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THE MEAL PLAN

Three Perfect Days

for men

Nine meals that hit every vitamin and mineral target from food alone.
No multivitamin.



HOW THIS WORKS

Real food, every number checked

An 80 kg (176 lb) man, about 2,500 kcal a day

Each day below meets every vitamin and mineral target that USDA food data can check, plus protein, fiber, omega-3 and all nine essential amino acids, without a multivitamin. The meats, beans, greens, mushrooms, roots and fruits change from day to day. Weigh food once or twice to learn what the amounts look like.

Day 1	The day in the article	page 3
Day 2	Chicken and mackerel	page 7
Day 3	Turkey and trout	page 11



DAY 1 · BREAKFAST

Eggs, oats and blueberries

Eggs, 3 large	150 g
Rolled oats (dry weight)	60 g
Blueberries	150 g
Plain low-fat yogurt	250 g
Pumpkin seeds	20 g

815
KCAL

47
G PROTEIN

11
G FIBER

THIS MEAL GIVES YOU

Phosphorus	161%
Manganese	158%
Selenium	134%
Vitamin B12	128%



DAY 1 · LUNCH

Lentils, sweet potato and spinach

Lentils, cooked	250 g
Spinach, raw	100 g
Tomato	120 g
Sweet potato, baked	200 g
Olive oil	10 g

603
KCAL

30
G PROTEIN

30
G FIBER

THIS MEAL GIVES YOU

Vitamin K	423%
Vitamin A	271%
Folate	169%
Iron	160%



DAY 1 · DINNER

Salmon, potatoes and broccoli

Salmon, farmed Atlantic, cooked	150 g
Potatoes, boiled in skin	200 g
Broccoli, boiled	200 g

553
KCAL

42
G PROTEIN

10
G FIBER

THIS MEAL GIVES YOU

Vitamin K	239%
Vitamin C	179%
Vitamin B12	175%
Vitamin B6	151%

DAY 1 · THE WHOLE DAY

2,533	134	64	1,888
KCAL	G PROTEIN	G FIBER	MG SODIUM

SHARE OF THE DAILY TARGET · THE LINE MARKS 100%

Vitamin A	424%	Copper	552%
Vitamin C	396%	Iron	335%
Vitamin D	154%	Magnesium	197%
Vitamin E	131%	Manganese	408%
Vitamin K	691%	Phosphorus	387%
Thiamin (B1)	210%	Potassium	207%
Riboflavin (B2)	259%	Selenium	459%
Niacin (B3)	188%	Zinc	157%
Pantothenic acid (B5)	288%	Iodine	204%
Vitamin B6	347%	Protein	104%
Folate	305%	Fiber	160%
Vitamin B12	676%	Omega-3 ALA	151%
Choline	180%	Omega-3 EPA + DHA	657%
Calcium	109%	Omega-6	118%

Between meals

SNACKS

- Brazil nut, 1 nut — **5 g**
- Almonds — **20 g**
- Walnuts — **15 g**
- Dark chocolate 70-85% — **20 g**
- Orange, 1 — **150 g**
- Banana, 1 — **120 g**

WEEKLY

- Beef liver, 75 g once a week (daily share) — **11 g**

ALL DAY

- Iodized salt — **3 g**

✓ All 23 vitamins and minerals on target, and all 9 essential amino acids.

Saturated fat 8% of calories.



DAY 2 · BREAKFAST

Kefir, toast and raspberries

Kefir, plain low-fat	295 ml
Whole-wheat toast	60 g
Peanut butter, no salt	20 g
Raspberries	90 g
Sunflower seeds	30 g
Ground flaxseed	13 g
Green tea	500 ml

693
KCAL

33
G PROTEIN

17
G FIBER

THIS MEAL GIVES YOU

Manganese	180%
Phosphorus	137%
Copper	117%
Selenium	98%



DAY 2 · LUNCH

Chicken, quinoa and chickpea bowl

Chicken thigh, roasted	130 g
Quinoa, cooked	120 g
Chickpeas, cooked	110 g
Kale, raw	55 g
Red bell pepper	115 g
Tahini	15 g

695
KCAL

53
G PROTEIN

17
G FIBER

THIS MEAL GIVES YOU

Vitamin C	223%
Vitamin K	191%
Phosphorus	121%
Manganese	111%



DAY 2 · DINNER

Mackerel, brown rice and Brussels sprouts

Mackerel, cooked	190 g
Brown rice, cooked	90 g
Brussels sprouts	145 g
Carrots	90 g
Shiitake mushrooms, cooked	75 g
Olive oil	10 g

