MY PANTRY DIET

7-Day Plan From Your Pantry

DASH-style edition, built by My Pantry Diet

Seven days of breakfasts, lunches and dinners that fit the DASH-style pattern, planned the way the app does it: start from what a typical kitchen already has, repeat nothing all week, and shop only for what is missing. Every meal is a real recipe from our library, with its ingredients and steps on the pages that follow.

A pattern built around vegetables, fruit, whole grains, beans, fish, poultry and low-fat dairy, with sodium, saturated fat and added sugar kept in check. If a doctor set your sodium limit, enter it in the app and it plans to the stricter number.

Already in your kitchen

This plan assumes these staples are on hand. In the app you scan a receipt or type what you have, and every plan starts from your real shelves.

- Chicken breast, boneless skinless 1000 g
- Rolled oats 500 g
- Brown rice, dry 1000 g
- Spinach, fresh 400 g
- Sweet potato 4 piece
- Salmon fillet, Atlantic 600 g
- Greek yogurt, plain, 2% 500 g
- Banana 6 piece
- Broccoli florets 500 g
- Black beans, canned, drained, low sodium 800 g
- Olive oil, extra virgin 500 ml
- Garlic 6 piece
- Onion, yellow 3 piece
- Egg, large 12 piece

Your week

Day 1

Breakfast	Sweet potato & black bean breakfast hash	360 kcal
Lunch	Sweet potato & black bean bowl	460 kcal
Dinner	Salmon with sweet potato mash & chard	526 kcal

Per serving (estimates)		1755 kcal · 67 g protein · 229 g carbs · 66 g fat

Day 2

Breakfast	Peanut butter banana oatmeal	374 kcal
Lunch	Chicken burrito bowl	565 kcal
Dinner	Turkey & sweet potato skillet	410 kcal
Per serving (estimates)		1678 kcal · 106 g protein · 184 g carbs · 61 g fat

Day 3

Breakfast	Green pea-protein smoothie	366 kcal
Lunch	Tempeh buddha bowl	670 kcal
Dinner	Cod with almond romesco & broccoli	513 kcal
Per serving (estimates)		1732 kcal · 127 g protein · 151 g carbs · 79 g fat

Day 4

Breakfast	Overnight quinoa with sunflower butter	458 kcal
Lunch	Baked tofu quinoa bowl	465 kcal
Dinner	Seared scallops over garlicky spinach & pecans	498 kcal
Per serving (estimates)		1768 kcal · 101 g protein · 158 g carbs · 91 g fat

Day 5

Breakfast	Apple cinnamon oatmeal	412 kcal
Lunch	Vegetable brown rice bowl with avocado	406 kcal
Dinner	Egg & sweet potato power bowl	472 kcal

Per serving (estimates)		1699 kcal · 51 g protein · 233 g carbs · 70 g fat

Day 6

Breakfast	Warm lentil breakfast bowl with salsa & avocado	349 kcal
Lunch	Grilled chicken with quinoa & roasted vegetables	441 kcal
Dinner	Vegetable & chickpea yogurt curry	485 kcal
Per serving (estimates)		1913 kcal · 119 g protein · 232 g carbs · 62 g fat

Day 7

Breakfast	Apple oatmeal with sunflower seeds	349 kcal
Lunch	Sunflower-seed pesto with rice noodles	475 kcal
Dinner	Beef & broccoli with brown rice	489 kcal
Per serving (estimates)		1846 kcal · 86 g protein · 218 g carbs · 74 g fat

Shopping list: only what's missing

What the week needs beyond the staples above, grouped by aisle. Quantities are for the servings planned.

