

Bone Health Meal Plan Overview

Strong bones aren't just about calcium – they rely on a balance of key nutrients and real-food choices that work together to support bone density and strength. This plan was designed to include meals rich in calcium, magnesium, phosphorus, potassium, and vitamin C – all of which play an essential role in lifelong bone health.











































Why These Nutrients Matter

- **Calcium** → The foundation for bone structure. This plan uses a mix of dairy and plant-based sources such as yogurt, sardines, kale, chia seeds, and beans to help meet daily calcium needs while balancing absorption.
- **Vitamin D** → Critical for calcium absorption and stronger bones. Because food alone can't usually provide enough, a supplement is often recommended.
- **Magnesium** → Helps build and maintain bone tissue while calming inflammation. You'll find it here in leafy greens, nuts, and even dark chocolate.
- **Phosphorus** → Supports bone growth and maintenance. This plan avoids processed foods with phosphate additives that can interfere with calcium balance.
- **Potassium** → Helps maintain bone density and reduces calcium loss. Found here in foods like avocado, spinach, beans, and bananas.
- **Vitamin C** → Needed for collagen production in bone. Fruits and vegetables throughout this plan help you meet your daily needs.

Top Foods for Bone Health

Dairy can provide calcium, but plant-based foods and quality proteins are equally powerful – and often come with extra bone-friendly nutrients. Some standout foods in this plan include:

- Cooked greens (kale, collards, broccoli rabe)
- Fatty fish with bones (sardines, canned salmon)
- Beans, lentils, and peas (black-eyed peas, white beans)
- Seeds and grains (chia seeds, sesame, amaranth)
- Colorful vegetables and fruits (broccoli, sweet potatoes, oranges)

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Chocolate Cherry Green Smoothie	 Chocolate Cherry Green Smoothie	 Chocolate Cherry Green Smoothie	 Chocolate Avocado Smoothie	 Chocolate Avocado Smoothie		
	 Rice Cakes with Almond Butter	 Rice Cakes with Almond Butter	 Rice Cakes with Almond Butter	 Banana	 Banana	 Savory Crêpes with Creamy Mushrooms & Kale	 Savory Crêpes with Creamy Mushrooms & Kale
Snack 1	 Banana	 Banana	 Banana	 Apple with Almond Butter	 Apple with Almond Butter	 Yogurt & Berries	 Yogurt & Berries
Lunch	 Edamame, Cranberry & Feta Salad	 Crispy Broiled Haddock & Broccolini	 15 Minute Shrimp & Cabbage Stir Fry	 Sesame Trout, Bok Choy & Quinoa	 Sausage, Kale & Acorn Squash Mash	 Sardine & Avocado Salad	 Sardine & Avocado Salad
Snack 2	 Dark Chocolate	 Dark Chocolate	 Dark Chocolate	 Greek Yogurt	 Greek Yogurt	 Banana with Almond Butter	 Banana with Almond Butter
Dinner	 Crispy Broiled Haddock & Broccolini	 15 Minute Shrimp & Cabbage Stir Fry	 Sesame Trout, Bok Choy & Quinoa	 Sausage, Kale & Acorn Squash Mash	 Edamame, Cranberry & Feta Salad	 Quinoa Chickpea Stuffed Squash	 Quinoa Chickpea Stuffed Squash

