



# Sean's Simple Meal Plan

Week 1 - Mon, Nov 28, 2022 - Sun, Dec 4, 2022

# Welcome to the Mayo Clinic Diet Simple Meal Plan

This is our simplest meal plan ever. We've designed it based on member feedback, and the goal is to make losing weight as easy as possible. Rather than lots of different recipes that require more time and preparation, here we've selected our easiest, assembly-style meals that use just a few shortcut ingredients and simple flavors.

## What to expect from the menu

- **Few shortcut ingredients**

You'll notice a short ingredients list with most meals including 5 ingredients or less. We've also repeated ingredients across multiple meals to keep the grocery list short and reduce food waste. We've kept the prep work to a minimum by using convenient shortcut ingredients like pre-prepared veggies, salad and stir-fry mixes, and pre-cooked protein. Look out for supermarket specials on these shortcut items and feel free to opt for the variety that is well-priced each week.

- **Assembly-style meals with simple flavors**

This menu was specifically designed with simplicity in mind. The recipes are quick and easy with basic cooking methods, short cooking times and simple flavors. If you're happy eating the same meals on repeat and are OK with simple flavors, this is a great meal plan to start with. But, if you're a foodie who loves lots of variety and loves to cook, you may prefer one of our other menus such as the Mediterranean or the Original Mayo Clinic Diet Meal Plan. You can preview all the meal plan options under [Account & Settings](#).

- **Ability to swap meals and ingredients**

If you prefer to have less repetition and more variety, simply click the "Swap" button to customize your meal plan. You are also free to substitute ingredients within each food group. For example, if you prefer bran flakes to muesli for your Carbohydrate serving at breakfast – swap it! Or if you enjoy your cereal with yogurt instead of milk, simply replace it. If you don't like sandwiches every day, go ahead and rotate between bread, wraps or crackers. You are also free to choose whatever variety of salad or stir-fry vegetables blend you like. We've included the salad kit dressings and toppings in your meals, however if you eat the sauces included in the stir-fry blends, don't forget to add them to your tracker.



# Sean's Meal Plan

	Breakfast	Lunch	Dinner	Snack
<b>Mon, Nov 28</b>	Berries with yogurt & cereal	Tuna mayo & cucumber sandwich	Rotisserie chicken with kale salad mix & frozen grapes	Vegetables & fruits
<b>Tue, Nov 29</b>	Banana & peanut butter toast with milk	Tuna mayo & cucumber sandwich	Rotisserie chicken with kale salad mix & frozen grapes	Vegetables & fruits
<b>Wed, Nov 30</b>	Berries with yogurt & cereal	Rotisserie chicken sandwich	White fish with sweet kale salad mix & rice with berry ricotta	Vegetables & fruits
<b>Thu, Dec 1</b>	Banana & peanut butter toast with milk	Grilled cheddar & tomato sandwich	White fish with sweet kale salad mix & rice with berry ricotta	Vegetables & fruits
<b>Fri, Dec 2</b>	Berries with yogurt & cereal	Rotisserie chicken sandwich	One-pan sweet chili chicken & vegetables with milk & raspberries	Vegetables & fruits
<b>Sat, Dec 3</b>	Scrambled egg on toast	Grilled cheddar & tomato sandwich	Leftover One-pan sweet chili chicken & vegetables with milk & raspberries	Vegetables & fruits
<b>Sun, Dec 4</b>	Banana & peanut butter toast with milk	Easy cheesy chili wrap	One-pan sweet chili chicken & vegetables with milk & raspberries	Vegetables & fruits