712
KCAL

57
G PROTEIN

9
G FIBER

THIS MEAL GIVES YOU

Vitamin B12	335%
Selenium	209%
Vitamin K	185%
Niacin (B3)	159%

DAY 2 · THE WHOLE DAY

2,449	149	55	2,075
KCAL	G PROTEIN	G FIBER	MG SODIUM

SHARE OF THE DAILY TARGET · THE LINE MARKS 100%

Vitamin A	188%	Copper	430%
Vitamin C	512%	Iron	257%
Vitamin D	169%	Magnesium	158%
Vitamin E	181%	Manganese	433%
Vitamin K	443%	Phosphorus	354%
Thiamin (B1)	191%	Potassium	158%
Riboflavin (B2)	249%	Selenium	397%
Niacin (B3)	295%	Zinc	155%
Pantothenic acid (B5)	236%	Iodine	101%
Vitamin B6	287%	Protein	116%
Folate	182%	Fiber	136%
Vitamin B12	393%	Omega-3 ALA	269%
Choline	105%	Omega-3 EPA + DHA	708%
Calcium	105%	Omega-6	155%

Between meals

SNACKS

- Apple — 175 g
- Kiwi — 145 g
- Hazelnuts — 25 g

ALL DAY

- Iodized salt — 3 g

✓ All 23 vitamins and minerals on target, and all 9 essential amino acids.

Saturated fat 7% of calories.



DAY 3 · BREAKFAST

Tofu scramble, rye and melon

Firm tofu (calcium-set), scrambled	170 g
Mushrooms, UV or sun-exposed	60 g
Rye bread	55 g
Cantaloupe	190 g
Coffee	250 ml

468
KCAL

37
G PROTEIN

9
G FIBER

THIS MEAL GIVES YOU

Vitamin D	128%
Copper	125%
Calcium	123%
Manganese	117%



DAY 3 · LUNCH

Turkey, black beans and squash

Turkey breast, roasted	190 g
Black beans, cooked	165 g
Barley, cooked	160 g
Butternut squash, baked	195 g
Arugula	50 g
Avocado	80 g

912
KCAL

80
G PROTEIN

33
G FIBER

THIS MEAL GIVES YOU

Niacin (B3)	187%
Vitamin B6	178%
Selenium	136%
Vitamin A	129%



DAY 3 · DINNER

Trout, wild rice and asparagus

Rainbow trout, cooked	165 g
Wild rice, cooked	155 g
Asparagus	155 g
Beets	100 g
Red cabbage	75 g
Olive oil	11 g

632
KCAL

52
G PROTEIN

9
G FIBER

THIS MEAL GIVES YOU

Vitamin B12	283%
Vitamin D	209%
Selenium	106%
Phosphorus	102%

DAY 3 · THE WHOLE DAY

2,521	198	60	2,081
KCAL	G PROTEIN	G FIBER	MG SODIUM

SHARE OF THE DAILY TARGET · THE LINE MARKS 100%

Vitamin A	206%	Copper	429%
Vitamin C	361%	Iron	302%
Vitamin D	340%	Magnesium	184%
Vitamin E	118%	Manganese	307%
Vitamin K	184%	Phosphorus	373%
Thiamin (B1)	208%	Potassium	194%
Riboflavin (B2)	229%	Selenium	399%
Niacin (B3)	342%	Zinc	178%
Pantothenic acid (B5)	245%	Iodine	101%
Vitamin B6	351%	Protein	155%
Folate	291%	Fiber	149%
Vitamin B12	372%	Omega-3 ALA	144%
Choline	105%	Omega-3 EPA + DHA	292%
Calcium	191%	Omega-6	105%

Between meals

SNACKS

- Greek yogurt, plain nonfat — **180 g**
- Strawberries — **155 g**
- Mango — **150 g**
- Cashews — **25 g**
- Pistachios — **20 g**
- Chamomile tea — **500 ml**

ALL DAY

- Iodized salt — **3 g**

✓ All 23 vitamins and minerals on target, and all 9 essential amino acids.

Saturated fat 5% of calories.

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Questions, corrections, ideas?

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Scan for the article behind this plan: the studies, the grades, and the reasoning for every food.

Every article ends with a box that says *Anything unclear, wrong or missing? Tell us.* It goes straight to the editor.

On X: **@scibasednews**

NOTES

- Grams are for cooked food unless it says dry. Cooked beans, rice and grains weigh about 2 to 3 times dry.
- Use iodized salt for the salt you add; 3 g (half a teaspoon) is counted, and the day's sodium includes it.
- Vitamin D comes almost only from oily fish here. Mushrooms gain vitamin D when left in the sun for about an hour, gills up, or when the pack says UV-treated. On days without fish, sun or a vitamin D pill fills the gap.
- Tea and coffee add little to the numbers, but they bring polyphenols that USDA does not count.
- USDA has no food values for biotin, chromium or molybdenum, so they are not checked.
- Targets are the US RDA or AI for adults 19 to 50 (the woman's iron target is 18 mg). If you could become pregnant, take 400 to 800 mcg of folic acid a day as well.
- This is an example, not medical advice. Ask a doctor first if you have kidney disease, take blood thinners (vitamin K) or have been told to limit potassium.

From sciencebased.news/perfect-food-day/. Food values: USDA FoodData Central, SR Legacy. Version 5, 2026-10-22.