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THE MEAL PLAN

Three Perfect Days

for women

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



HOW THIS WORKS

Real food, every number checked

A 65 kg (143 lb) woman, about 1,800 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.

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DAY 1 · BREAKFAST

Eggs, oats and blueberries

Eggs, 2 large	100 g
Rolled oats (dry weight)	40 g
Blueberries	150 g
Plain low-fat yogurt	300 g
Pumpkin seeds	20 g

693
KCAL

41
G PROTEIN

9
G FIBER

THIS MEAL GIVES YOU

Manganese	161%
Phosphorus	148%
Riboflavin (B2)	119%
Vitamin B12	116%



DAY 1 · LUNCH

Lentils, sweet potato and spinach

Lentils, cooked	200 g
Spinach, raw	100 g
Tomato	120 g
Sweet potato, baked	100 g
Olive oil	5 g

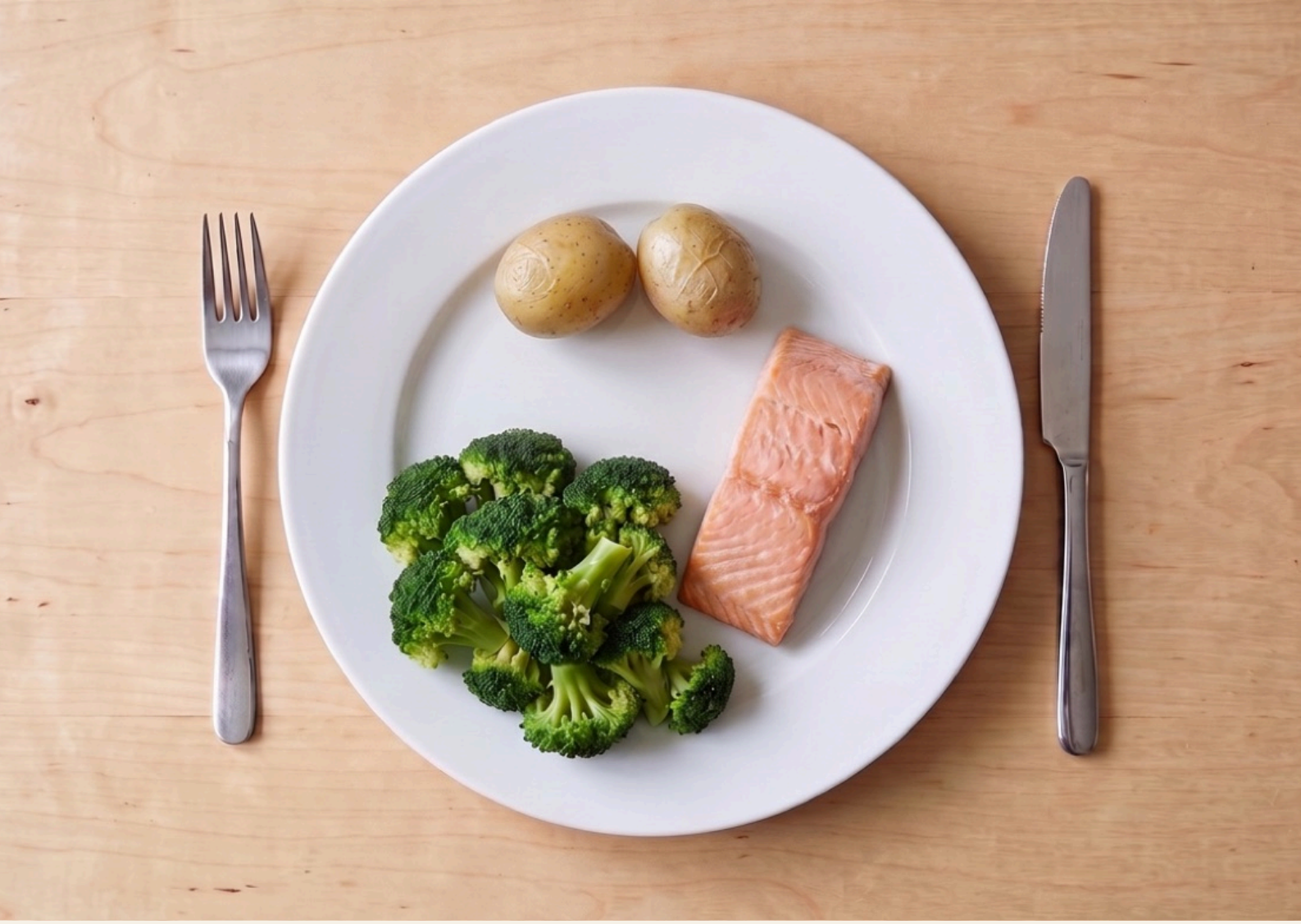
411
KCAL

24
G PROTEIN

23
G FIBER

THIS MEAL GIVES YOU

Vitamin K	557%
Vitamin A	211%
Folate	145%
Manganese	140%



DAY 1 · DINNER

Salmon, potatoes and broccoli

Salmon, farmed Atlantic, cooked	120 g
Potatoes, boiled in skin	100 g
Broccoli, boiled	200 g