produce

- Apple 300 g
- Avocado 385 g
- Basil, fresh 15 g
- Bell pepper 187.5 g
- Broccoli florets 97.5 g
- Carrot 120 g
- Cauliflower florets 150 g
- Cherry tomatoes 90 g
- Cilantro, fresh 3 g
- Ginger root 5 g
- Kale 195 g
- Lemon 60 g
- Lime 33.8 g
- Red onion 45 g
- Romaine lettuce 62.5 g
- Sugar snap peas 90 g
- Sweet potato 405 g
- Swiss chard 100 g
- Tempeh 120 g
- Tofu, firm 225 g
- Zucchini 112.5 g

meat

- Beef sirloin steak, trimmed 187.5 g
- Ground turkey, 93% lean 150 g

seafood

- Cod fillet 200 g
- Sea scallops 150 g

dairy

- Almond milk, unsweetened 720 g
- Oat milk, unsweetened 970 g

grains

- Lentils, dry 67.5 g
- Quinoa, dry 221.3 g
- Rice noodles, dry 90 g

canned

- Chickpeas, canned, drained, low sodium 180 g
- Diced tomatoes, canned, no salt added 150 g
- Roasted red peppers, jarred 40 g

pantry

- Avocado oil 15 g
- Chia seeds 10 g
- Flaxseed, ground 12 g
- Nutritional yeast 6 g
- Pea protein powder 45 g
- Peanut butter, natural 24 g
- Sunflower butter (seed-based) 18.8 g

spices

- Cinnamon, ground 4.5 g
- Cumin, ground 7 g
- Curry powder 6 g
- Italian seasoning 1.5 g
- Smoked paprika 1.5 g

condiments

- Coconut aminos 53.6 g
- Hot sauce 3 g
- Rice vinegar 18 g
- Salsa, jarred 125 g
- Tahini 15 g

frozen

- Green peas, frozen 60 g

snacks

- Almonds, raw 25 g
- Pecans 25 g
- Sunflower seeds, hulled 52.5 g
- Walnuts 18 g

The recipes

Sweet potato & black bean breakfast hash

Serves 1 · 5 min prep · 12 min cook

Ingredients

- 150 g Sweet potato
- 80 g Black beans, canned, drained, low sodium
- 50 g Bell pepper
- 25 g Onion, yellow
- 8 ml Olive oil, extra virgin
- 1 g Cumin, ground
- 40 g Avocado

Steps

1. Sauté sweet potato and onion in oil 8 minutes.
2. Add beans, pepper and cumin; cook 4 minutes; top with avocado.

Per serving (estimates): 360 kcal · 9 g protein · 52 g carbs · 14 g fibre · 14 g fat · 202 mg sodium

Sweet potato & black bean bowl

Serves 2 · 8 min prep · 30 min cook

Ingredients

- 300 g Sweet potato
- 240 g Black beans, canned, drained, low sodium
- 60 g Brown rice, dry
- 80 g Avocado
- 20 g Lime
- 2 g Cumin, ground
- 10 ml Olive oil, extra virgin
- 4 g Cilantro, fresh

Steps

1. Cook rice; roast sweet potato cubes with oil and cumin.
2. Warm beans.
3. Assemble with avocado, lime and cilantro.

Per serving (estimates): 460 kcal · 13 g protein · 77 g carbs · 16 g fibre · 12 g fat · 257 mg sodium

Salmon with sweet potato mash & chard

Serves 2 · 8 min prep · 20 min cook

Ingredients

- 300 g Salmon fillet, Atlantic
- 300 g Sweet potato
- 200 g Swiss chard
- 15 ml Olive oil, extra virgin
- 4 g Garlic
- 20 g Lemon

Steps

1. Boil and mash sweet potato with half the oil.
2. Roast salmon at 400°F 12 minutes.
3. Sauté chard with garlic; finish with lemon.

