

**ALINA READ**

# Large-Print 60-Day Meal Plan

*A clearer, easier-to-read companion to the complete plan in your book*

Companion resource for  
DASH Diet Cookbook for Seniors

Print-friendly • Senior-friendly • Full 60-Day Plan

How to use this companion: Follow the four listed eating moments. Snacks and treats are optional. Adjust portions to appetite and personal needs. If your healthcare professional has given you individualized calorie, sodium, potassium, fluid, or carbohydrate targets, those instructions take priority.

## The Daily Rhythm

**Breakfast:** Start with the listed breakfast recipe.

**Lunch:** Choose the listed lunch recipe.

**Snack / Optional Treat:** Enjoy it between meals or after dinner if you are hungry.

**Dinner:** Prepare the listed dinner; on some days two recipes are paired.

# Week 1 – Start Simple

**Prep focus:** Wash and chop a few vegetables, cook one grain, and prepare one make-ahead breakfast so the first week feels easy.

## Day 1

**Breakfast:** Overnight Chia Seed Pudding with Berries

**Lunch:** Citrus Avocado Spinach Salad

**Snack / Optional Treat:** Spiced Chickpea Crunch

**Dinner:** Herb-Crusted Cod with Lemon Zest + Balsamic Glazed Brussels Sprouts

## Day 2

**Breakfast:** Herbed Ricotta and Spinach Frittata

**Lunch:** Mini Lentil-Stuffed Sweet Peppers

**Snack / Optional Treat:** Pear and Ginger Scones

**Dinner:** Quinoa-Stuffed Bell Peppers

## Day 3

**Breakfast:** Quinoa and Berry Breakfast Bowl

**Lunch:** Hearty Lentil and Spinach Stew

**Snack / Optional Treat:** Banana and Almond Butter Parfait

**Dinner:** Garlic Herb Chicken Thighs + Cauliflower “Rice” Pilaf

# Week 1 – Start Simple

## Day 4

**Breakfast:** Yogurt Parfait with Granola and Kiwi

**Lunch:** Lemon-Dill Fish Cakes with Yogurt Sauce

**Snack / Optional Treat:** Parmesan Zucchini Fries

**Dinner:** Grilled Eggplant with Yogurt Sauce & Za’atar + Lemon Herb Chicken Skewers

## Day 5

**Breakfast:** Cheesy Egg and Avocado Toast

**Lunch:** Turkey and Avocado Wrap

**Snack / Optional Treat:** Lemon Poppy Seed Muffins

**Dinner:** Grilled Lemon Herb Shrimp

## Day 6

**Breakfast:** Apple and Cinnamon Overnight Oats

**Lunch:** Tofu and Edamame Stir-Fry

**Snack / Optional Treat:** Banana Oat Cookies

**Dinner:** Greek Salad with Feta & Kalamata Olives + Herb-Crusted Cod with Lemon Zest

# Week 1 – Start Simple

## Day 7

**Breakfast:** Egg and Cottage Cheese Breakfast Muffins

**Lunch:** Quinoa and Roasted Beet Salad

**Snack / Optional Treat:** Savory Quinoa Bites

**Dinner:** Spiced Lentil and Turkey Skillet

## Week 2 – Build the Routine

**Prep focus:** Make one soup or stew ahead, portion one snack, and keep washed greens ready for quick lunches.

### Day 8

**Breakfast:** Buckwheat, Apple & Walnut Breakfast Bowl

**Lunch:** Spinach and Ricotta Stuffed Peppers

**Snack / Optional Treat:** Apple and Date Crumble

**Dinner:** Warm Quinoa Salad with Broccoli, Edamame, Sesame & Ginger

### Day 9

**Breakfast:** Sweet Potato and Black Bean Breakfast Burritos

**Lunch:** Creamy Cauliflower and Leek Soup

**Snack / Optional Treat:** Kiwi and Avocado Smoothie

**Dinner:** Honey Mustard Salmon

### Day 10

**Breakfast:** Greek Yogurt and Egg Breakfast Bowl

