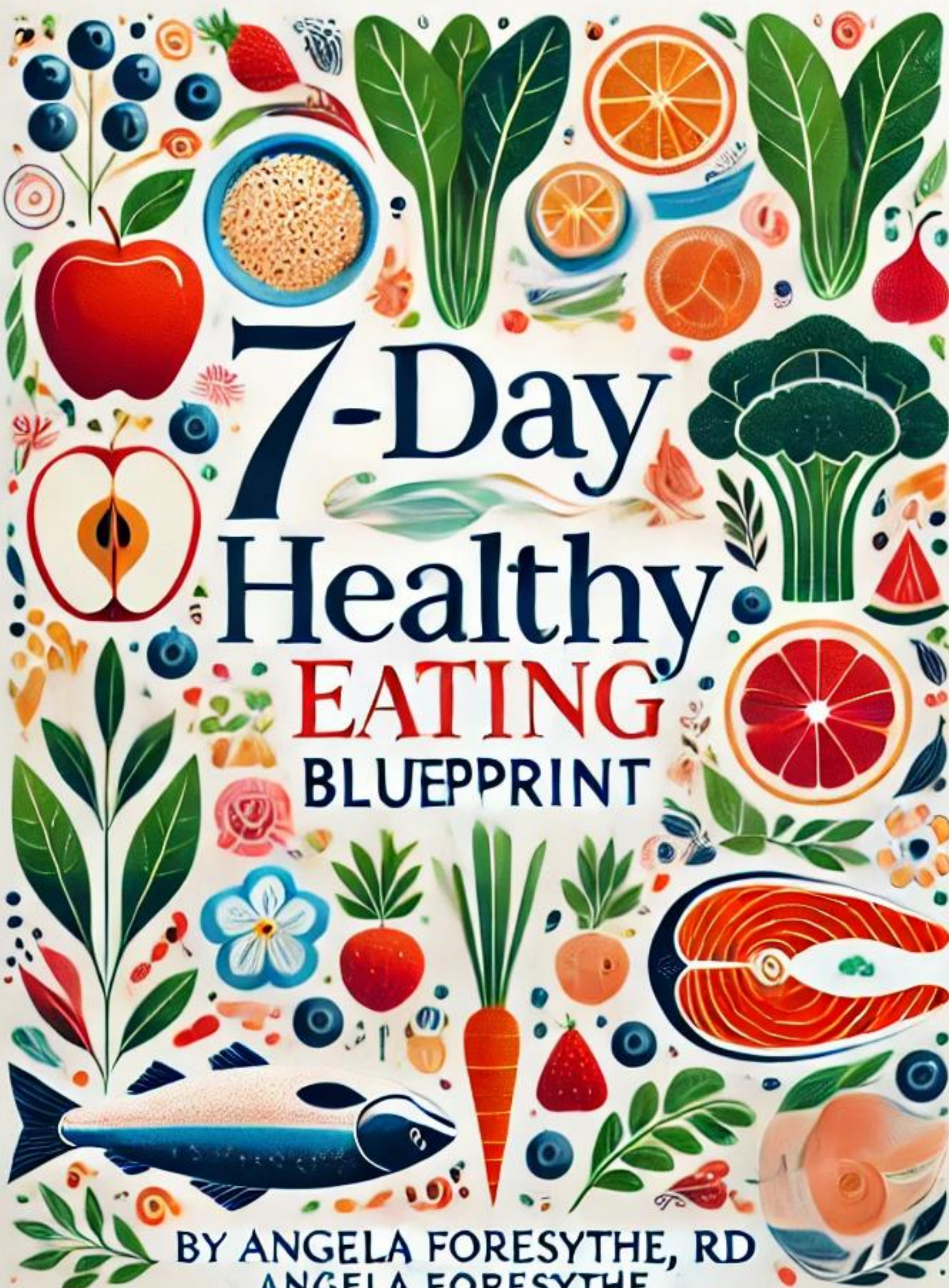
A vibrant, colorful illustration of various fruits, vegetables, and healthy food items surrounding the title. The items include blueberries, strawberries, spinach, orange slices, a bowl of quinoa, a red apple, a halved apple, broccoli, a watermelon slice, a salmon fillet, a carrot, a peach, a whole fish, and various leafy greens. The background is white with scattered small food items and leaves. The title is centered in a large, bold, serif font. The author's name is at the bottom in a smaller, bold, sans-serif font.

7-Day Healthy EATING BLUEPRINT

BY ANGELA FORESYTHE, RD
ANGELA FORESYTHE

A vibrant, colorful illustration of various fruits, vegetables, and healthy food items surrounding the title. The illustration includes a red apple, a bowl of quinoa, leafy greens, orange slices, blueberries, a whole fish, a carrot, a salmon fillet, a peach, a watermelon slice, a broccoli, a strawberry, a blue flower, and a pink rose. The background is white with scattered small food items and leaves. The title '7-Day Healthy Eating Blueprint' is centered in a large, bold, serif font. '7-Day' is in dark blue, 'Healthy' is in dark blue, 'EATING' is in red, and 'BLUEPRINT' is in dark blue. Below the title, the author's name 'BY ANGELA FORESYTHE, RD' is written in a smaller, dark blue, sans-serif font, followed by 'ANGELA FORESYTHE' in a smaller, dark blue, sans-serif font.