# Prep steps and tips for this week

## Here's your checklist to help you prepare for the week:

1. **Swap meals to suit your preferences.** If you don't like a particular meal, go to your [Meal Plan](#) and click the "Swap" button to select a different recipe. You can also use the search function to find other recipes to add to your meal plan.
2. **Shop for all the ingredients.** Review the [Grocery List](#) at the end of this PDF or on the website. Adjust the list to cater for your family and needs. Check off items you already have.
3. **Chop the rotisserie chicken.** Remove the chicken meat from the bones, chop it, divide into four equal servings, and store in airtight containers in the fridge. This will help when making the Rotisserie chicken sandwich\* and Rotisserie chicken with kale salad mix\*.
4. **Slice and marinate the beef.** Thinly slice the beef and add the peanut oil and hoisin sauce for the Simple hoisin beef stir-fry\*. Store in an airtight container in the fridge.
5. **Prepare your vegetables.** Most meals call for pre-prepared vegetables, except for ingredients such as cucumber and tomatoes. Feel free to wash and slice these ahead of time. You may also want to buy unprepared veggies and shred, chop or dice them yourself.
6. **Make the tuna mayo.** Make a double batch of tuna mayo for the Tuna mayo & cucumber sandwiches\*. Store in an airtight container in the fridge until ready to use.
7. **Cook once, eat twice (or three times!).** When preparing the White fish with sweet kale salad mix & rice\* make a double batch. Prepare a triple batch of the Simple hoisin beef stir-fry\*. Store the remaining servings in separate airtight containers in the fridge for quick reheat-and-eat meals later in the week.
8. **Freeze leftover ingredients.** Store any leftover ingredients like bread or shredded cheese in the freezer to use in future weeks.

## Extra options:

1. **Hoisin sauce.** Feel free to use an alternate stir-fry sauce such as teriyaki, sesame, or sweet and sour sauce.
2. **Peanut oil.** Peanut oil is great for high heat stir-frying. You can replace with avocado oil for a more neutral flavor, or canola oil which is budget-friendly.
3. **Add your own flavor.** Fresh and dried herbs and spices, along with aromatics like garlic, ginger and chili are all free foods, so feel free to add these or use what you have in your pantry to boost flavor.

\*Refers to recipes in the meal plan as specified. Your meal plan may differ if you have swapped meals.



# Additional prep steps and tips for this week

If you're on the 1400, 1600 or 1800-calorie meal plan target, here are a few extra tips for your meals this week:

1. **Batch cook your carbohydrates.** You can buy pre-cooked grains like rice and quinoa or, at the start of the week, cook enough for all your meals in one go.
2. **Get ready for your desserts.** At the start of the week, freeze the grapes and bananas used in your desserts.



# Breakfast meals

## Berries with yogurt & cereal

Bran flakes, ½ cup(s) (0.7oz)

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Nonfat plain Greek yogurt, 7 oz(s), about a cup (7oz)

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Berries, any type, 1¼cup(s), use frozen if fresh not available (6.3oz)

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Almonds, unsalted, 6 almond(s) (0.3oz)

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### Method

Serve cereal with yogurt, berries and top with almonds.

**Makes 1 serve.** Each serve provides: , 283 calories, 24.9g protein.



# Banana & peanut butter toast with milk

Whole-grain bread, 1 slice(s) (1.1oz)

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Peanut butter, reduced sugar & salt, 1½ tsp(s) (0.3oz)

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Banana, 1 extra small, sliced (2.9oz)

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1% milk, 1 cup(s) (8.3fl oz)

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## Method

Toast bread and spread with peanut butter. Top with sliced banana. Enjoy with a glass of milk.

**Makes 1 serve.** Each serve provides: , 307 calories, 15.1g protein.



# Scrambled egg on toast

Eggs, 1 large, raw (1.8oz)

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Black pepper, 1 dash(es)

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Cheddar cheese, reduced fat, shredded, 2 tbsp(s) (½oz)

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Whole-grain bread, 1 slice(s) (1.1oz)

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Avocado, 2 tbsp(s), diced (1.1oz)

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Tomato, 1 medium, whole, sliced (4.3oz)

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## Method

In a bowl, lightly whisk the egg and season. Pour egg into non-stick skillet over medium heat and scramble until cooked through but light and fluffy. Sprinkle over cheddar cheese and stir to melt.

Toast the bread. Spread avocado over toast. Place cheesy scrambled egg on toast. Serve with sliced tomato.