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Fat	<div><div></div></div> 41%	Fat	<div><div></div></div> 39%	Fat	<div><div></div></div> 38%	Fat	<div><div></div></div> 49%	Fat	<div><div></div></div> 51%	Fat	<div><div></div></div> 50%	Fat	<div><div></div></div> 50%
Carbs	<div><div></div></div> 37%	Carbs	<div><div></div></div> 34%	Carbs	<div><div></div></div> 34%	Carbs	<div><div></div></div> 29%	Carbs	<div><div></div></div> 30%	Carbs	<div><div></div></div> 33%	Carbs	<div><div></div></div> 33%
Protein	<div><div></div></div> 22%	Protein	<div><div></div></div> 27%	Protein	<div><div></div></div> 28%	Protein	<div><div></div></div> 22%	Protein	<div><div></div></div> 19%	Protein	<div><div></div></div> 17%	Protein	<div><div></div></div> 17%
Calories	1868	Calories	1805	Calories	1791	Calories	1810	Calories	1902	Calories	1780	Calories	1780
Fat	88g	Fat	81g	Fat	78g	Fat	102g	Fat	113g	Fat	104g	Fat	104g
Carbs	176g	Carbs	158g	Carbs	156g	Carbs	134g	Carbs	147g	Carbs	154g	Carbs	154g
Fiber	38g	Fiber	34g	Fiber	33g	Fiber	29g	Fiber	38g	Fiber	35g	Fiber	35g
Sugar	74g	Sugar	61g	Sugar	62g	Sugar	41g	Sugar	64g	Sugar	47g	Sugar	47g
Protein	107g	Protein	126g	Protein	128g	Protein	102g	Protein	94g	Protein	83g	Protein	83g
Cholesterol	143mg	Cholesterol	475mg	Cholesterol	465mg	Cholesterol	181mg	Cholesterol	120mg	Cholesterol	401mg	Cholesterol	401mg
Calcium	1278mg	Calcium	1333mg	Calcium	1461mg	Calcium	1582mg	Calcium	1606mg	Calcium	1343mg	Calcium	1343mg

Fruits

- ☐ 2 Apple
- ☐ 1 1/2 Avocado
- ☐ 7 Banana
- ☐ 3 cups Cherries
- ☐ 1 1/2 Lemon
- ☐ 1 tbsp Lemon Juice

Breakfast

- ☐ 1 cup Almond Butter
- ☐ 6 Plain Rice Cake

Seeds, Nuts & Spices

- ☐ 1 tsp Dried Thyme
- ☐ 1/2 tsp Oregano
- ☐ 1/2 tsp Red Pepper Flakes
- ☐ 1 1/2 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2 1/2 tsps Sesame Seeds

Frozen

- ☐ 2 cups Frozen Berries
- ☐ 3 1/16 cups Frozen Edamame

Vegetables

- ☐ 2 Acorn Squash
- ☐ 10 cups Baby Spinach
- ☐ 4 cups Bok Choy
- ☐ 8 ozs Broccolini
- ☐ 12 Cremini Mushrooms
- ☐ 5 Garlic
- ☐ 8 cups Green Cabbage
- ☐ 4 stalks Green Onion
- ☐ 9 cups Kale Leaves
- ☐ 1 tbsp Parsley
- ☐ 1/4 cup Radishes

Boxed & Canned

- ☐ 1/4 cup Canned Coconut Milk
- ☐ 3/4 cup Chickpeas
- ☐ 1 1/3 cups Quinoa
- ☐ 3 1/2 ozs Sardines

Baking

- ☐ 1/2 cup Almond Flour
- ☐ 5 1/4 ozs Dark Chocolate
- ☐ 1/2 cup Dried Unsweetened Cranberries
- ☐ 1/2 tsp Nutritional Yeast

Bread, Fish, Meat & Cheese

- ☐ 3/4 cup Feta Cheese
- ☐ 2 Haddock Fillet
- ☐ 8 ozs Pork Sausage
- ☐ 2 Rainbow Trout Fillet
- ☐ 1 lb Shrimp

Condiments & Oils

- ☐ 3 tsps Avocado Oil
- ☐ 1/4 cup Coconut Oil
- ☐ 1/4 cup Extra Virgin Olive Oil

Cold

- ☐ 3 Egg
- ☐ 3 cups Plain Greek Yogurt
- ☐ 5 cups Unsweetened Almond Milk

Other

- ☐ 1 1/4 cups Chocolate Protein Powder
- ☐ 1 3/4 cups Water



Chocolate Cherry Green Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Cherries (fresh and pitted, or frozen)
- 1/4 cup Chocolate Protein Powder
- 1 cup Baby Spinach
- 1 cup Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	218
Fat	3g
Carbs	28g
Fiber	6g
Sugar	20g
Protein	22g
Cholesterol	4mg
Calcium	615mg

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Likes it Sweet: Add more cherries.

