

A 7-day Filipino meal plan packed with omega-3-rich foods, balancing plant-based ALA (chia, flaxseed, pili nuts) and marine EPA/DHA (fish, seafood).
Each day meets (or exceeds) the minimum daily omega-3 requirements (1.1–1.6g ALA for women/men + 250–500mg EPA+DHA).

Day 1: Mackerel (Hasa-Hasa) Power

Breakfast:

Garlic Fried Rice + Grilled Hasa-Hasa (3oz = 500mg EPA+DHA)

Ampalaya Salad with Olive Oil (drizzle = 0.1g ALA)

Snack:

Chia Pudding (1 tbsp chia seeds = 1.8g ALA) + Coconut Milk

Dinner:

Sinigang na Hasa-Hasa (3oz = 500mg EPA+DHA)

Steamed Kangkong

Total Omega-3: ~2.4g ALA + 1,000mg EPA+DHA

Day 2: Sardines (Tamban) Day

Breakfast:

Sardines (Tamban) on Toast (3oz = 500mg EPA+DHA)

Mango Slices

Lunch:

Pinakbet with Sardines (3oz = 500mg EPA+DHA) + 1 tsp Flaxseed Oil (2.3g ALA)

Snack:

Pili Nuts (1oz = 0.1g ALA)

Total Omega-3: ~2.4g ALA + 1,000mg EPA+DHA

Day 3: Chia & Bangus Combo

Breakfast:

Chia Oats (1 tbsp chia = 1.8g ALA) + Banana

Lunch:

Grilled Bangus Belly (3oz = 300mg EPA+DHA)

Ginisang Gulasiman (1 cup = 0.3g ALA)

Dinner:

Bangus Sinigang (3oz = 300mg EPA+DHA)

Total Omega-3: ~2.1g ALA + 600mg EPA+DHA

Day 4: Tuna (Tambakol) Boost

Breakfast:

Tuna Omelette (3oz tuna = 250mg EPA+DHA)

Lunch:

Tuna Salad Wrap (3oz tuna = 250mg EPA+DHA) + Flaxseed Sprinkle (1 tsp = 2.3g ALA)

Snack:

Perilla Seed Tea (if available)

Total Omega-3: ~2.3g ALA + 500mg EPA+DHA

Day 5: Flaxseed & Tawilis

Breakfast:

Flaxseed Pancakes (1 tbsp ground flax = 2.3g ALA)

Lunch:

Fried Tawilis (Sardines) (3oz = 500mg EPA+DHA)

Ensaladang Lato (Seaweed Salad) (1 cup = 50mg EPA+DHA)

Total Omega-3: ~2.3g ALA + 550mg EPA+DHA

Day 6: Vegan Omega-3 Day

Breakfast:

Smoothie (1 tbsp chia + 1 tbsp flax = 4.1g ALA)

Lunch:

Ginisang Upo with Tofu & Perilla Oil (1 tsp = 2.5g ALA)

Snack:

Pili Nut Trail Mix (1oz = 0.1g ALA)

Total Omega-3: ~6.7g ALA (exceeds ALA needs; add algae oil for DHA if vegan)

Day 7: Mixed Seafood Feast

Lunch:

Grilled Squid & Lato Salad (3oz squid = 300mg EPA+DHA + 1 cup lato = 50mg)

Dinner:

Kinilaw na Tanigue (3oz = 500mg EPA+DHA)

Snack:

Chia-Buko Pandan Dessert (1 tbsp chia = 1.8g ALA)

Total Omega-3: ~1.8g ALA + 850mg EPA+DHA

Notes:

Adjust portions for kids/elderly.

Vegans: Add algae oil (250mg DHA) on Days 1–7.

Fish Warning: Limit tuna to 2x/week (mercury risk).