruit

**Crispy skin salmon & cucumber salsa, 1 serving**

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## **Other ingredients**

Fruit, any type, 1 small piece(s) (3½oz)

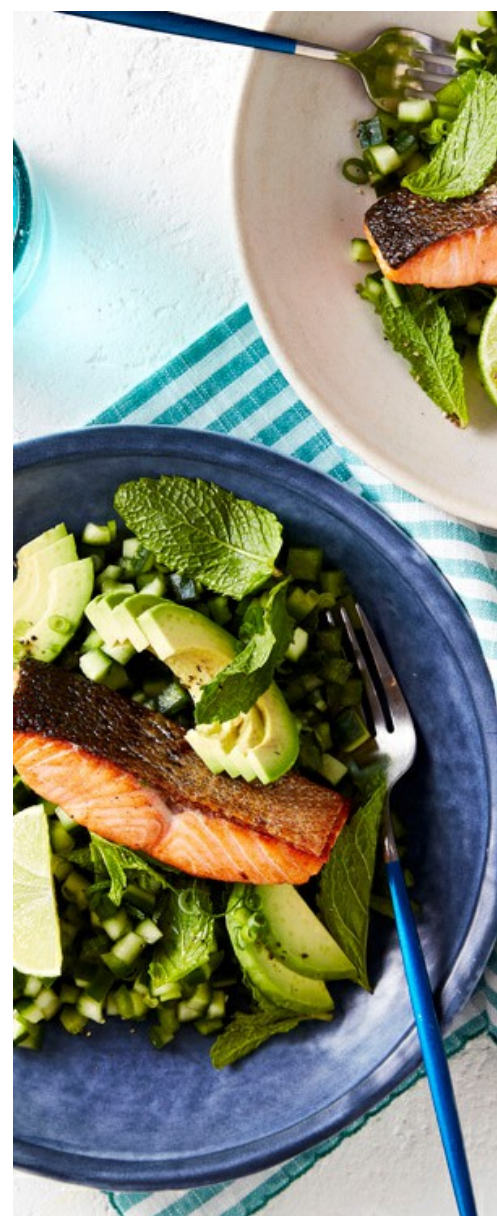
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## **Method**

Enjoy the leftover serving of the Crispy skin salmon & cucumber salsa prepared earlier in the week. Follow with fruit for dessert.

TIP: If you prefer the salmon warm, reheat separately from the remaining ingredients.

**Makes 1 serving.** Each serving provides: 2.1 Vegetables, 1.2 Fruit, 1.6 Protein/Dairy, 2.0 Fats, 392 calories, 21.9g protein.



# Italian ground turkey + fruit

## Italian ground turkey, makes 2 servings

Extra virgin olive oil, garlic infused for added flavor, 1½  
tbsp(s) (0.8fl oz)

Ground turkey, lean, raw, 6 oz(s) (6oz)

Garlic & herb seasoning, salt-free, 1 tbsp(s) (0.3oz)

Arugula, 2 cup(s) (1.4oz)

Canned artichoke hearts, ¾ cup(s) hearts, rinsed, quartered  
(4.4oz)

Cherry tomatoes, ¾ cup(s), halved (3.9oz)

Green beans, ⅔ cup(s) (2.9oz)

Red wine vinegar, 1 tbsp(s) (½oz)

Black pepper, 1 dash(es)

## Extra Ingredients, 1 serving

Fruit, any type, 1 small piece(s) (3½oz)

## Method

Prepare the Italian ground turkey according to the recipe instructions below.

Enjoy one serving for dinner with fruit for dessert. Store the remaining serving in an airtight container in the fridge for later in the week.

## Italian ground turkey instructions

Heat oil in a medium skillet over medium-high heat.

Cook turkey and seasoning in skillet, stirring constantly to break up lumps, for 8 to 10 minutes or until cooked and golden.

While the turkey is cooking, divide the arugula, artichokes, tomatoes, and green beans between two serving bowls. Divide cooked turkey between the two serving bowls, drizzle with vinegar and season with black pepper.

Each serving of 'Italian ground turkey + fruit' provides: 2.5 Vegetables, 1.0 Fruit, 1.2 Protein/Dairy, 2.1 Fats, 345 calories, 20.4g protein.

# Leftover Italian ground turkey + fruit

Italian ground turkey, 1 serving

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## Other ingredients

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Fruit, any type, 1 small piece(s) (3½oz)

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## Method

Enjoy the leftover serving of the Italian ground turkey prepared earlier in the week. Follow with fruit for dessert.

TIP: If you prefer the turkey warm, reheat separately from the remaining ingredients.

**Makes 1 serving.** Each serving provides: 2.5 Vegetables, 1.0 Fruit, 1.2 Protein/Dairy, 2.1 Fats, 345 calories, 20.4g protein.