**Lunch:** Cottage Cheese and Berry Parfait

**Snack / Optional Treat:** Baked Sweet Potato Chips

**Dinner:** Zucchini Noodles with Pesto, Pine Nuts & Parmesan + Grilled Lemon Herb Shrimp

## Week 2 – Build the Routine

### Day 11

**Breakfast:** Millet and Tropical Fruit Bowl

**Lunch:** Lentil and Arugula Salad

**Snack / Optional Treat:** Cucumber Mint Yogurt Cooler

**Dinner:** Chicken and Quinoa Pilaf

### Day 12

**Breakfast:** Oatmeal and Banana Breakfast Bars

**Lunch:** Cauliflower and Chickpea Curry

**Snack / Optional Treat:** Spiced Chai Yogurt Smoothie

**Dinner:** Farro Bowl with Roasted Butternut Squash, Goat Cheese & Balsamic

### Day 13

**Breakfast:** Egg and Cheese Soufflé Omelet

**Lunch:** Mediterranean Veggie Pita

**Snack / Optional Treat:** Roasted Edamame with Sesame and Lime

**Dinner:** Shrimp and Vegetable Stir-Fry

## Week 2 – Build the Routine

### Day 14

**Breakfast:** Amaranth, Cherry & Almond Breakfast Bowl

**Lunch:** White Bean, Avocado, and Tomato Toast

**Snack / Optional Treat:** Pumpkin Spice Bread

**Dinner:** Arugula Salad with Roasted Peppers, Artichokes & Shaved Parmesan +  
Garlic Herb Chicken Thighs

## Week 3 – Make-Ahead Confidence

**Prep focus:** Use the refrigerator and freezer on purpose. Save second servings and label any portions you freeze.

### Day 15

**Breakfast:** Lemon-Dill Salmon and Avocado Toast

**Lunch:** Quinoa and Black Bean Chili

**Snack / Optional Treat:** Savory Quinoa Bites

**Dinner:** Beef and Sweet Potato Skillet

### Day 16

**Breakfast:** Farro and Citrus Fruit Bowl

**Lunch:** Quinoa and Black Bean Stuffed Tomatoes

**Snack / Optional Treat:** Spiced Chickpea Crunch

**Dinner:** Lemon Herb Salmon with Asparagus

### Day 17

**Breakfast:** Egg and Cheese Breakfast Quesadilla

**Lunch:** Kale and Apple Salad with Walnuts

**Snack / Optional Treat:** Cucumber Mint Yogurt Cooler

**Dinner:** Lemon Herb Chicken Skewers

## Week 3 – Make-Ahead Confidence

### Day 18

**Breakfast:** Barley and Stone Fruit Bowl

**Lunch:** Cottage Cheese, Cucumber & Dill Crispbreads

**Snack / Optional Treat:** Maple Walnut Yogurt Delight

**Dinner:** Cod and Tomato Stew

### Day 19

**Breakfast:** Apple and Cinnamon Overnight Oats

**Lunch:** Sweet Potato and Kale Soup

**Snack / Optional Treat:** Savory Quinoa Bites

**Dinner:** Lentil and Vegetable Shepherd's Pie

### Day 20

**Breakfast:** Greek Yogurt and Egg Breakfast Bowl

**Lunch:** Creamy Polenta with Roasted Tomatoes & Spinach

**Snack / Optional Treat:** Spiced Carrot Cake Bars

**Dinner:** Pork and Apple Skillet

## Week 3 – Make-Ahead Confidence

### Day 21

**Breakfast:** Buckwheat, Apple & Walnut Breakfast Bowl

**Lunch:** Spicy Tuna Lettuce Wraps

**Snack / Optional Treat:** Roasted Edamame with Sesame and Lime

**Dinner:** Coconut Curry Shrimp

## Week 4 – More Flavor, Less Fuss

**Prep focus:** Keep lemons, fresh herbs, garlic, vinegar, and your favorite salt-free spices within easy reach.