Per serving (estimates): 526 kcal · 34 g protein · 35 g carbs · 7 g fibre · 27 g fat · 385 mg sodium

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Peanut butter banana oatmeal

Serves 1 · 2 min prep · 6 min cook

Ingredients

- 45 g Rolled oats
- 240 ml Almond milk, unsweetened
- 80 g Banana
- 16 g Peanut butter, natural
- 1 g Cinnamon, ground

Steps

1. Simmer oats in almond milk 5 minutes.
2. Stir in sliced banana, peanut butter and cinnamon.

Per serving (estimates): 374 kcal · 12 g protein · 54 g carbs · 9 g fibre · 14 g fat · 179 mg sodium

Chicken burrito bowl

Serves 1 · 6 min prep · 30 min cook

Ingredients

- 150 g Chicken breast, boneless skinless
- 45 g Brown rice, dry
- 80 g Black beans, canned, drained, low sodium
- 40 g Salsa, jarred
- 50 g Romaine lettuce
- 40 g Avocado
- 15 g Lime
- 2 g Cumin, ground
- 6 ml Olive oil, extra virgin

Steps

1. Cook rice.
2. Sauté cumin-rubbed chicken in oil; slice.
3. Assemble with beans, salsa, lettuce, avocado and lime.

Per serving (estimates): 565 kcal · 45 g protein · 57 g carbs · 12 g fibre · 18 g fat · 386 mg sodium

Turkey & sweet potato skillet

Serves 2 · 6 min prep · 15 min cook

Ingredients

- 300 g Ground turkey, 93% lean
- 250 g Sweet potato
- 100 g Spinach, fresh
- 50 g Onion, yellow
- 12 ml Olive oil, extra virgin
- 3 g Smoked paprika
- 5 g Garlic

Steps

1. Sauté sweet potato and onion in oil 8 minutes.
2. Add turkey, garlic and paprika; brown.
3. Fold in spinach.

Per serving (estimates): 410 kcal · 32 g protein · 31 g carbs · 6 g fibre · 18 g fat · 216 mg sodium

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Green pea-protein smoothie

Serves 1 · 3 min prep · 0 min cook

Ingredients

- 60 g Spinach, fresh
- 100 g Banana
- 240 ml Oat milk, unsweetened
- 30 g Pea protein powder
- 8 g Flaxseed, ground

Steps

1. Blend everything with ice until smooth.

Per serving (estimates): 366 kcal · 31 g protein · 46 g carbs · 9 g fibre · 9 g fat · 429 mg sodium

Tempeh buddha bowl

Serves 1 · 8 min prep · 25 min cook

Ingredients

- 120 g Tempeh
- 45 g Quinoa, dry
- 60 g Kale
- 100 g Sweet potato
- 15 g Tahini
- 15 g Lemon
- 8 ml Olive oil, extra virgin

Steps

1. Cook quinoa; roast sweet potato cubes with oil.
2. Pan-sear tempeh slices.
3. Assemble over kale; whisk tahini with lemon and drizzle.

Per serving (estimates): 670 kcal · 37 g protein · 68 g carbs · 10 g fibre · 32 g fat · 109 mg sodium

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Cod with almond romesco & broccoli

Serves 1 · 8 min prep · 12 min cook

Ingredients

- 200 g Cod fillet
- 25 g Almonds, raw
- 40 g Roasted red peppers, jarred
- 20 ml Olive oil, extra virgin
- 3 g Garlic
- 80 g Broccoli florets

Steps

1. Blend almonds, peppers, garlic and most of the oil into a romesco.
2. Roast cod and broccoli with the rest of the oil at 425°F 10 to 12 minutes.
3. Serve with the romesco.

Per serving (estimates): 513 kcal · 44 g protein · 14 g carbs · 6 g fibre · 33 g fat · 256 mg sodium

Overnight quinoa with sunflower butter

Serves 1 · 5 min prep · 15 min cook

Ingredients

- 45 g Quinoa, dry
- 200 ml Oat milk, unsweetened
- 15 g Sunflower butter (seed-based)
- 80 g Banana
- 8 g Chia seeds

Steps

1. Cook quinoa; stir in oat milk, chia and sunflower butter; chill overnight.
2. Top with sliced banana.

Per serving (estimates): 458 kcal · 14 g protein · 68 g carbs · 11 g fibre · 17 g fat · 96 mg sodium

