Healthy Aging Meal Planner

50+

31 practical recipes.
Two flexible weekly plans.
A simpler way to shop and cook.



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31 practical recipes, two flexible weekly plans, and a simpler way to shop and cook.

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A note about the images

The cover and recipe photographs are AI-generated illustrations of the intended dishes. They are not photographs of kitchen-tested recipes. Ingredient quantities and written directions define the servings; pictured portions are illustrative.

Nutrition and health disclaimer

This book is for general educational and informational purposes. It is not individualized medical or nutrition advice. Needs vary with health, activity, appetite and other factors. Readers with medical conditions, allergies, medication-related dietary concerns or specialized requirements should consult an appropriately qualified healthcare professional.

Using this edition

Recipes, ingredient calculations, research references, image assets and an editable manuscript accompany this PDF. Estimates reflect the base recipes and the assumptions documented in the nutrition-method section. The book has been checked for editorial and layout consistency; physical cooking results still require kitchen testing.

Welcome to a calmer week

A useful rhythm, with room to change

A good meal plan should make the week easier to live, shop and cook through. This book brings together 31 meals for adults 50+ who want familiar ingredients, varied flavors and a manageable amount of preparation. You will find fish, poultry, lean meat, eggs, dairy, beans, lentils and tofu, alongside grains, fruit and vegetables.

Start with one week

Read the preferences page, choose a weekly schedule and mark any changes before shopping. Every main recipe serves two. The first week includes two dinner-to-lunch batches; the second includes one. Breakfasts repeat across the weeks so you can reuse ingredients while trying different lunches and dinners.

Follow the recipe, then make it yours

The first page of each recipe shows the dish, timing, ingredients and a short nutrition summary. The facing page has the method, practical swaps, storage guidance and a full nutrition panel. Recipe numbers stay the same throughout the plans and indexes. Click a recipe name in the plan or index to open it.

Less guesswork at the supermarket

The grocery lists combine the ingredients for each two-person week. They count a planned leftover batch once. Cooked and drained weights are identified, with purchase guidance for dry grains and canned beans. Cross off what you have, then add any chosen snacks or optional toppings.

Your needs still come first

These are flexible meal schedules. Three meals alone may provide less energy than you need, and no schedule here has been designed to meet every individual nutrient requirement. Use the snack and portion guide, your appetite and any advice specific to you. The plan is not a weight-loss prescription.

Blueberry & Walnut Overnight Oats



Creamy yogurt and rolled oats soften overnight, ready for a generous topping of berries and walnuts. A cool, pleasantly chewy breakfast with very little morning work.

Serves 2 (half the recipe each) | **Easy**
Prep 10 min **Cook** 0 min **Total** 10 min + 8 hr chilling

Per serving, approx. 480 kcal | 29.0 g protein | 10.8 g fiber

INGREDIENTS

1 1/4 cups rolled oats (100 g)

about 1 1/4 cups plain nonfat Greek yogurt (300 g)

about 3/4 cup plus 1 tbsp 1% milk (200 g)

1 cup blueberries (150 g)

1 tbsp plus 1 tsp chia seeds (16 g)

1/4 cup chopped walnuts (24 g)

1/2 tsp ground cinnamon (1.3 g)

Method & kitchen notes

Blueberry & Walnut Overnight Oats

01 Mix the oats, yogurt, milk, chia and cinnamon in a bowl until no dry patches remain. Divide between two covered containers with room for the toppings.

02 Refrigerate at 40 F / 4 C or below for at least 8 hours. The oats should soften and the mixture should thicken.

03 Stir each portion. If needed, loosen with 1-2 tbsp drinking water. Wash and dry the blueberries, then divide them and the walnuts over the two portions. Serve cold.

Swaps & variations

Use lactose-free milk and lactose-free yogurt in the same amounts if needed. A soy yogurt swap changes protein and requires checking the label.

If you cannot find it

Use 1 cup diced strawberries in place of blueberries. Chopped unsalted almonds can replace walnuts; both are tree nuts.

Optional additions

Add a little lemon zest just before eating; it brightens the berries without extra sweetener.

Storage & reheating

Refrigerate the oat base for up to 3 days. Keep nuts separate until serving. Freezing is not recommended for texture; no reheating needed.

Meal-prep tip

Make two jars after dinner. Store the washed berries separately and add them in the morning.

Allergens

Milk; tree nuts (walnuts). Oats may have wheat/gluten cross-contact; use certified gluten-free oats if needed.

APPROXIMATE NUTRITION PER SERVING

Calories	Protein	Carbohydrate	Total fat
480 kcal	29.0 g	60.6 g	15.4 g

Saturated fat	Fiber	Total sugars	Sodium
2.4 g	10.8 g	18.4 g	105 mg

Base recipe only; optional additions and swaps change these estimates. See nutrition method and food-safety guide. Photograph is AI-generated.

Lemon Salmon with Quinoa & Broccoli



A simple salmon fillet needs only lemon, garlic and a hot oven. Broccoli roasts on the same tray while the quinoa warms.

Serves 2 (half the recipe each) | **Easy**
Prep 10 min **Cook** 22 min **Total** 32 min

Per serving, approx. 620 kcal | 42.4 g protein | 8.9 g fiber

INGREDIENTS

2 boneless salmon fillets, about 5 1/3 oz each (300 g)

about 1 2/3 cups cooked quinoa (300 g)

about 4 cups broccoli florets (350 g)

1 tbsp olive oil (13.5 g)

2 tbsp lemon juice (30 g)

2 garlic cloves, minced (6 g)

1/4 tsp black pepper (0.5 g)

1/4 tsp fine table salt (1.5 g)

Method & kitchen notes

Lemon Salmon with Quinoa & Broccoli

01 Heat the oven to 425 F / 220 C. Toss broccoli with half the oil and half the salt on a large lined tray. Roast for 8 minutes.

02 Check salmon for pin bones and remove them. Mix remaining oil and salt with garlic, pepper and half the lemon juice; rub over the fish.

03 Move broccoli aside, add salmon and roast for 10-14 minutes, until the thickest part of each fillet reaches 145 F / 63 C and broccoli is tender.

04 Meanwhile, warm quinoa with 2 tbsp water in a covered saucepan, stirring, to 165 F / 74 C if previously chilled. Add remaining lemon juice. Serve one fillet with half the quinoa and broccoli per person.

Swaps & variations

Frozen plain salmon can be more economical; thaw in the refrigerator before cooking. Avoid pre-seasoned fillets if limiting sodium.

If you cannot find it

Use trout fillets at the same weight and check for 145 F / 63 C. Cooked brown rice can replace quinoa.

Optional additions

Add chopped dill or parsley at serving.

Storage & reheating

Refrigerate up to 3 days or freeze portions up to 1 month for best quality. Reheat covered with a little water to 165 F / 74 C; fish can dry out.

Meal-prep tip

The time assumes cooked quinoa. Wash and cut broccoli ahead; keep raw fish separate from ready-to-eat ingredients.

Allergens

Fish (salmon).

APPROXIMATE NUTRITION PER SERVING

Calories	Protein	Carbohydrate	Total fat
620 kcal	42.4 g	45.8 g	30.5 g

Saturated fat	Fiber	Total sugars	Sodium
6.1 g	8.9 g	4.7 g	450 mg

Base recipe only; optional additions and swaps change these estimates. See nutrition method and food-safety guide. Photograph is AI-generated.