

One-day meal plan



Colour and flavour

This full day's meal plan offers a rainbow of **vivid colours and rich flavours** to delight your senses. Enjoy some variety while you eat deliciously!

Swapping out ingredients will change the nutrition information per serving.
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Breakfast

Sunrise rainbow scramble with mixed melon cubes

Ingredients

- 2 eggs, beaten
- ¼ cup chopped onions and tomatoes
- ½ cup broccoli
- ¼ cup mozzarella cheese
- ¼ tsp salt
- ¼ tsp pepper
- 1 Tbsp extra-virgin olive oil
- ½ cup melon

Preparation

Makes: 1 serving

Beat eggs, salt, and pepper. Heat olive oil in a skillet over medium heat. Add broccoli, onions, and tomatoes and cook until softened. Add eggs. As eggs begin to set, gently pull the eggs across the pan with a spatula, forming large, soft curds. Add mozzarella cheese. Continue cooking — pulling, lifting, and folding eggs — until thickened, cheese is melted, and no visible liquid egg remains. Serve with a ½ cup of melon.



Make it vegan! Break up some firm tofu as a substitute for the eggs.

Nutrition per serving

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
319	24 g	6 g	260 mg	331 mg	13 g	3 g	9 g	15 g	551 mg



Lunch

Mediterranean tuna salad

Ingredients

10 oz can water-packed albacore tuna (drained)

2 cups packed baby spinach, chopped

¼ cup each: chopped tomatoes and chopped red onion

1 Tbsp crumbled feta cheese

Lettuce, any variety

Dressing

½ Tbsp apple cider vinegar

¼ Tbsp lemon juice

½ Tbsp extra-virgin olive oil

¼ tsp dried oregano

Preparation

Makes: 1 serving

Whisk together dressing ingredients. Combine tuna, spinach, tomatoes, onion, and feta. Toss dressing and tuna mixture and serve on a bed of lettuce.



This is a gluten-free meal. To make it vegetarian, swap out tuna for 3 oz of sautéed tempeh (which is not gluten-free).

Nutrition per serving

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
226	10 g	3 g	329 mg	113 mg	6 g	2 g	4 g	30 g	1028 mg



Snack

Dill hummus & cucumber mix

Ingredients

½ tsp dried dill

6 Tbsp hummus

1 cup cucumber slices

Preparation

Makes: 1 serving

Mix dill into hummus. Serve with cucumber slices.



This is a vegetarian, gluten-free snack.



Dip with fresh veggies instead of crackers and save 100 calories and 20 grams of carbs per serving.

Nutrition per serving

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
225	18 g	1 g	363 mg	0 mg	15 g	4 g	0 g	7 g	178 mg



Dinner

Spiced garlic and ginger shrimp

Ingredients

1 ½ pounds shrimp, peeled and deveined
2 Tbsp olive oil, divided into 2 separate 1-Tbsp containers
3 cloves garlic, minced
2 tsp ginger root, minced
½ cup tomatoes, diced
1 Tbsp fresh lemon juice
1 Tbsp fresh parsley, chopped
¼ tsp salt
¼ tsp black pepper

Spice Mixture

1 tsp paprika
½ tsp oregano
½ tsp cumin
¼ tsp onion powder
¼ tsp cayenne pepper

Preparation

Makes: 4 servings

In a large bowl, whisk together spice mixture ingredients. Add shrimp to a bowl and toss to combine. Drizzle with 1 Tbsp olive oil and toss once more. Cover with plastic wrap and refrigerate for 30 minutes.

Heat remaining Tbsp of olive oil in large skillet over medium-high heat. Add garlic and ginger root and sauté for 2 minutes. Add spiced shrimp to pan and sauté for 3 minutes. Then turn shrimp over and add tomatoes to pan. Cook an additional 3 minutes, then add lemon juice, parsley, salt, and pepper. Serve immediately.



This recipe is gluten-free. Make it vegetarian by swapping out shrimp for 3 oz of tofu.

Nutrition per serving

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
254	10 g	3 g	396 mg	142 mg	5 g	1 g	1 g	35 g	364 mg



Dessert

Cherry almond yogurt parfait

Ingredients $\frac{1}{2}$

cup frozen cherries

$\frac{1}{2}$ cup plain Greek yogurt

2 Tbsp sliced almonds

Preparation

Makes: 1 serving

Defrost frozen cherries. In a parfait glass, layer cherries, yogurt, almonds, and repeat layers.



This recipe is naturally gluten-free and vegetarian.



Plain Greek yogurt is saving you up to 50 calories and 15 grams of carbs over those too-sweet flavoured yogurts.

Nutrition per serving

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
209	8 g	0 g	37 mg	6 mg	20 g	3 g	30 g	15 g	435 mg