Extra Chocolate: Add some cacao or cocoa powder.

Extra Thick: Add ground flax seeds or chia seeds.

No Protein Powder: Use a blend of hemp seeds and cocoa powder instead.



Rice Cakes with Almond Butter

1 serving

5 minutes

Ingredients

2 Plain Rice Cake
2 tbsps Almond Butter

Nutrition

Amount per serving	
Calories	262
Fat	18g
Carbs	21g
Fiber	4g
Sugar	2g
Protein	8g
Cholesterol	0mg
Calcium	110mg

Directions

- 1 Spread almond butter across the rice cakes and enjoy!

Notes

No Almond Butter: Use any type of nut or seed butter instead.

Likes it Sweet: Add honey, jam, sliced bananas or berries.



Chocolate Avocado Smoothie

1 serving

5 minutes

Ingredients

1/4 Avocado
1 cup Unsweetened Almond Milk
1 tbsp Almond Butter
1 cup Baby Spinach
1/4 cup Chocolate Protein Powder

Nutrition

Amount per serving	
Calories	297
Fat	19g
Carbs	11g
Fiber	7g
Sugar	1g
Protein	25g
Cholesterol	4mg
Calcium	655mg

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chocolate Protein Powder: Use vanilla protein powder or hemp seeds and add cococa powder.

Likes it Sweet: Add frozen banana.

Nut-Free Version: Use coconut milk instead of almond milk and sunflower seed butter instead of almond butter.



Banana

1 serving

1 minute

Ingredients

1 Banana

Nutrition

Amount per serving	
Calories	105
Fat	0g
Carbs	27g
Fiber	3g
Sugar	14g
Protein	1g
Cholesterol	0mg
Calcium	6mg

Directions

- 1 Peel and enjoy!

Notes

More protein: Dip in almond butter.



Savory Crêpes with Creamy Mushrooms & Kale

2 servings

25 minutes

Ingredients

- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 12 Cremini Mushrooms (sliced)
- 4 stalks Green Onion (chopped)
- 3 cups Kale Leaves (chopped)
- 2 Garlic (clove, minced)
- 1/2 tsp Sea Salt (divided)
- 1/4 cup Canned Coconut Milk (full fat)
- 3 Egg
- 1/2 cup Almond Flour
- 1/2 tsp Oregano
- 1/2 tsp Nutritional Yeast

Nutrition

Amount per serving	
Calories	459
Fat	38g
Carbs	15g
Fiber	6g
Sugar	5g
Protein	21g
Cholesterol	279mg
Calcium	209mg

Directions

- 1 Heat 2/3 of the oil in a large frying pan over medium-high heat. Add the mushrooms, green onion and kale and cook until the mushrooms are tender and the kale has wilted, 5 to 8 minutes.
- 2 Add the garlic and half of the salt to the pan and cook for another minute. Stir in the coconut milk. Reduce heat to low to keep warm.
- 3 In a mixing bowl, whisk the eggs. Stir in the almond flour, oregano, nutritional yeast and the remaining salt.
- 4 Heat a small non-stick pan over medium heat. Add just enough oil to evenly coat the bottom of the pan. This won't be all of the remaining oil.
- 5 Add about 1/4 cup of the crêpe batter to the oiled pan and tilt the pan in a circular motion to distribute the batter evenly. Cook for 60 to 90 seconds or until just golden brown and the crêpe releases easily from the pan. Flip and continue cooking for 30 to 60 seconds. Repeat the process with the remaining oil and batter.
- 6 To serve, divide the creamy mushrooms and kale between the crêpes then fold or roll. Enjoy!

Notes

Leftovers: Store creamy mushrooms and kale separate from crêpes. Refrigerate the crêpes in an airtight container or zipper-lock bag for one day or freeze for up to two months. Reheat the crêpes in a dry pan until warmed through. Reheat the creamy mushrooms and kale with additional coconut milk if needed.