### Day 22

**Breakfast:** Overnight Chia Seed Pudding with Berries

**Lunch:** Egg and Avocado Power Bowl

**Snack / Optional Treat:** Banana Oat Cookies

**Dinner:** Herb-Crusted Salmon with Citrus Glaze

### Day 23

**Breakfast:** Egg and Cottage Cheese Breakfast Muffins

**Lunch:** Barley and Mushroom Risotto

**Snack / Optional Treat:** Berry Compote with Vanilla Yogurt

**Dinner:** Moroccan-Spiced Chicken Tagine

### Day 24

**Breakfast:** Quinoa and Berry Breakfast Bowl

**Lunch:** Spaghetti Squash with Marinara

**Snack / Optional Treat:** Baked Sweet Potato Chips

**Dinner:** Balsamic Glazed Pork Tenderloin

## Week 4 – More Flavor, Less Fuss

### Day 25

**Breakfast:** Sweet Potato and Black Bean Breakfast Burritos

**Lunch:** Chickpea and Cucumber Salad

**Snack / Optional Treat:** Spiced Chai Yogurt Smoothie

**Dinner:** Warm Quinoa Salad with Broccoli, Edamame, Sesame & Ginger

### Day 26

**Breakfast:** Herbed Ricotta and Spinach Frittata

**Lunch:** Cucumber and Salmon Yogurt Roll-Ups

**Snack / Optional Treat:** Lemon Poppy Seed Muffins

**Dinner:** Honey Mustard Salmon

### Day 27

**Breakfast:** Oatmeal and Banana Breakfast Bars

**Lunch:** Italian Farro and Vegetable Soup

**Snack / Optional Treat:** Spiced Chickpea Crunch

**Dinner:** Chicken and Quinoa Pilaf

## Week 4 – More Flavor, Less Fuss

### Day 28

**Breakfast:** Millet and Tropical Fruit Bowl

**Lunch:** Lentil and Vegetable Stir-Fry

**Snack / Optional Treat:** Honey-Lavender Yogurt Parfait

**Dinner:** Greek Salad with Feta & Kalamata Olives + Herb-Crusted Cod with Lemon Zest

## Week 5 – Balanced Variety

**Prep focus:** Cook one whole grain and one bean or lentil dish ahead. Reuse them without making every meal feel the same.

### Day 29

**Breakfast:** Lemon-Dill Salmon and Avocado Toast

**Lunch:** Salmon, Cucumber, and Cream Cheese Bagel

**Snack / Optional Treat:** Tropical Pineapple-Mango Yogurt Bowl

**Dinner:** Coconut Curry Shrimp

### Day 30

**Breakfast:** Amaranth, Cherry & Almond Breakfast Bowl

**Lunch:** Tropical Fruit and Quinoa Parfait

**Snack / Optional Treat:** Baked Sweet Potato Chips

**Dinner:** Quinoa-Stuffed Bell Peppers

### Day 31

**Breakfast:** Yogurt Parfait with Granola and Kiwi

**Lunch:** Watermelon and Feta Salad

**Snack / Optional Treat:** Spiced Carrot Cake Bars

**Dinner:** Herb-Crusted Cod with Lemon Zest

## Week 5 – Balanced Variety

### Day 32

**Breakfast:** Cheesy Egg and Avocado Toast

**Lunch:** Buckwheat Tabbouleh with Cucumber, Tomato & Mint

**Snack / Optional Treat:** Grilled Pineapple with Lime Yogurt Cream

**Dinner:** Moroccan-Spiced Chicken Tagine

### Day 33

**Breakfast:** Farro and Citrus Fruit Bowl

**Lunch:** Grilled Veggie and Hummus Wrap

**Snack / Optional Treat:** Parmesan Zucchini Fries

**Dinner:** Grilled Eggplant with Yogurt Sauce & Za'atar + Lemon Herb Chicken Skewers

### Day 34

**Breakfast:** Egg and Cheese Soufflé Omelet

**Lunch:** Spicy Chickpea and Avocado Toast

**Snack / Optional Treat:** Pear and Ginger Scones

**Dinner:** Shrimp and Vegetable Stir-Fry

## Week 5 – Balanced Variety

### Day 35

**Breakfast:** Barley and Stone Fruit Bowl

**Lunch:** Tuscan White Bean and Kale Stew

**Snack / Optional Treat:** Kiwi and Avocado Smoothie

**Dinner:** Zucchini Noodles with Pesto, Pine Nuts & Parmesan + Grilled Lemon Herb Shrimp

## Week 6 – Plant-Forward Confidence

**Prep focus:** Wash leafy greens, roast a tray of vegetables, and keep an easy protein option ready for days when appetite is lower.