**Makes 1 serve.** Each serve provides: , 267 calories, 15.8g protein.





# Lunch meals

## Tuna mayo & cucumber sandwich

Tuna, canned in water, 3 oz(s), drained, without salt (3oz)

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Light mayo, 1½ tbsp(s) (0.8oz)

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Whole-grain bread, 2 slice(s) (2.3oz)

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Cucumber, 1 small, sliced (5.6oz)

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### Method

In a small bowl, combine tuna and mayo.

Spread one slice of bread with the tuna mayo mix. Top with a few slices of cucumber. Season and close with remaining slice of bread. Serve remaining cucumber slices alongside the sandwich.

TIP: Feel free to add any extra veggies that you may have in your fridge to your sandwich like onion or lettuce.

**Makes 1 serve.** Each serve provides: , 347 calories, 29.2g protein.



# Rotisserie chicken sandwich

Rotisserie chicken, 2 oz, chopped (2oz)

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Avocado, 2 tbsp(s), mashed (1.1oz)

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Whole-grain bread, 2 slice(s) (2.3oz)

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Tomato, 1 medium, whole, sliced (4.3oz)

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Baby spinach, 1 large handful(s) (1.6oz)

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## Method

In a small bowl, combine the chicken and mashed avocado.

Spread one slice of bread with chicken avocado mixture. Top with a few slices of tomato and the spinach. Close with remaining slice of bread.

Serve remaining slices of tomato alongside the sandwich.

**Makes 1 serve.** Each serve provides: , 344 calories, 26.4g protein.



# Grilled cheddar & tomato sandwich

Olive oil spray, 3 x two-second spray(s) (0.2oz)

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Whole-grain bread, 2 slice(s) (2.3oz)

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Cheddar cheese, reduced fat, shredded, 1/3 cup(s) (1.3oz)

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Tomato, 1 medium, whole, thinly sliced (4.3oz)

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## Method

Heat a non-stick skillet to medium.

Spray one side of both slices of bread with oil. Flip one slice of the bread over and add the cheese and a few slices of tomato. Top with remaining slice of bread oil side up.

Place sandwich in the skillet and cook for 2 to 3 minutes each side, until golden.

Serve with remaining slices of tomato alongside your sandwich.

**Makes 1 serve.** Each serve provides: , 344 calories, 19.3g protein.



# Easy cheesy chili wrap

Cheddar cheese, reduced fat, shredded, 1/3 cup(s) (1.3oz)

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Napa cabbage, shredded, 1/2 cup(s) (1.2oz)

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Sweet chili sauce, low-sodium, 2 tsp(s) (0.4oz)

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Light mayo, 1 1/2 tbsp(s) (0.8oz)

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Whole-wheat tortilla, 1 tortilla(s) (1.4oz)

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Carrot, shredded, 1/2 cup(s) (1.9oz)

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## Method

Combine cheddar cheese and cabbage in a bowl. Add the sweet chili and mayo. Mix well to combine.

Spread chili cheese mixture over tortilla. Add carrot. Roll to make a wrap. Enjoy!

TIP: For cooler days, toast wrap in a sandwich press or non-stick frying pan for a warm lunch option.

**Makes 1 serve.** Each serve provides: , 344 calories, 15.2g protein.



# Dinner meals

## Rotisserie chicken with kale salad mix & frozen grapes

Rotisserie chicken, 2 oz, chopped (2oz)

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Chopped salad kit, sweet kale, with dressing & toppings, 1 cup(s) (3½oz)

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Corn, canned, 1 x 8¾ oz can(s), drained (8.7oz)

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Cheddar cheese, reduced fat, shredded, ⅓ cup(s) (1.3oz)

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Grapes, ½ cup(s), frozen (2.7oz)

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### Method

In a serving bowl, combine the chopped chicken, salad mix, corn and cheese. Toss to combine.

DESSERT: Enjoy frozen grapes for a refreshing dessert.