Serving Size: One serving is approximately two crêpes.

More Flavor: Add garlic powder, onion powder or other dried herbs to the batter.

Additional Toppings: Fresh herbs like dill, parsley or chopped green onion.

Pan Size: This recipe was tested with a small 8-inch pan to make the crêpes.



Apple with Almond Butter

1 serving
5 minutes

Ingredients

1 Apple
2 tbsps Almond Butter

Nutrition

Amount per serving	
Calories	287
Fat	18g
Carbs	31g
Fiber	8g
Sugar	20g
Protein	7g
Cholesterol	0mg
Calcium	119mg

Directions

- 1 Slice the apple and cut away the core. Dip it into almond butter and enjoy!

Notes

Nut-Free: Use sunflower seed butter instead of almond butter.



Yogurt & Berries

2 servings

5 minutes

Ingredients

2 cups Plain Greek Yogurt
2 cups Frozen Berries (thawed)

Nutrition

Amount per serving	
Calories	261
Fat	5g
Carbs	32g
Fiber	5g
Sugar	21g
Protein	23g
Cholesterol	34mg
Calcium	526mg

Directions

1

Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

Notes

Dairy-Free: Use a dairy-free yogurt like coconut, almond or cashew.

No Frozen Berries: Use any type of fresh fruit instead.



Edamame, Cranberry & Feta Salad

1 serving
10 minutes

Ingredients

1 1/2 cups Frozen Edamame (thawed)
1/4 cup Feta Cheese (crumbled)
1/4 cup Dried Unsweetened
Cranberries
1 1/2 tsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	531
Fat	27g
Carbs	44g
Fiber	14g
Sugar	25g
Protein	33g
Cholesterol	33mg
Calcium	331mg

Directions

- 1 Combine all ingredients in a bowl and enjoy!

Notes

No Cranberries: Use raisins, blueberries or cherries instead.
Leftovers: Refrigerate in an airtight container up to 5-7 days.
No Edamame: Use green peas instead.



Sardine & Avocado Salad

2 servings

20 minutes

Ingredients

3 1/2 ozs Sardines (packed in oil, drained)
1/2 Lemon (juiced and divided)
1 tbsp Parsley (finely chopped)
4 cups Baby Spinach (packed)
1/4 cup Radishes (thinly sliced)
1 tbsp Extra Virgin Olive Oil
1 Avocado (sliced)
1/8 tsp Sea Salt

Directions

- 1 Place the sardines on a plate and drizzle with half the lemon juice and parsley. Set aside and let marinate for 15 minutes.
- 2 Divide the spinach into bowls along with the radishes and sardines. Drizzle with extra virgin olive oil and the rest of the lemon juice. Top with avocado, season with sea salt and enjoy!

Notes

No Sardines: Use tuna instead.

Nutrition

Amount per serving	
Calories	344
Fat	28g
Carbs	12g
Fiber	8g
Sugar	2g
Protein	16g
Cholesterol	71mg
Calcium	270mg



Dark Chocolate

1 serving

1 minute

Ingredients

1 3/4 ozs Dark Chocolate (at least 70% cacao)

Nutrition

Amount per serving	
Calories	299
Fat	21g
Carbs	23g
Fiber	5g
Sugar	12g
Protein	4g
Cholesterol	2mg
Calcium	37mg

Directions

- 1 Break apart chocolate into pieces and divide into bowls. Enjoy!

Notes

Next Level Chocolate: Sprinkle with a bit of coarse sea salt or cayenne pepper for a kick.



Greek Yogurt

2 servings

5 minutes

Ingredients

1 cup Plain Greek Yogurt

Nutrition

Amount per serving	
Calories	90
Fat	2g
Carbs	6g
Fiber	0g
Sugar	3g
Protein	11g
Cholesterol	17mg
Calcium	250mg

Directions

- 1 Scoop into a bowl and enjoy!

