



## Daily Meal Plan for Bone Health (Vegetarian with Whole-Food Snack)

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### Breakfast: Greek Yogurt Parfait with Chia Seeds, Almonds, 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, vitamin C for collagen synthesis)
    - 6 almonds, chopped (1.5 g protein, 18 mg magnesium)
  - **Nutrition:**
    - **Calories:** 250
    - **Protein:** 16 g
    - **Key Nutrients:** Calcium, magnesium, omega-3, vitamin C
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### Morning Snack: Fortified Almond Milk with a Boiled Egg and Edamame

- **Ingredients:**
    - 1 cup fortified almond milk (450 mg calcium, 100 IU vitamin D)
    - 1 boiled egg (6 g protein, vitamins for bone health)
    - 1/4 cup shelled edamame (4 g protein, 25 mg calcium, 25 mg magnesium)
  - **Nutrition:**
    - **Calories:** 200
    - **Protein:** 10 g
    - **Key Nutrients:** Calcium, magnesium, vitamin D
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### Lunch: Lentil and Spinach Salad with Quinoa

- **Ingredients:**
  - 1/2 cup cooked lentils (9 g protein, 19 mg calcium, 36 mg magnesium)
  - 1 cup cooked quinoa (8 g protein, 31 mg magnesium)

- 1 cup fresh spinach (30 mg calcium, 24 mg magnesium, vitamin K)
  - 1 oz crumbled feta cheese (75 mg calcium)
  - 1 tbsp olive oil and lemon juice dressing
  - **Nutrition:**
    - **Calories:** 400
    - **Protein:** 17 g
    - **Key Nutrients:** Magnesium, calcium, vitamin K
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#### **Afternoon Snack: Cottage Cheese with Prunes**

- **Ingredients:**
    - 1/2 cup low-fat cottage cheese (12 g protein, 70 mg calcium)
    - 3 prunes (boron, potassium for bone health)
  - **Nutrition:**
    - **Calories:** 150
    - **Protein:** 12 g
    - **Key Nutrients:** Calcium, boron, protein
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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
  - **Nutrition:**
    - **Calories:** 400
    - **Protein:** 18 g
    - **Key Nutrients:** Calcium, magnesium, vitamin K
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#### **Evening Dessert: Tahini and Banana on a Rice Cake**

- **Ingredients:**
  - 1 small banana (potassium for bone mineralization)

- 1 tbsp tahini (calcium, magnesium)
  - 1 plain rice cake
  - **Nutrition:**
    - **Calories:** 150
    - **Protein:** 3 g
    - **Key Nutrients:** Calcium, magnesium
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**Total Nutrition for the Day:**

- **Calories:** ~1600
- **Protein:** ~90 g
- **Calcium:** ~1300 mg
- **Vitamin D:** ~1000 IU (from fortified almond milk and supplements if needed)
- **Magnesium:** ~350 mg
- **Omega-3s:** From chia seeds and flaxseed (if desired)
- **Other Key Nutrients:** Vitamin K, zinc, boron