

Summer Wellness Starts with the Right Nutrition.

Seniors are more vulnerable to dehydration & heart issues during hot summer months.



The Sample Meal Plan focuses on...

- Water-rich fruits & vegetables
- Lean proteins & healthy fats
- Low sodium, high-fiber ingredients
- Easy-to-chew, easy-to-digest options

Stay Hydrated by...

- Offering fruit-infused water throughout the day.
- Including soups, smoothies, and juicy fruits in meals.
- Encouraging small sips every hour, not just with meals.

SAMPLE MENU	BREAKFAST	LUNCH	DINNER	HYDRATION BOOST
MONDAY	Oatmeal with fresh berries & chia seeds	Turkey wrap with spinach & hummus	Baked salmon, quinoa, & steamed zucchini	Cucumber-mint infused water
TUESDAY	Greek yogurt with sliced peaches & flaxseed	Lentil soup, whole grain roll, & melon slices	Grilled chicken, brown rice, & grilled vegetables	Watermelon cubes & herbal iced tea
WEDNESDAY	Scrambled eggs, avocado toast, & orange slices	Tuna salad over mixed greens & whole grain crackers	Baked tilapia, sweet potato mash, & green beans	Lemon water & sliced cucumbers
THURSDAY	Smoothie with spinach, banana, berries, & almond milk	Chicken salad in a pita with tomatoes & lettuce	Turkey meatballs, whole wheat pasta, & sautéed kale	Coconut water or electrolyte drink
FRIDAY	Whole grain cereal with skim milk & banana	Veggie stir fry with tofu & brown rice	Grilled shrimp, couscous, & roasted carrots	Iced green tea & grapes
SATURDAY	Cottage cheese with pineapple & walnuts	BLT on whole grain toast (turkey bacon) & cucumber salad	Stuffed bell peppers with lean beef & rice	Chilled berry water
SUNDAY	Whole wheat pancakes with blueberries & boiled egg	Chicken noodle soup, whole grain roll, & peach slices	Herb-roasted chicken, baked potato, & broccoli	Water with lemon plus popsicles made from 100% juice

Our caregivers assist with meal prep, hydration monitoring, grocery shopping, and more.
Call today to learn how we support healthy aging at home all summer long!



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