



Daily Meal Plan for Bone Health (non-vegetarian)

Breakfast: Spinach and Feta Omelette with Whole Grain Toast

- **Ingredients:**
 - 2 large eggs (12 g protein, 140 mg calcium)
 - 1 cup fresh spinach (24 mg calcium, 24 mg magnesium)
 - 1 oz feta cheese (75 mg calcium)
 - 1 slice whole-grain toast (3 g protein, 22 mg magnesium, 1 mg zinc)
 - 1 tsp olive oil (healthy fats for omega-3 metabolism)
 - **Nutrition:**
 - **Calories:** 250
 - **Protein:** 15 g
 - **Key Nutrients:** Calcium, magnesium, vitamin K, protein
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Morning Snack: Greek Yogurt with Chia Seeds and Berries

- **Ingredients:**
 - 3/4 cup low-fat Greek yogurt (15 g protein, 200 mg calcium)
 - 1 tbsp chia seeds (57 mg calcium, 40 mg magnesium, omega-3s)
 - 1/2 cup mixed berries (antioxidants, 15 mg vitamin C to support collagen synthesis)
 - **Nutrition:**
 - **Calories:** 200
 - **Protein:** 15 g
 - **Key Nutrients:** Calcium, magnesium, omega-3, antioxidants
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Lunch: Grilled Salmon Salad with Leafy Greens and Walnuts

- **Ingredients:**
 - 4 oz grilled salmon (26 g protein, omega-3s, vitamin D)

- 2 cups mixed leafy greens (100 mg calcium, 30 mg magnesium, vitamin K)
 - 1/4 avocado (magnesium, healthy fats)
 - 1 tbsp walnuts (magnesium, omega-3s)
 - 1 tbsp olive oil + lemon dressing (healthy fats)
 - **Nutrition:**
 - **Calories:** 400
 - **Protein:** 26 g
 - **Key Nutrients:** Vitamin D, omega-3s, magnesium, vitamin K
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Afternoon Snack: Almonds and a Glass of Fortified Almond Milk

- **Ingredients:**
 - 12 almonds (3 g protein, 37 mg calcium, 45 mg magnesium)
 - 1 cup unsweetened fortified almond milk (450 mg calcium, 100 IU vitamin D)
 - **Nutrition:**
 - **Calories:** 150
 - **Protein:** 4 g
 - **Key Nutrients:** Calcium, vitamin D, magnesium
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Dinner: Tofu Stir-Fry with Broccoli and Brown Rice

- **Ingredients:**
 - 1/2 cup firm tofu (10 g protein, 275 mg calcium)
 - 1 cup steamed broccoli (62 mg calcium, 19 mg magnesium, vitamin K)
 - 1/2 cup cooked brown rice (2 g protein, 42 mg magnesium)
 - 1 tsp sesame oil (healthy fats for omega-3 metabolism)
 - Soy sauce for flavor (sodium consideration if needed)
 - **Nutrition:**
 - **Calories:** 400
 - **Protein:** 18 g
 - **Key Nutrients:** Calcium, magnesium, vitamin K
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Evening Dessert: Prunes and Cottage Cheese

- **Ingredients:**
 - 1/2 cup low-fat cottage cheese (12 g protein, 70 mg calcium)
 - 3 prunes (boron, potassium for bone strength)
 - **Nutrition:**
 - **Calories:** 200
 - **Protein:** 12 g
 - **Key Nutrients:** Calcium, protein, boron
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Total Nutrition for the Day:

- **Calories:** ~1600
- **Protein:** ~90 g
- **Calcium:** ~1300 mg
- **Vitamin D:** ~1000 IU
- **Magnesium:** ~350 mg
- **Omega-3s:** From salmon, walnuts, chia seeds, and olive oil
- **Other Key Nutrients:** Vitamin K, zinc, boron

This plan balances macronutrients and micronutrients critical for bone health while meeting calorie and protein goals. It also provides a variety of food sources to keep meals interesting and nutrient-dense.