**Makes 1 serve.** Each serve provides: , 594 calories, 34.7g protein.



# White fish with sweet kale salad mix & rice with berry ricotta

Lemon, ½ medium, juiced (1½oz)

Garlic, minced, ½ tsp(s)

Whitefish, raw, 3 oz(s) (3oz)

Olive oil spray, 1 x two-second spray(s) (0.1oz)

Instant brown rice, cooked, 1 x 4.4 oz cup(s) (4.4oz)

Chopped salad kit, sweet kale, with dressing & toppings, 1 cup(s) (3½oz)

Part-skim ricotta cheese, 3 oz(s), about 1/3 of a cup (3oz)

Vanilla extract, ¼ tsp(s)

Berries, any type, 1 cup(s) (5.1oz)

## Method

In a shallow dish, combine the lemon juice and garlic. Add the fish and turn to coat. Set aside.

Heat a non-stick frying pan over a medium heat. Spray pan with olive oil. Cook the fish for 2 to 3 minutes on each side, or until just cooked through (time may vary depending on the thickness of the fillets).

Meanwhile, prepare the rice according to package instructions.

Serve the fish with rice and sweet kale salad mix.

DESSERT: Add the ricotta and vanilla to a bowl and whip with a fork until light and airy. Top with berries for a sweet dessert.

**Makes 1 serve.** Each serve provides: , 601 calories, 33.3g protein.



# One-pan sweet chili chicken & vegetables with milk & raspberries

## One-pan sweet chili chicken & vegetables, makes 2 servings

Chicken breast, raw, 7 oz(s), cut into 1-inch pieces (7oz)

Broccoli florets, 4 cup(s) (10oz)

Sweet chili sauce, low-sodium, 1 tbsp(s) (0.6oz)

Extra virgin olive oil, 1 tbsp(s) (½oz)

Sweet potato, 11 oz, cut into 1-inch pieces (11oz)

Lemon, 1 medium, juiced (3oz)

## Extra Ingredients, 1 serving

1% milk, 1 cup(s) (8.3fl oz)

Raspberries, 1 cup(s) (4.3oz)

## Method

Prepare One-pan sweet chili chicken & vegetables according to recipe instructions below.

Enjoy one serving for dinner. Store the leftover serving in an airtight container in the fridge for later in the week.

DESSERT: Enjoy a glass of milk and a side of raspberries for dessert. Alternately, blend it with ice to make a smoothie.

## One-pan sweet chili chicken & vegetables instructions

Preheat the oven to 425°F.

Place chicken and broccoli into a bowl. Add the sweet chili sauce and half the olive oil and toss to coat.

Place sweet potatoes on a large baking sheet. Drizzle over the remaining olive oil, toss to evenly coat. Roast for 10 minutes.

Remove the baking sheet from the oven. Add the chicken and broccoli. Spread chicken and veggies out so they form an even layer. Return to the oven and roast for another 15 minutes, until the chicken is cooked and the veggies are golden brown on the edges.

Divide the roast chicken and vegetables evenly between two plates, squeeze over some lemon juice and serve.

Each serve of 'One-pan sweet chili chicken & vegetables with milk & raspberries' provides: , 545 calories, 39.3g protein.

# Leftover One-pan sweet chili chicken & vegetables with milk & raspberries

## One-pan sweet chili chicken & vegetables, 1 serving

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### Other ingredients

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1% milk, 1 cup(s) (8.3fl oz)

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Raspberries, 1 cup(s) (4.3oz)

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### Method

Reheat the leftover serving of One-pan sweet chili chicken & vegetables prepared earlier this week for a quick-and-tasty dinner.

DESSERT: Enjoy a glass of milk and a side of raspberries for dessert. Alternately, blend it with ice to make a smoothie.

**Makes 1 serve.** Each serve provides: , 545 calories, 39.3g protein.





# Snack meals

## Vegetables & fruits

Vegetable sticks (carrot, celery, cucumber, bell pepper), 1 cup(s) (4oz)

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Fruit, any type, 2 small piece(s) (7.1oz)

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### Method

Enjoy unlimited servings of vegetables & fruits throughout the day.

**Makes 1 serve.** Each serve provides: , 148 calories, 2.6g protein.





## **Mayo Clinic Diet**

The material on this website is provided for educational purposes only and is not to be used for medical advice, diagnosis or treatment.

## **Important**

Before starting any weight loss program, it is highly recommended that you consult your physician or health care provider.