

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

Ingredients¹/₂

cup frozen cherries

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 |