Notes

Toppings: Fresh or frozen fruit, granola, bee pollen, nuts, coconut, honey or maple syrup.

Dairy-Free: Use coconut, almond or cashew yogurt instead.



Banana with Almond Butter

1 serving

2 minutes

Ingredients

- 1 Banana
- 2 tbsps Almond Butter

Nutrition

Amount per serving	
Calories	297
Fat	18g
Carbs	33g
Fiber	6g
Sugar	16g
Protein	8g
Cholesterol	0mg
Calcium	114mg

Directions

- 1 Slice the banana and dip it in almond butter. Enjoy!

Notes

Nut-Free: Use sunflower seed butter instead of almond butter.



Crispy Broiled Haddock & Broccolini

2 servings

15 minutes

Ingredients

2 Haddock Fillet (5 ounces each)
8 ozs Broccolini (trimmed)
2 tbsps Avocado Oil
1 tsp Dried Thyme
1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	297
Fat	16g
Carbs	6g
Fiber	3g
Sugar	1g
Protein	33g
Cholesterol	104mg
Calcium	150mg

Directions

- 1 Adjust the top rack of the oven approximately 6 inches from the top, and preheat the broiler. Line a baking tray with parchment or a silicone mat.
- 2 Place the haddock fillets and broccolini on the tray and evenly coat in avocado oil. Season with thyme and salt.
- 3 Broil in the preheated oven until fish is easily flaked with a fork, approximately 6 to 8 minutes. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add a squeeze of lemon juice and/or red pepper flakes.

No Haddock: Use cod or tilapia instead.

Fillet Size: Each haddock fillet is equal to 150 grams or 5.3 ounces.



Quinoa

2 servings

15 minutes

Ingredients

1/2 cup Quinoa (uncooked)

3/4 cup Water

Nutrition

Amount per serving	
Calories	156
Fat	3g
Carbs	27g
Fiber	3g
Sugar	0g
Protein	6g
Cholesterol	0mg
Calcium	29mg

Directions

1

Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is approximately 3/4 cup.



15 Minute Shrimp & Cabbage Stir Fry

2 servings

15 minutes

Ingredients

- 2 tbsps Coconut Oil (divided)
- 1 lb Shrimp (raw, peeled and deveined)
- 3 Garlic (cloves, minced)
- 1 Lemon (juiced)
- 1/2 tsp Red Pepper Flakes
- 8 cups Green Cabbage (finely sliced)
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Sesame Seeds

Nutrition

Amount per serving	
Calories	468
Fat	20g
Carbs	26g
Fiber	10g
Sugar	12g
Protein	52g
Cholesterol	365mg
Calcium	386mg

Directions

- 1 Heat half the coconut oil in a large skillet over medium heat. Add the shrimp, minced garlic, lemon juice and red pepper flakes. Saute until shrimp is pink and cooked through (about 2 to 3 minutes). Transfer the shrimp and juices into a bowl and cover to keep warm. Set aside.
- 2 Place the skillet back over medium heat and add the remaining coconut oil. Add the green cabbage and season with sea salt and black pepper to taste. Saute for about 8 to 10 minutes, stirring occasionally. The cabbage is done when it is softened and starting to brown.
- 3 Add the shrimp and marinade back into the skillet and mix well. Divide onto plates and garnish with sesame seeds. Add extra red pepper flakes or hot sauce if you like it spicy. Enjoy!

Notes

More Carbs: Serve with brown rice or quinoa.

Leftovers: Store in an airtight container in the fridge up to 2 days.