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Baked tofu quinoa bowl

Serves 2 · 8 min prep · 25 min cook

Ingredients

- 300 g Tofu, firm
- 80 g Quinoa, dry
- 200 g Broccoli florets
- 60 g Carrot
- 20 ml Coconut aminos
- 12 ml Olive oil, extra virgin
- 8 ml Rice vinegar

Steps

1. Bake tofu cubes with half the oil at 425°F for 25 minutes.
2. Cook quinoa; steam broccoli.
3. Assemble; dress with aminos, vinegar and remaining oil.

Per serving (estimates): 465 kcal · 35 g protein · 41 g carbs · 10 g fibre · 21 g fat · 275 mg sodium

Seared scallops over garlicky spinach & pecans

Serves 1 · 5 min prep · 8 min cook

Ingredients

- 150 g Sea scallops
- 120 g Spinach, fresh
- 25 g Pecans
- 20 ml Olive oil, extra virgin
- 2 g Garlic
- 5 g Lemon

Steps

1. Pat scallops dry; sear in half the oil 2 minutes a side.
2. Wilt spinach with garlic in the rest of the oil.
3. Serve scallops on the spinach with toasted pecans and lemon.

Per serving (estimates): 498 kcal · 32 g protein · 13 g carbs · 5 g fibre · 38 g fat · 684 mg sodium

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Apple cinnamon oatmeal

Serves 1 · 3 min prep · 6 min cook

Ingredients

- 45 g Rolled oats
- 240 ml Oat milk, unsweetened
- 100 g Apple
- 1 g Cinnamon, ground
- 12 g Walnuts

Steps

1. Cook oats in oat milk with diced apple and cinnamon 6 minutes.
2. Top with walnuts.

Per serving (estimates): 412 kcal · 10 g protein · 64 g carbs · 10 g fibre · 15 g fat · 112 mg sodium

Vegetable brown rice bowl with avocado

Serves 1 · 6 min prep · 30 min cook

Ingredients

- 50 g Brown rice, dry
- 120 g Broccoli florets
- 50 g Carrot
- 60 g Sugar snap peas
- 50 g Avocado
- 10 ml Coconut aminos
- 8 ml Rice vinegar
- 6 ml Avocado oil

Steps

1. Cook rice; stir-fry vegetables in oil 4 minutes.
2. Assemble; dress with aminos and vinegar; top with avocado.

Per serving (estimates): 406 kcal · 11 g protein · 61 g carbs · 11 g fibre · 15 g fat · 280 mg sodium

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Egg & sweet potato power bowl

Serves 1 · 5 min prep · 25 min cook

Ingredients

- 180 g Sweet potato
- 2 piece Egg, large
- 60 g Kale
- 50 g Avocado
- 8 ml Olive oil, extra virgin
- 3 ml Hot sauce

Steps

1. Roast sweet potato cubes with oil 20 minutes; sauté kale.
2. Fry eggs; assemble with avocado and hot sauce.

Per serving (estimates): 472 kcal · 19 g protein · 46 g carbs · 11 g fibre · 25 g fat · 345 mg sodium

Warm lentil breakfast bowl with salsa & avocado

Serves 1 · 4 min prep · 22 min cook

Ingredients

- 45 g Lentils, dry
- 50 g Salsa, jarred
- 60 g Avocado
- 50 g Kale
- 1 g Cumin, ground
- 6 ml Olive oil, extra virgin

Steps

1. Simmer lentils with cumin 20 minutes; drain.
2. Sauté kale in oil; bowl with lentils, salsa and avocado.

Per serving (estimates): 349 kcal · 16 g protein · 42 g carbs · 11 g fibre · 16 g fat · 243 mg sodium

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Grilled chicken with quinoa & roasted vegetables

Serves 2 · 8 min prep · 20 min cook

Ingredients

- 300 g Chicken breast, boneless skinless
- 80 g Quinoa, dry
- 150 g Zucchini
- 150 g Bell pepper
- 60 g Red onion
- 15 ml Olive oil, extra virgin
- 2 g Italian seasoning
- 20 g Lemon

Steps

1. Cook quinoa.
2. Roast vegetables with oil and seasoning at 425°F for 18 minutes.
3. Grill chicken; slice; serve with lemon.

