FOOD AS MEDICINE

A Practical 3-Day Meal Planner

Flexible meal ideas, a reusable shopping list, and small steps toward a more nourishing routine.

Inside this free guide
- Three flexible day-plans
- Four quick meal ideas
- A reusable shopping-list template
- A simple habit tracker

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Educational resource only. This is not a prescribed diet or individualized medical advice. Needs vary with health conditions, allergies, age, activity, culture, budget, and personal preferences.

How to use this planner

These are flexible examples, not strict rules. Mix and match meals, use seasonal or frozen produce, and choose affordable foods that are familiar to you. Adapt portions to your needs.

A simple plate guide

Food group	Everyday examples
Vegetables and fruit	Leafy greens, carrots, tomatoes, apples, bananas, frozen vegetables
Protein foods	Beans, lentils, eggs, yogurt, fish, chicken, tofu, nuts or seeds
Fibre-rich carbohydrates	Oats, whole-grain bread, brown rice, whole-wheat roti, barley
Unsaturated fats, when useful	Olive/canola oil, nuts, seeds, avocado

Day 1 — Familiar staples

Breakfast: Oats with plain yogurt or milk, banana, and nuts or seeds.
Lunch: Lentil or bean curry, whole-wheat roti or brown rice, and vegetables.
Dinner: Fish, chicken, or tofu with vegetables and a grain or potato.
Optional snack: Fruit, plain yogurt, or roasted chickpeas.

Day 2 — Add colour and variety

Breakfast: Eggs or beans with whole-grain toast/roti and tomato.
Lunch: Chickpea salad with cucumber, tomato, herbs, and yogurt-based dressing.
Dinner: Vegetable-and-bean soup with whole-grain bread, or lentil soup with roti.
Optional snack: Seasonal fruit or a small handful of unsalted nuts.

Day 3 — Make leftovers work

Breakfast: Plain yogurt with oats and chopped fruit.
Lunch: Leftover lentils or beans with vegetables and roti or rice.
Dinner: Egg, tofu, fish, or chicken with mixed vegetables and rice.
Optional snack: Cucumber/carrot sticks with hummus, or fruit.

Four quick meal ideas

1. Lentil and vegetable bowl

Combine cooked lentils with sautéed or steamed vegetables. Serve with brown rice or whole-wheat roti. Add lemon, herbs, or spices to taste.

2. Chickpea crunch salad

Mix rinsed chickpeas, cucumber, tomato, leafy greens, and herbs. Dress with plain yogurt or a little oil and lemon.

3. Overnight oats

Mix oats with milk or an unsweetened alternative and refrigerate overnight. Add fruit and seeds before eating.

4. Vegetables with a protein

Roast chopped vegetables with tofu or chicken until safely cooked. Serve with a whole grain or potato; season to taste.

Reusable shopping-list template

Produce	■ Leafy greens ■ Tomatoes ■ Carrots ■ Seasonal fruit ■ Frozen vegetables
Protein	■ Lentils/beans/chickpeas ■ Eggs ■ Plain yogurt ■ Fish/chicken/tofu (as preferred)
Grains/staples	■ Oats ■ Whole-wheat roti/bread ■ Rice/barley ■ Potatoes
Pantry	■ Nuts/seeds ■ Oil ■ Lemon ■ Herbs/spices ■ Hummus or ingredients

Three-day habit tracker

Habit	D1	D2	D3
Include fruit or vegetables with a meal	■	■	■
Choose a fibre-rich food	■	■	■
Plan one meal or snack ahead	■	■	■

Important safety notes

• No single food treats or cures a disease on its own. Food can support health as part of a broader care plan.
• If you have diabetes, kidney disease, heart failure, food allergies, are pregnant, or take medicines affected by food intake, ask a qualified clinician or registered dietitian for advice tailored to you.
• If you use a GLP-1 medicine and persistent nausea, early fullness, or difficulty meeting nutrition needs occurs, discuss it with your prescriber.
• Food access, cost, cooking facilities, culture, and personal preferences matter. Adapt this planner to what is practical for you.

Keep learning with MedicalBluff

Read the full guide: Food as Medicine: What It Means and What the Evidence Shows in 2026

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This planner is educational and does not diagnose, treat, or prevent disease. It does not replace medical advice. Adapt ingredients for allergies and dietary needs, and follow safe food-handling practices.