Sesame Trout, Bok Choy & Quinoa

2 servings

20 minutes

Ingredients

- 1/2 cup Quinoa (dry, uncooked)
- 1 cup Water
- 2 Rainbow Trout Fillet
- 4 cups Bok Choy (baby, halved)
- 1 tbsp Avocado Oil
- 1/4 tsp Sea Salt
- 1 1/2 tsps Sesame Seeds

Nutrition

Amount per serving	
Calories	439
Fat	16g
Carbs	31g
Fiber	5g
Sugar	2g
Protein	41g
Cholesterol	94mg
Calcium	307mg

Directions

- 1 Preheat oven to 425°F (218°C).
- 2 Combine quinoa and water together in a saucepan. Bring to a boil and then reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff the quinoa with a fork. Turn off the heat and set aside.
- 3 Meanwhile, add the trout and bok choy to a baking sheet and gently coat in oil. Season with salt and sesame seeds. Bake for 10 minutes or until the fish is cooked through.
- 4 Divide the quinoa, trout and bok choy onto plates. Enjoy!

Notes

Trout Fillets: Each fillet should be approximately 159 grams or 5.6 ounces in size.

No Trout: Use salmon instead.

Save Time: Cook the quinoa ahead of time. Cooked quinoa can be refrigerated up to 7 days, or frozen in individual portions up to 8 months.

Storage: Refrigerate in an airtight container up to 2 to 3 days.

Serving Size: One serving is equal to 1 trout fillet, 3/4 cup of quinoa and 1.5 cups of bok choy.



Sausage, Kale & Acorn Squash Mash

2 servings

40 minutes

Ingredients

- 1 Acorn Squash (large, halved, seeds removed)
- 8 ozs Pork Sausage
- 6 cups Kale Leaves (stems removed, roughly chopped)
- 2 tbsps Coconut Oil (melted)

Nutrition

Amount per serving	
Calories	592
Fat	47g
Carbs	28g
Fiber	6g
Sugar	1g
Protein	17g
Cholesterol	66mg
Calcium	245mg

Directions

- 1 Preheat the oven to 425°F (218°C).
- 2 Place the acorn squash flesh-side down on a baking sheet. Bake in the oven for 15 minutes.
- 3 Flip over the squash and move it to the side of the baking sheet. Add the sausage to the sheet and bake for another 20 minutes or until cooked. Remove the squash and sausage from the oven.
- 4 Combine the kale and coconut oil on a separate baking sheet. Add to the oven for the remaining 10 minutes of cooking, until the edges are crispy.
- 5 Carefully remove the skin from the acorn squash and mash the flesh using the back of a fork. Slice the sausage.
- 6 Divide the the kale, sausage and mashed acorn squash onto plates. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately one sausage, one cup of mashed acorn squash and 1 1/2 cups kale.

More Flavor: Add your choice of herbs or spices to the mashed acorn squash.

Make it Vegan: Use marinated chickpeas or tofu instead of sausage.



Quinoa Chickpea Stuffed Squash

2 servings

40 minutes

Ingredients

- 1 Acorn Squash (medium)
- 1/3 cup Quinoa (dry, uncooked)
- 1 cup Baby Spinach (packed)
- 1 tbsp Lemon Juice
- 1 tbsp Extra Virgin Olive Oil
- 1/8 tsp Sea Salt
- 3/4 cup Chickpeas (cooked, from the can)
- 1/4 cup Feta Cheese (crumbled)

Nutrition

Amount per serving	
Calories	419
Fat	15g
Carbs	62g
Fiber	10g
Sugar	3g
Protein	15g
Cholesterol	17mg
Calcium	224mg

Directions

- 1 Preheat your oven to 400°F (204°C).
- 2 Cut the acorn squash in half and remove the seeds. Place flesh side down on a baking sheet lined with parchment paper and bake for 25 to 30 minutes.
- 3 While the squash is cooking, cook the quinoa according to the directions on the package.
- 4 When the quinoa is done, fluff with a fork, add the spinach and cover with a lid allowing it to wilt. Once the spinach has wilted, add the lemon juice, extra virgin olive oil, sea salt and chickpeas. Mix well.
- 5 Remove the squash from the oven and fill with the quinoa mixture and top with feta cheese. Serve and enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for up to 3 days.

Likes it Spicy: Add hot sauce or chili flakes.

Dairy-Free: Omit the cheese and use sea salt to taste.

No Acorn Squash: Use a different type of squash like butternut or spaghetti.