

Original Mayo Clinic Diet

Sample Meal Plan

Breakfast: Cheesy breakfast burrito

Ingredients

Cherry tomatoes, 5 cherry tomatoes, cut in half
Avocado, 2 tbsp, diced
Red onion, ¼ small
Black pepper, 1 dash
Eggs, 1 large
Whole wheat tortilla, 1 tortilla
Cheddar cheese, reduced fat, 2 tbsp, shredded
Fruit, any type, 1 small piece

Instructions

In a bowl, mix together tomatoes, avocado, red onion and pepper. Set aside.

Lightly whisk eggs. Season to taste. Pour into a non-stick pan over medium heat and continue to stir until egg is cooked through and light and fluffy.

Place scrambled eggs in the center of the tortilla, sprinkle with cheese and top with avocado mixture. Roll into a tasty burrito.

Enjoy with a piece of fruit or save it for a mid-morning snack.

Makes 1 serving.

Each serving provides: Vegetables **0.9**, Fruits **1**, Carbohydrates **1.8**, Protein/Dairy **1.1**, Fats **1.1**, Sweets **0**, 375 calories.



Lunch: Rice salad with feta & mint

Ingredients

Instant brown rice, cooked, 4.4 oz cup
Frozen peas, 1 oz, about 1/4 cup
Arugula, 1/2 cup, or any leafy greens
Cucumber, 1/2 medium, sliced
Cherry tomatoes, 5 cherry tomatoes, halved
Red onion, 1/4 small, sliced
Fresh mint, 2 tbsp, torn
Feta cheese, reduced fat, crumbled, 1/4 cup
Extra virgin olive oil, 1 tsp
Black pepper, 1 dash

Instructions

Add rice into a serving bowl.

Place peas in a microwave-safe bowl, add a splash of water and cover. Microwave for 90 seconds. Drain and add to rice. Add arugula, cucumber, tomatoes, red onion and mint. Toss to combine. Sprinkle feta over mixture and drizzle with olive oil, toss to combine. Season to taste.

TIP: You can swap mint for any fresh herbs such as parsley or basil.

Makes 1 serving.

Each serving provides: Vegetables **1.8 F** Fruits **0 C** Carbohydrates **2 PD** Protein/Dairy **1 Ft** Fats **0.9 S** Sweets **0**, 334 calories.



Dinner: Thai-inspired pork with citrus, fresh herbs with quinoa

Ingredients

Sweet chili sauce, low sodium, 2 tbsp
Soy sauce, low sodium, 2 tsp
Juice from 1/2 lemon
Green beans, 2 cups, cut into bite-sized pieces
Napa cabbage, 2 1/2 cups, shredded
Carrot, 2 medium, shredded
Fresh mint, 1/2 cup, torn
Zucchini, raw, 2 medium, shredded
Extra virgin olive oil, 2 tsp
Raw ginger, 3 tsp, minced
Ground pork, lean, raw, 6 oz



Extra Ingredients, 1 serving

Cooked quinoa, $\frac{1}{3}$ cup

Nonfat plain Greek yogurt, 7 oz

Raspberries, 1 cup

Instructions

Combine sweet chilli sauce, soy sauce and lemon juice in a large bowl. Remove 1 tablespoon of the sauce mixture to a small dish or cup.

Add the cabbage, carrots, mint and half the green beans to the large bowl.

Wrap shredded zucchini in a clean dish towel and gently squeeze to remove the excess moisture. Add the zucchini to the large bowl. Toss gently to combine with other vegetables.

Heat a wok or large non-stick frying pan over medium heat. Add olive oil, ginger and ground pork, cook for 3 to 4 minutes, stirring until meat is cooked. Add the reserved chilli sauce mixture to the pan. Bring to simmer. Add remaining green beans, cook for 2 minutes or until they begin to soften.

Prepare quinoa according to packet instructions.

Serve half the recipe for dinner with the quinoa. Store the remaining salad and pork mixture into separate airtight containers in the fridge for later in the week.

TIP: We recommend batch cooking your quinoa for all of your meals at the start of the week.

DESSERT: Enjoy yogurt with raspberries for a delicious dessert.

Makes 2 servings

Each serving provides: Vegetables **4.8**, Fruits **1.1**, Carbohydrates **1.1**, Protein/Dairy **2.1**, Fats **0.9**, Sweets **0**, 551 calories.

Snack: Vegetables & fruits

Ingredients

Fruit, any type, 2 small pieces

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

Instructions

Enjoy unlimited servings of vegetables and fruits throughout the day.

Makes 1 serving.

Each serving provides: Vegetables **1**, Fruits **2.1**, Carbohydrates **0**, Protein/Dairy **0**, Fats **0**, Sweets **0**, 148 calories.