

SIMPLE DAILY SAMPLE MEAL PLAN

This sample meal plan was created to help those who struggle with preparing foods due to their limited mobility or issues with pain.

MONDAY

BREAKFAST

2 Low-fat toaster Waffles & top with ¼ cup berries & 1 T. of natural nut butter

LUNCH

1 cup of low-sodium vegetable soup
3 whole wheat crackers
½ sandwich: 1 slice whole grain bread, 2 slices of ham/turkey with mustard & veggies of choice

DINNER

*3 oz. rotisserie chicken
1 medium sweet potato & 1 T olive oil
1 cup veggies of choice
1/2 cup 1% milk

SNACK

1 fruit of choice
1 string cheese

TUESDAY

BREAKFAST

1 packet plain oatmeal & mix in ½ cup of unsweetened applesauce, cinnamon, & 1 oz nuts

LUNCH

*3-oz grilled chicken & 1-slice cheese on 2 slices of whole grain bread
Garden salad: 1 cup salad mix
2T Balsamic Vinaigrette Dressing

DINNER

Salad: 1 cup pre-shredded salad mix, ½ cup beans, 2 oz. low-fat cheese & 2 T. Balsamic Vinaigrette Dressing
1 fruit of choice

SNACK

Wrap 1 T. reduced-fat cream cheese, bell peppers & cucumbers with 1 small whole wheat tortilla



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*For the chicken, buy ready-to eat rotisserie chicken and remove the skin. For beverages try water, sugar free hot chocolate, crystal light or other sugar free liquids. Be cautious of diet sodas as they can have quite a bit of salt, which can cause you to retain more water and become dehydrated, leading to more pain.

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WEDNESDAY

BREAKFAST

3/4 cup high fiber cereal, with 3/4 cup 1% milk & top with 1/4 cup of berries

LUNCH

1 cup minestrone soup
1 string cheese
1/2 sandwich: 1 slice whole grain bread, 2 slices of ham/turkey with mustard & veggies of choice

DINNER

Burrito bowl: *2-oz grilled chicken, 1/4 cup pinto beans, 2-oz cheese, 1/4 cup corn, 1/2 cup shredded lettuce, 1/4 cup salsa, & 2 T. low-fat sour cream

SNACK

Spread 1/4 of an avocado on 1 slice of toasted, whole grain bread & top with 1 T. sunflower seeds

THURSDAY

BREAKFAST

1 cup low-fat plain yogurt & top with 1 fruit of choice & 1/4 cup sliced almonds

LUNCH

Warm up 1/2 whole grain English muffin with 2-oz mozzarella cheese & spinach
Garden salad: 1 cup salad mix
2T Balsamic Vinaigrette Dressing
1/2 fruit of choice

DINNER

1 cup low-sodium vegetable soup
3 whole wheat crackers
1/2 sandwich: 1 slice whole grain bread, 2 slices of ham or turkey with mustard, & veggies of choice

SNACK

1/2 sandwich: 1 slice whole grain bread, 1 slice of ham or turkey with mustard, lettuce, & tomato



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FRIDAY

BREAKFAST

Warm Whole grain
English muffin & top
with 2 slices of low-fat
cheese & spinach

LUNCH

1 Burrito- 1 small whole
grain flour tortilla, 1/4
cup of pinto beans, 2-
oz cheese, 2 T. low-fat
sour cream, 1/2 cup
shredded lettuce, 1/4
cup salsa, and 2-oz
chicken

DINNER

6 oz. plain Greek
yogurt topped with 1
cup of blueberries
3 whole wheat crackers

SNACK

1/2 fruit of choice
20 plain almonds

SATURDAY

BREAKFAST

Toast 1 slice whole
grain bread & top with
2 T natural nut butter
& 1 fruit of choice

LUNCH

3oz tuna or *chicken
salad (see recipe
below) on a 1 cup
shredded lettuce
6 baby carrots
4 whole grain crackers
1 fruit of choice

DINNER

1 cup minestrone soup
1 string cheese
1/2 sandwich: 1 slice
whole grain bread, 2
slices of ham/turkey
with mustard &
veggies of choice

SNACK

Pre-cut veggie sticks
(cucumber, bell
peppers, carrots)
2 T. hummus



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SUNDAY

BREAKFAST

Toast 2 slices of whole grain, raisin bread & top with 1/2 cup low-fat cottage cheese