### Day 36

**Breakfast:** Egg and Cheese Breakfast Quesadilla

**Lunch:** Berry and Nut Yogurt Bowl

**Snack / Optional Treat:** Baked Sweet Potato Chips

**Dinner:** Spiced Lentil and Turkey Skillet

### Day 37

**Breakfast:** Quinoa and Berry Breakfast Bowl

**Lunch:** Chicken Caesar Wrap

**Snack / Optional Treat:** Berry Compote with Vanilla Yogurt

**Dinner:** Lemon Herb Salmon with Asparagus

### Day 38

**Breakfast:** Egg and Cottage Cheese Breakfast Muffins

**Lunch:** Caprese Stuffed Avocados

**Snack / Optional Treat:** Tropical Pineapple-Mango Yogurt Bowl

**Dinner:** Farro Bowl with Roasted Butternut Squash, Goat Cheese & Balsamic

## Week 6 – Plant-Forward Confidence

### Day 39

**Breakfast:** Apple and Cinnamon Overnight Oats

**Lunch:** Millet and Roasted Vegetable Medley

**Snack / Optional Treat:** Grilled Pineapple with Lime Yogurt Cream

**Dinner:** Lemon Herb Chicken Skewers

### Day 40

**Breakfast:** Amaranth, Cherry & Almond Breakfast Bowl

**Lunch:** Almond Butter and Banana Rice Cakes

**Snack / Optional Treat:** Parmesan Zucchini Fries

**Dinner:** Beef and Sweet Potato Skillet

### Day 41

**Breakfast:** Overnight Chia Seed Pudding with Berries

**Lunch:** Hearty Lentil and Spinach Stew

**Snack / Optional Treat:** Herbed Kale Chips

**Dinner:** Lentil and Vegetable Shepherd's Pie

## Week 6 – Plant-Forward Confidence

### Day 42

**Breakfast:** Cheesy Egg and Avocado Toast

**Lunch:** Citrus Avocado Spinach Salad

**Snack / Optional Treat:** Apple and Date Crumble

**Dinner:** Cod and Tomato Stew

## Week 7 – Flexible, Practical Meals

**Prep focus:** Restock your easy staples and use planned leftovers whenever they make the day simpler.

### Day 43

**Breakfast:** Millet and Tropical Fruit Bowl

**Lunch:** Cucumber and Salmon Yogurt Roll-Ups

**Snack / Optional Treat:** Pumpkin Spice Bread

**Dinner:** Arugula Salad with Roasted Peppers, Artichokes & Shaved Parmesan + Garlic Herb Chicken Thighs

### Day 44

**Breakfast:** Sweet Potato and Black Bean Breakfast Burritos

**Lunch:** Lentil and Arugula Salad

**Snack / Optional Treat:** Roasted Edamame with Sesame and Lime

**Dinner:** Pork and Apple Skillet

### Day 45

**Breakfast:** Greek Yogurt and Egg Breakfast Bowl

**Lunch:** Turkey and Avocado Wrap

**Snack / Optional Treat:** Herbed Kale Chips

**Dinner:** Herb-Crusted Salmon with Citrus Glaze

## Week 7 – Flexible, Practical Meals

### Day 46

**Breakfast:** Buckwheat, Apple & Walnut Breakfast Bowl

**Lunch:** Creamy Cauliflower and Leek Soup

**Snack / Optional Treat:** Maple Walnut Yogurt Delight

**Dinner:** Garlic Herb Chicken Thighs

### Day 47

**Breakfast:** Yogurt Parfait with Granola and Kiwi

**Lunch:** White Bean, Avocado, and Tomato Toast

**Snack / Optional Treat:** Baked Pears with Cinnamon and Walnuts

**Dinner:** Balsamic Glazed Pork Tenderloin

### Day 48

**Breakfast:** Herbed Ricotta and Spinach Frittata

**Lunch:** Chickpea and Cucumber Salad

**Snack / Optional Treat:** Savory Quinoa Bites

**Dinner:** Grilled Lemon Herb Shrimp

## Week 7 – Flexible, Practical Meals

### Day 49

**Breakfast:** Lemon-Dill Salmon and Avocado Toast

**Lunch:** Lemon-Dill Fish Cakes with Yogurt Sauce

**Snack / Optional Treat:** Herbed Kale Chips

**Dinner:** Quinoa-Stuffed Bell Peppers

## Week 8 – Make It Automatic

**Prep focus:** Notice which breakfasts, lunches, and dinners now feel effortless. Those are the meals worth repeating after Day 60.