404
KCAL

33
G PROTEIN

8
G FIBER

THIS MEAL GIVES YOU

Vitamin K	316%
Vitamin C	196%
Vitamin B12	140%
Vitamin B6	113%

DAY 1 · THE WHOLE DAY

1,871	109	48	1,797
KCAL	G PROTEIN	G FIBER	MG SODIUM

SHARE OF THE DAILY TARGET · THE LINE MARKS 100%

Vitamin A	394%	Copper	451%
Vitamin C	416%	Iron	116%
Vitamin D	120%	Magnesium	214%
Vitamin E	114%	Manganese	393%
Vitamin K	910%	Phosphorus	325%
Thiamin (B1)	178%	Potassium	205%
Riboflavin (B2)	262%	Selenium	393%
Niacin (B3)	164%	Zinc	180%
Pantothenic acid (B5)	223%	Iodine	197%
Vitamin B6	239%	Protein	105%
Folate	262%	Fiber	193%
Vitamin B12	629%	Omega-3 ALA	163%
Choline	178%	Omega-3 EPA + DHA	524%
Calcium	107%	Omega-6	133%

Between meals

SNACKS

- Brazil nut, 1 nut — **5 g**
- Almonds — **20 g**
- Walnuts — **10 g**
- Dark chocolate 70-85% — **10 g**
- Orange, 1 — **150 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	315 ml
Whole-wheat toast	65 g
Peanut butter, no salt	9 g
Raspberries	95 g
Sunflower seeds	20 g
Ground flaxseed	13 g
Green tea	360 ml

592
KCAL

30
G PROTEIN

16
G FIBER

THIS MEAL GIVES YOU

Manganese	201%
Phosphorus	120%
Copper	93%
Selenium	87%



DAY 2 · LUNCH

Chicken, quinoa and chickpea bowl

Chicken thigh, roasted	65 g
Quinoa, cooked	125 g
Chickpeas, cooked	120 g
Kale, raw	60 g
Red bell pepper	125 g
Tahini	13 g

594
KCAL

37
G PROTEIN

18
G FIBER

THIS MEAL GIVES YOU

Vitamin C	290%
Vitamin K	275%
Manganese	152%
Copper	108%



DAY 2 · DINNER

Mackerel, brown rice and Brussels sprouts

Mackerel, cooked	135 g
Brown rice, cooked	40 g
Brussels sprouts	155 g
Carrots	75 g
Shiitake mushrooms, cooked	60 g
Olive oil	5 g

485
KCAL

41
G PROTEIN

8
G FIBER

THIS MEAL GIVES YOU

Vitamin K	256%
Vitamin B12	238%
Selenium	151%
Vitamin C	138%

DAY 2 · THE WHOLE DAY

1,904	113	49	1,963
KCAL	G PROTEIN	G FIBER	MG SODIUM

SHARE OF THE DAILY TARGET · THE LINE MARKS 100%

Vitamin A	230%	Copper	357%
Vitamin C	594%	Iron	101%
Vitamin D	127%	Magnesium	184%
Vitamin E	138%	Manganese	484%
Vitamin K	599%	Phosphorus	291%
Thiamin (B1)	181%	Potassium	174%
Riboflavin (B2)	240%	Selenium	294%
Niacin (B3)	240%	Zinc	176%
Pantothenic acid (B5)	184%	Iodine	101%
Vitamin B6	230%	Protein	109%
Folate	175%	Fiber	198%
Vitamin B12	287%	Omega-3 ALA	383%
Choline	110%	Omega-3 EPA + DHA	504%
Calcium	104%	Omega-6	161%

Between meals

SNACKS

- Apple — 75 g
- Kiwi — 105 g
- Hazelnuts — 20 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	120 g
Mushrooms, UV or sun-exposed	50 g
Rye bread	40 g
Cantaloupe	125 g
Coffee	180 ml

332
KCAL

27
G PROTEIN

7
G FIBER

THIS MEAL GIVES YOU

Vitamin D	106%
Manganese	106%
Copper	93%
Calcium	87%



DAY 3 · LUNCH

Turkey, black beans and squash

Turkey breast, roasted	115 g
Black beans, cooked	160 g
Barley, cooked	115 g
Butternut squash, baked	200 g
Arugula	45 g
Avocado	60 g

709
KCAL

56
G PROTEIN

29
G FIBER

THIS MEAL GIVES YOU

Vitamin A	168%
Niacin (B3)	142%
Vitamin B6	124%
Folate	99%



DAY 3 · DINNER

Trout, wild rice and asparagus

Rainbow trout, cooked	160 g
Wild rice, cooked	70 g
Asparagus	155 g
Beets	65 g
Red cabbage	55 g
Olive oil	8 g

490
KCAL

46
G PROTEIN

7
G FIBER

THIS MEAL GIVES YOU

Vitamin B12	274%
Vitamin D	203%
Vitamin K	117%
Selenium	101%

DAY 3 · THE WHOLE DAY

1,875	145	49	1,817
KCAL	G PROTEIN	G FIBER	MG SODIUM

SHARE OF THE DAILY TARGET · THE LINE MARKS 100%

Vitamin A	246%	Copper	331%
Vitamin C	326%	Iron	105%
Vitamin D	311%	Magnesium	194%
Vitamin E	105%	Manganese	294%
Vitamin K	216%	Phosphorus	279%
Thiamin (B1)	184%	Potassium	200%
Riboflavin (B2)	192%	Selenium	297%
Niacin (B3)	289%	Zinc	176%
Pantothenic acid (B5)	196%	Iodine	101%
Vitamin B6	255%	Protein	139%
Folate	243%	Fiber	195%
Vitamin B12	321%	Omega-3 ALA	156%
Choline	105%	Omega-3 EPA + DHA	282%
Calcium	138%	Omega-6	108%

Between meals

SNACKS

- Greek yogurt, plain nonfat — **85 g**
- Strawberries — **110 g**
- Mango — **110 g**
- Cashews — **20 g**
- Pistachios — **13 g**
- Chamomile tea — **360 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.