

MIND Diet: One-Week Meal Plan

Day	Breakfast	Lunch	Dinner
Day 1	Greek yogurt with raspberries, almonds	Mediterranean salad, grilled chicken, whole-wheat pita	Burrito bowl: brown rice, beans, veggies, chicken, salsa, guacamole
Day 2	Wheat toast with almond butter, scrambled eggs	Grilled chicken sandwich, blackberries, carrots	Grilled salmon, salad with olive oil, brown rice
Day 3	Oatmeal with strawberries, 2 boiled eggs	Mexican salad: greens, beans, onion, corn, chicken	Chicken and veggie stir-fry, brown rice
Day 4	Greek yogurt with peanut butter and banana	Baked trout, collard greens, black-eyed peas	Whole-wheat spaghetti with turkey meatballs, salad
Day 5	Whole-wheat toast with avocado, veggie omelet	Turkey chili with sweet potatoes, onions, peppers	Greek-seasoned chicken, roasted potatoes, salad, wheat roll
Day 6	Overnight oats with strawberries	Fish tacos, brown rice, pinto beans	Chicken gyro, cucumber and tomato salad
Day 7	Vegetable frittata, apple, peanut butter	Tuna salad sandwich, carrots and celery with hummus	Curry chicken, brown rice, lentils