# Chicken with quick-pickled mustard onion + fruit

Extra virgin olive oil, garlic infused for added flavor, 2 tsp(s) (0.3fl oz)

Dijon mustard, 2 tsp(s) (0.4oz)

Red wine vinegar, 1 tbsp(s) (1/2oz)

Red onion, raw, 1/2 cup, sliced, thinly (2oz)

Black pepper, 2 dash(es)

Chicken breast, raw, 3 oz(s) (3oz)

Asparagus, 6 spear(s), ends trimmed (3.2oz)

Arugula, 2 cup(s) (1.4oz)

Fruit, any type, 1 small piece(s) (3 1/2oz)

## Method

Mix oil, mustard, vinegar and onion together in a small bowl. Season with black pepper. Set aside. Stir occasionally.

Preheat a medium non-stick skillet over medium-low heat and spray with olive oil.

Season chicken on both sides with black pepper. Cook in the skillet for 8 minutes without flipping. Flip once and cook until well browned on the second side and cooked through. Transfer to a heatproof board. Cover loosely. Rest for 5 minutes, then slice.

Reheat same skillet over medium heat.

Add asparagus and 2 tablespoons of water. Cook, stirring constantly for 1 to 2 minutes or until asparagus is just tender.

Place arugula on a serving plate. Top with asparagus, sliced chicken, and onion mixture.

Follow with fruit for dessert.

**Makes 1 serving.** Each serving provides: 2.1 Vegetables, 1.0 Fruit, 0.9 Protein/Dairy, 1.8 Fats, 319 calories, 24.6g protein.



# Snack meals

## Vegetables & fruits

Vegetable sticks (carrot, celery, cucumber, bell pepper), 1 cup(s) (4oz)

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Fruit, any type, 1 small piece(s) (3½oz)

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### Method

Enjoy unlimited servings of vegetables and fruits throughout the day.

**Makes 1 serving.** Each serving provides: 1.0 Vegetables, 1.0 Fruit, 86 calories, 1.8g protein.



# Grocery List

## Fruits & Vegetables

- Arugula 3.5oz
- Asparagus, 6 spear(s) (3.2oz)
- Avocado 4.5oz
- Basil, fresh 0.8oz
- Blueberries 3.9oz
- Cherry tomatoes 9.2oz
- Cucumber, 3 medium (1.3lb)
- Fresh mint 0.4oz
- Frozen raspberries 1.4lb
- Fruit, any type, 14 small piece(s) (3.1lb)
- Green beans 2.9oz
- Green bell pepper, raw 4.2oz
- Green onion 1.8oz
- Kale, raw 2.3oz
- Lemon, 1 medium (3oz)
- Lime, 1 lime(s) (2.4oz)
- Pear, 2 small (10.4oz)
- Red onion, raw 8.9oz
- Tomato, 4 medium, whole (1.1lb)
- Vegetable sticks (carrot, celery, cucumber, bell pepper), 7 cup(s) (1.8lb)

- Zucchini, 3 medium (1.3lb)

## Pantry Items

- Black beans, low-sodium 8.5oz
- Black pepper
- Canned artichoke hearts 4.4oz
- Canned mackerel, drained 6oz
- Chipotle chili powder 0.1oz
- Cocoa powder 0.7oz
- Dijon mustard 0.4oz
- Extra virgin olive oil, garlic infused for added flavor 3.2fl oz
- Garlic & herb seasoning, salt-free 0.6oz
- Kidney beans, canned, low-sodium 13.5oz
- Light mayo 2.1oz
- Low-sodium vegetable broth, 4 cup(s) (1qt)
- Maple syrup 0.7oz
- Old fashioned (rolled) oats 8.5oz
- Paprika 0.1oz
- Pesto, low sodium 0.3oz
- Quinoa, cooked 13.1oz
- Red chili flakes

# Grocery List

Red wine vinegar 1.1oz

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Tomato paste 0.6oz

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Vanilla extract 0.3oz

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Walnuts 1.9oz

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Whole-wheat pasta, uncooked 3oz

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## Bread & Bakery

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Whole-wheat bread, 6 slice(s) (6.8oz)

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## Meat, Poultry, Seafood

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Atlantic salmon, farmed 6oz

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Chicken breast, cooked 4oz

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Chicken breast, raw 3oz

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Eggs, 4 large (7.1oz)

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Ground turkey, lean, raw, 6 oz(s) (6oz)

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## Chilled & Frozen Goods

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Fat-free cream cheese 11.4oz

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Fat-free milk 2.2lb

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Non-fat plain Greek yogurt 2oz

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## **Mayo Clinic Diet**

The material on this website is provided for educational purposes only and is not to be used for medical advice, diagnosis or treatment.

## **Important**

Before starting any weight loss program, it is highly recommended that you consult your physician or health care provider.