7-Day Healthy EATING BLUEPRINT

BY ANGELA FORESYTHE, RD
ANGELA FORESYTHE

Welcome to Better Eating Made Easy!

Hi, I'm Angela Foresythe, RD. With over 40 years of experience in dietetics, my mission is to help you achieve optimal health through balanced nutrition. This guide is designed to simplify healthy eating and empower you to take control of your nutrition journey.

The benefits of healthy eating are transformative: more energy, better focus, disease prevention, and overall wellness. Use this guide as your roadmap to jumpstart your journey to better health.

For personalized support, book a consultation with me at [Nutrition4U](#).

How to Use This Blueprint:

1. Flexible substitutions: Feel free to adapt the plan to your dietary preferences or allergies.
2. Meal prepping tips: Prep ingredients in advance to save time and stay consistent.
3. Portion sizes: Tailor serving sizes based on your personal needs and goals.

Let's get started on creating a healthier, happier you!



7-Day Healthy Eating Blueprint

Simplify Your Nutrition and Feel Your Best!

Welcome to the 7-Day Healthy Eating Blueprint! This guide will help you plan balanced, delicious meals for the entire week. With evidence-based recommendations and tips, you'll have the tools to improve your nutrition and overall health.

Author: Angela Foresythe, RD

Website: nutrition4u.ca | Phone: 647-476-2250



7-Day Healthy Eating Blueprint

Day 1 Meal Plan

Breakfast: Scrambled eggs with spinach, whole-grain toast, and a slice of avocado.

Morning Snack: Apple slices with almond butter.

Lunch: Grilled chicken salad with mixed greens, cherry tomatoes, cucumber, and olive oil vinaigrette.

Afternoon Snack: Greek yogurt with honey and chia seeds.

Dinner: Baked salmon with quinoa and steamed broccoli.



7-Day Healthy Eating Blueprint

Day 2 Meal Plan

Breakfast: Overnight oats with almond milk, topped with berries and a sprinkle of chia seeds.

Morning Snack: Carrot sticks with hummus.

Lunch: Turkey and avocado wrap with a side of cherry tomatoes.

Afternoon Snack: A handful of mixed nuts.

Dinner: Stir-fried tofu with brown rice and steamed broccoli.



7-Day Healthy Eating Blueprint

Day 3 Meal Plan

Breakfast: Greek yogurt parfait with granola, honey, and banana slices.

Morning Snack: An apple and a boiled egg.

Lunch: Grilled chicken Caesar salad with light dressing.

Afternoon Snack: Cucumber slices and guacamole.

Dinner: Baked cod with quinoa and roasted vegetables (zucchini, bell peppers).



7-Day Healthy Eating Blueprint

Day 4 Meal Plan

Breakfast: Whole-grain toast with almond butter and a side of sliced strawberries.

Morning Snack: Cottage cheese with pineapple chunks.

Lunch: Lentil soup with a side of whole-grain crackers.

Afternoon Snack: A small handful of trail mix (unsweetened).

Dinner: Grilled salmon with mashed sweet potatoes and sautéed spinach.



7-Day Healthy Eating Blueprint

Day 5 Meal Plan

Breakfast: Scrambled eggs with diced bell peppers and mushrooms, served with a whole-grain English muffin.

Morning Snack: A small orange and a handful of almonds.

Lunch: Tuna salad on a bed of mixed greens with balsamic dressing.

Afternoon Snack: Greek yogurt with a drizzle of honey and granola.

Dinner: Roasted chicken thighs with brown rice and steamed green beans.



7-Day Healthy Eating Blueprint

Day 6 Meal Plan

Breakfast: Smoothie made with spinach, frozen mango, almond milk, and a scoop of protein powder.

Morning Snack: Celery sticks with peanut butter.

Lunch: Quinoa and black bean salad with lime dressing.

Afternoon Snack: A pear and a slice of cheese.

Dinner: Turkey meatballs with whole-grain pasta and marinara sauce, served with a side salad.



7-Day Healthy Eating Blueprint

Day 7 Meal Plan

Breakfast: Pancakes made with oat flour, topped with fresh blueberries and a drizzle of maple syrup.

Morning Snack: A banana and a small handful of walnuts.

Lunch: Grilled vegetable sandwich on whole-grain bread with hummus.

Afternoon Snack: A boiled egg and sliced bell peppers.

Dinner: Shrimp stir-fry with soba noodles and assorted vegetables.



7-Day Healthy Eating Blueprint

Budget-Friendly Shopping List

Produce:

- Spinach
- Broccoli
- Bell peppers
- Apples
- Bananas
- Carrots

Proteins:

- Eggs
- Chicken breasts
- Salmon fillets
- Tofu
- Greek yogurt

Grains:

- Quinoa
- Brown rice
- Whole-grain bread
- Oats

Pantry Staples:

- Olive oil



7-Day Healthy Eating Blueprint

- Nut butter
- Chia seeds
- Nuts



7-Day Healthy Eating Blueprint

Thank You for Using the 7-Day Healthy Eating Blueprint!

We hope this guide helps you simplify your nutrition and create balanced, delicious meals. For personalized support and guidance, reach out to Angela Foresythe, RD, at Nutrition4U Consultancy. As a thank-you for downloading this guide, enjoy 10% off your first consultation or menu planning session.

Contact Us:

Website: nutrition4u.ca

Phone: 647-476-2250

Let's make your health goals a reality!

