



This is your **7-Day Osteoporosis Diet Plan**

## **Day 1**

### **Breakfast**

- 30 ml orange juice fortified with calcium and vitamin D
- 125 ml milk
- 1 cup whole-grain cereal fortified with vitamin D

### **Lunch**

- 75 ml ground beef (lean) on a whole-grain bun  
(you may add 1 slice cheese, 1-2 lettuce leaves, 2 tomato slices)
- green salad with 1 hard-boiled egg and 2 tbsp. low-calorie dressing
- 250 ml milk

### **Snack**

- 2 slices French bread with 1 teaspoon margarine

### **Dinner**

- 75 grams chicken breast
- 1/2 cup broccoli
- 3/4 cup rice
- 1 cup strawberries with 2 tbsp. lite whipped topping

### **Snack**

- 1 orange



## **Day 2**

### **Breakfast**

- 1 slice whole-grain toast with avocado and peanut butter or fruit jam
- 250 ml calcium-fortified orange juice or 125 ml milk

### **Lunch**

- Chili con Carne (vegetarian)
- Green salad, 1 hardboiled egg, 2 tablespoons low-calorie dressing
- Sorbet with raspberries (small portion)

### **Snack**

- cucumber, avocado, and tomato salad

### **Dinner**

- Whole-grain pasta, grilled chicken, carrots, zucchini, carrots and cherry tomatoes dressed in olive oil
- Lemon sorbet garnished with berry sauce (small portion)

### **Snack**

- Non-fat yogurt with slices of fruit or berries



## **Day 3**

### **Breakfast**

- Oatmeal with apples and/or raisins (slow cooked)
- 250 ml orange juice (calcium-fortified)

### **Lunch**

- falafel pita (may add cucumber, lettuce, and tomato)
- 1 slice watermelon

### **Snack**

- 1 apple, banana, or orange

### **Dinner**

- fajita burrito with chicken or lean steak, bell peppers, onions, and quinoa on a whole-grain tortilla
- mashed sweet potato
- corn

### **Snack**

- strawberries (1 serving)



## **Day 4**

### **Breakfast**

- scrambled tofu with vegetables (bell peppers, spinach)
- oven-roasted breakfast potatoes (may sprinkle with shredded cheese)

### **Lunch**

- whole-wheat wrap with red pepper hummus, grated carrots, and tomato
- 1 apple or banana

### **Snack**

- fruit smoothie blended with low-fat yogurt

### **Dinner**

- grilled chicken sautéed with zucchini, asparagus, and mushrooms
- corn on the cob

### **Snack**

- 1 apple, or banana



## Day 5

### Breakfast

- whole-grain cereal with sliced strawberries
- 250 ml soy milk
- 1 banana

### Lunch

- Thai soup with noodles, mushrooms, corn and spinach
- green salad with tomatoes and basil

### Snack

- chickpea or white bean dip
- 1 toasted whole-grain pita, sliced into fours for dipping

### Dinner

- whole-grain spaghetti with vegetables (chopped onions, carrots, broccoli)
- sorbet with fruits (small portion)

### Snack

- carrot and bean dip, with celery and carrots for dipping



## **Day 6**

### **Breakfast**

- whole-grain pancakes with applesauce
- 1 small veggie sausage
- 250 ml milk or orange juice (calcium-fortified)

### **Lunch**

- vegetable soup
- black bean and corn salad with red peppers

### **Snack**

- 1 apple, banana, or orange

### **Dinner**

- whole-wheat spinach lasagne with low-fat cheese
- green salad with vegetables of your choice

### **Snack**

- whole-grain crackers or crisps
- 4 cubes of low-fat cheese



## **Day 7**

### **Breakfast**

- omelette or quiche with tomato, spinach, and vegetables
- 250 ml mil or orange juice (calcium-fortified)

### **Lunch**

- 150 grams salmon on a whole-grain bun
- mashed potatoes

### **Snack**

- rice or milk pudding prepared with low-fat milk

### **Dinner**

- nachos topped with kidney beans, avocado, and low-fat cheese
- Greek salad with feta cheese

### **Snack**

- 1 handful of unsalted almonds