



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
Day 1	Raspberry cheesecake brownie baked oats	Tomato & basil mackerel pasta	Black bean chili + fruit	Vegetables & fruits
Day 2	Oatmeal with pear & toasted walnuts	Chicken sandwich with chili mayo	Crispy skin salmon & cucumber salsa + fruit	Vegetables & fruits
Day 3	Leftover Raspberry cheesecake brownie baked oats	Leftover Tomato & basil mackerel pasta	Leftover Black bean chili + fruit	Vegetables & fruits
Day 4	Leftover Raspberry cheesecake brownie baked oats	Italian bean & quinoa soup	Leftover Crispy skin salmon & cucumber salsa + fruit	Vegetables & fruits
Day 5	Avocado toast with pesto eggs	Leftover Italian bean & quinoa soup	Italian ground turkey + fruit	Vegetables & fruits
Day 6	Leftover Raspberry cheesecake brownie baked oats	Chicken sandwich with chili mayo	Leftover Italian ground turkey + fruit	Vegetables & fruits
Day 7	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.

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.

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.

Snack meals

Vegetables & fruits

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

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

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

Tomato paste 0.6oz

Vanilla extract 0.3oz

Walnuts 1.9oz

Whole-wheat pasta, uncooked 3oz

Bread & Bakery

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

Meat, Poultry, Seafood

Atlantic salmon, farmed 6oz

Chicken breast, cooked 4oz

Chicken breast, raw 3oz

Eggs, 4 large (7.1oz)

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

Chilled & Frozen Goods

Fat-free cream cheese 11.4oz

Fat-free milk 2.2lb

Non-fat plain Greek yogurt 2oz



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.