### Day 50

**Breakfast:** Barley and Stone Fruit Bowl

**Lunch:** Grilled Veggie and Hummus Wrap

**Snack / Optional Treat:** Zucchini Chocolate Chip Muffins

**Dinner:** Herb-Crusted Cod with Lemon Zest

### Day 51

**Breakfast:** Oatmeal and Banana Breakfast Bars

**Lunch:** Tropical Fruit and Quinoa Parfait

**Snack / Optional Treat:** Roasted Edamame with Sesame and Lime

**Dinner:** Chicken and Quinoa Pilaf

### Day 52

**Breakfast:** Egg and Cheese Soufflé Omelet

**Lunch:** Sweet Potato and Kale Soup

**Snack / Optional Treat:** Herbed Kale Chips

**Dinner:** Warm Quinoa Salad with Broccoli, Edamame, Sesame & Ginger

## Week 8 – Make It Automatic

### Day 53

**Breakfast:** Farro and Citrus Fruit Bowl

**Lunch:** Quinoa and Black Bean Stuffed Tomatoes

**Snack / Optional Treat:** Lemon Basil Yogurt Dip

**Dinner:** Grilled Lemon Herb Shrimp

### Day 54

**Breakfast:** Egg and Cheese Breakfast Quesadilla

**Lunch:** Chicken Caesar Wrap

**Snack / Optional Treat:** Baked Pears with Cinnamon and Walnuts

**Dinner:** Lemon Herb Salmon with Asparagus

### Day 55

**Breakfast:** Overnight Chia Seed Pudding with Berries

**Lunch:** Cottage Cheese, Cucumber & Dill Crispbreads

**Snack / Optional Treat:** Spiced Chickpea Crunch

**Dinner:** Lentil and Vegetable Shepherd's Pie

## Week 8 – Make It Automatic

### Day 56

**Breakfast:** Apple and Cinnamon Overnight Oats

**Lunch:** Italian Farro and Vegetable Soup

**Snack / Optional Treat:** Lemon Basil Yogurt Dip

**Dinner:** Honey Mustard Salmon

# Final 4 Days - Make It Your Own

**Prep focus:** Finish the plan by identifying three breakfasts, three lunches, and three dinners you would happily keep in your regular routine.

## Day 57

**Breakfast:** Quinoa and Berry Breakfast Bowl

**Lunch:** Berry and Nut Yogurt Bowl

**Snack / Optional Treat:** Parmesan Zucchini Fries

**Dinner:** Lemon Herb Chicken Skewers

## Day 58

**Breakfast:** Egg and Cottage Cheese Breakfast Muffins

**Lunch:** Quinoa and Roasted Beet Salad

**Snack / Optional Treat:** Banana and Almond Butter Parfait

**Dinner:** Grilled Eggplant with Yogurt Sauce & Za'atar + Lemon Herb Chicken Skewers

## Day 59

**Breakfast:** Herbed Ricotta and Spinach Frittata

**Lunch:** Tuscan White Bean and Kale Stew

**Snack / Optional Treat:** Zucchini Chocolate Chip Muffins

**Dinner:** Shrimp and Vegetable Stir-Fry

# Final 4 Days - Make It Your Own

## Day 60

**Breakfast:** Buckwheat, Apple & Walnut Breakfast Bowl

**Lunch:** Almond Butter and Banana Rice Cakes

**Snack / Optional Treat:** Honey-Lavender Yogurt Parfait

**Dinner:** Herb-Crusted Salmon with Citrus Glaze