

Dr. Swanz's Weekly Meal Framework

Simple nutrition for energy, stability, and long-term health



Keep It Simple. Stay Consistent.

Nutrition doesn't need to be complicated to be effective. The goal is to create a simple, repeatable structure that supports your energy, metabolism, and long-term health.

This framework focuses on building meals around quality protein, healthy fats, and vegetables. When you keep your meals consistent and balanced, your body responds with better energy, improved focus, and more stable performance throughout the day.

Perfection is not the goal. Consistency is.

The Foundations of This Approach

- Build meals around protein, healthy fats, and vegetables
- Keep meals simple and repeatable
- Focus on whole, minimally processed foods
- Eat in a way that supports steady energy throughout the day
- Create structure during the week and allow flexibility when needed

Breakfast: Start Strong

Foundation:

Free-range or organic eggs

Add-Ins:

Leafy greens, onions, mushrooms, peppers, squash, garlic, fermented foods like kimchi, nuts, seeds, small amounts of cheese if tolerated

Quick Options:

- Hard-boiled eggs
- Egg scramble with vegetables
- Cottage cheese with nuts and a small portion of berries

Limit:

Processed breakfast foods, cereals, pastries, and high-sugar options

Lunch: Build for Sustained Energy

Foundation:

Large salad with a variety of greens

Add-Ins:

Vegetables, olives, nuts, seeds, sprouts

Protein Options:

Chicken, turkey, tuna, salmon, egg salad, nitrate-free deli meats, beans or legumes

Tip:

Always include a solid protein source to support energy and focus through the afternoon

Limit:

Highly processed toppings and low-quality dressings

Dinner: Simple and Nourishing

Foundation:

High-quality protein such as beef, chicken, turkey, or fish

Sides:

Cooked vegetables like zucchini, broccoli, asparagus, carrots, cauliflower, peppers
Optional beans or legumes

Tip:

Keep dinner balanced and satisfying without relying on heavily processed foods

Limit:

Packaged foods, breads, and highly processed carbohydrates

Make It Taste Good

Simple meals don't have to be boring. Use herbs, spices, sea salt, and healthy oils to bring meals to life.

Add variety with different flavor profiles:

- Garlic and herbs
- Curry and spice blends
- Hot sauces and ethnic flavors

Always check labels and avoid unnecessary additives, preservatives, and artificial ingredients.

Structure Creates Freedom

Follow this framework most of the week to build consistency and momentum. Lock this approach in Sunday through Friday, and allow more flexibility on the weekends.

This balance makes the plan sustainable and enjoyable long term.

Build Your Health Daily

Your health is shaped by what you do consistently.

Keep it simple.

Stay consistent.

Trust the process

Understand your body.

Reclaim your health.

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