LUNCH

1 Wrap- 1 small whole grain flour tortilla, *2-oz grilled chicken, 1-oz cheese, 1 cup shredded lettuce, 2 T. Balsamic vinaigrette
1 Fruit if choice

DINNER

Burrito bowl: *3-oz grilled chicken, 1/2 cup pinto beans, 2-oz cheese, 1/2 cup corn, 1/2 cup shredded lettuce, 1/4 cup salsa, & 2 T. low-fat sour cream

SNACK

1/2 fruit of choice
5 Whole grain crackers
1 string cheese

OTHER IDEAS

BREAKFAST

Oatmeal: 1/2 cup cooked oats or 1 packet instant oatmeal, 1 teaspoon cinnamon, 2 Tablespoons peanut butter, 1/2 cup berries (frozen or fresh)

or

1 cup low-fat plain yogurt & top with 1 fruit of choice & 1 T. chia seeds



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OTHER IDEAS

LUNCH OR DINNER

2 slices whole grain toast, avocado, 1-oz mozzarella cheese, side garden salad

Wrap- Whole Wheat tortilla, ¼ c beans, Avocado, 1-oz mozzarella cheese, veggies raw or cooked

2-oz Chicken salad on 2-slices whole grain bread, 1 small apple

Tuna or chicken salad wrap or sandwich (see recipe included)- 1 whole grain tortilla or 2-slices whole grain bread with veggies of choice

1 open-faced Sandwich: 1 slice whole grain bread, 2 tablespoons Peanut butter, 1 small banana or ½ medium banana (sliced) and veggies of choice

OTHER IDEAS

SNACKS

½ cup cottage cheese topped with 1/2 cup fruit such as berries, chopped pineapple, or peaches

Apple slices (small apple) or 3 graham cracker squares with 1 Tbsp. nut butter

1 granola bar

1 quesadilla (small whole wheat tortilla and 1 oz. shredded cheese)

15 pretzels and 2 Tbsp. peanuts

Yogurt Parfait: top ½ cup nonfat plain Greek yogurt with ¼ cup berries or other chopped fruit and 1 tbsp chopped nuts

10 pita chips and 2 Tbsp. hummus and 4 olives

5 animal crackers and 4 oz. skim or 1% milk

1 whole grain waffle with 1 Tbsp. peanut butter and cinnamon

½ cup pudding sprinkled with 1 Tbsp. almond slivers

½ cup low fat ice cream sprinkled with 1 Tbsp. chopped peanuts

1 small whole wheat tortilla roll-up filled with 1 Tbsp. reduced fat cream cheese, veggies

Peanut Butter Sandwich Crackers: sandwich 1 tsp peanut or other nut butter between 2 whole grain crackers (make 2 sandwiches total)

Trail Mix: combine 1 tbsp each of pumpkin or sunflower seeds, chopped nuts, and raisins or other dried fruit

Nut Butter Toast: 1 slice whole grain bread, toasted, topped with 1 tbsp peanut or other nut butter



FRUIT OF CHOICE

1 small apple (unpeeled)
1 kiwi
½ cup applesauce
½ small mango or ½ cup
4 whole Apricots
1 small nectarine
½ medium Banana
1 small orange
¾ cup of Blueberries and/or Blackberries
½ papaya or 1 cup
1 cup or 1/3 of a small cantaloupe
1 medium peach
12 cherries
½ pears
3 dates
¾ cup pineapple
2T dried fruits
3 small plums
1 ½ Figs (fresh or dried)
2 prunes
½ cup 100% fruit juice
1 cup raspberries
½ large grapefruit
1 ¼ cup strawberries
17 small grapes
2 small tangerines
1 slice or 1 cup Honey Dew
1 slice or 1 ¼ cup watermelon

VEGGIE OF CHOICE

Artichoke hearts
Leeks
Asparagus
Mixed vegetables (without corn, peas, or pasta)
Baby corn
Mushrooms, all kinds, fresh
Bamboo shoots
Okra
Bean sprouts
Onions
Beans (green, wax, Italian)
Pea pods
Broccoli
Peppers (all varieties)
Brussels sprouts
Radishes
Cabbage (green, bok choy, Chinese)
Sauerkraut
Carrots
Soybean sprouts
Cauliflower
Spinach
Celery
Squash (summer, crookneck, zucchini)
Cucumber
Tomato
Eggplant
Turnips
Green onions or scallions
Water chestnuts
Greens (collard, kale, mustard, turnip)