Per serving (estimates): 441 kcal · 42 g protein · 37 g carbs · 6 g fibre · 14 g fat · 103 mg sodium

Vegetable & chickpea yogurt curry

Serves 2 · 8 min prep · 30 min cook

Ingredients

- 240 g Chickpeas, canned, drained, low sodium
- 200 g Cauliflower florets
- 80 g Green peas, frozen
- 100 g Greek yogurt, plain, 2%
- 200 g Diced tomatoes, canned, no salt added
- 8 g Curry powder
- 60 g Onion, yellow
- 12 ml Olive oil, extra virgin
- 70 g Brown rice, dry

Steps

1. Cook rice.
2. Sauté onion in oil; add curry powder, tomatoes, cauliflower and chickpeas; simmer 12 minutes.
3. Add peas; stir in yogurt off heat.

Per serving (estimates): 485 kcal · 22 g protein · 76 g carbs · 17 g fibre · 12 g fat · 267 mg sodium

Apple oatmeal with sunflower seeds

Serves 1 · 2 min prep · 6 min cook

Ingredients

- 45 g Rolled oats
- 240 ml Almond milk, unsweetened
- 100 g Apple
- 15 g Sunflower seeds, hulled
- 1 g Cinnamon, ground

Steps

1. Cook oats in almond milk with apple and cinnamon 6 minutes.
2. Top with sunflower seeds.

Per serving (estimates): 349 kcal · 11 g protein · 49 g carbs · 10 g fibre · 14 g fat · 178 mg sodium

Sunflower-seed pesto with rice noodles

Serves 2 · 8 min prep · 10 min cook

Ingredients

- 120 g Rice noodles, dry
- 40 g Sunflower seeds, hulled
- 20 g Basil, fresh
- 60 g Spinach, fresh
- 4 g Garlic
- 25 ml Olive oil, extra virgin
- 20 g Lemon
- 120 g Cherry tomatoes
- 8 g Nutritional yeast

Steps

1. Blend seeds, basil, spinach, garlic, oil, lemon and yeast into pesto.
2. Cook noodles; toss with pesto and tomatoes.

Per serving (estimates): 475 kcal · 12 g protein · 59 g carbs · 5 g fibre · 22 g fat · 140 mg sodium

Beef & broccoli with brown rice

Serves 2 · 8 min prep · 30 min cook

Ingredients

- 300 g Beef sirloin steak, trimmed
- 300 g Broccoli florets
- 80 g Brown rice, dry
- 30 ml Coconut aminos
- 8 g Ginger root
- 6 g Garlic
- 12 ml Avocado oil

Steps

1. Cook rice.
2. Sear sliced beef in oil; remove.
3. Stir-fry broccoli with garlic and ginger; return beef with aminos.

Per serving (estimates): 489 kcal · 42 g protein · 44 g carbs · 5 g fibre · 16 g fat · 432 mg sodium

Want next week planned from your own pantry?

My Pantry Diet builds a week like this from what is actually in your fridge, freezer and pantry, with 0 repeats, a shopping list for only what is missing, and barcode, receipt and label scanning that is free forever.

https://mypantrydiet.com

My Pantry Diet does not diagnose, treat, or prevent any disease. Talk to your doctor before changing your diet or exercise, especially if you take medication.

This diet is usually followed on a doctor's orders. My Pantry Diet is a wellness tool, not medical advice. Please confirm your targets (like sodium or carbs per meal) with your doctor or dietitian before you start, and enter any limits they give you in Targets. The app will never plan a day over a limit you set.

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