

Sample Omega-3 Meal Plan

Day 1

Breakfast:

Chia pudding (2 tbsp chia seeds + 1 cup almond milk + berries + walnuts)

Green tea

Lunch:

Grilled salmon salad (4 oz salmon + mixed greens + avocado + olive oil dressing)

Quinoa side

Snack:

Flaxseed crackers + hummus

Dinner:

Sardines on whole-grain toast + steamed broccoli drizzled with flaxseed oil

Day 2

Breakfast:

Smoothie (spinach + banana + 1 tbsp flaxseeds + almond butter + coconut milk)

Lunch:

Tuna wrap (whole-grain tortilla + canned tuna + Greek yogurt + shredded veggies)

Snack:

Walnuts + dark chocolate (85%)

Dinner:

Baked mackerel + roasted Brussels sprouts + sweet potato mash

Day 3 (Plant-Based Focus)

Breakfast:

Overnight oats (oats + flaxseeds + almond milk + pumpkin seeds)

Lunch:

Lentil salad + hemp seeds + olive oil dressing

Snack:

Chia seed energy balls (dates + chia + cocoa)

Dinner:

Stir-fried tofu + seaweed salad + brown rice

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