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TUNA & GREENS
OCT 21–31

11-DAY MEAL PLAN · MEAL A + MEAL B

Program:	Tuna & Greens 11-Day Plan
Audience:	Client: Jesse Collins
Date:	October 21–31, 2026
Brand:	LoadLine Fitness | Health. Fitness. Well-Being. Lifestyle.

"Load the Standard. Live the Life."

General wellness, not medical advice. This plan is general wellness information only. Check with your doctor before changing how you eat.

How this plan works

- **Tuna is the star.** Tuna shows up once a day, every day (11 of 22 meals). It never appears at both meals on the same day.
- **Mostly canned light or skipjack tuna.** That's an FDA/EPA "Best Choice." Albacore (white) tuna is limited to **one meal per week** because it's a "Good Choice," meaning it has more mercury.
- **Swap meals keep it varied:** salmon (4), sardines (2), and chicken (5). Salmon and sardines are both FDA/EPA "Best Choices."
- **Greens at every meal:** spinach, kale, romaine, broccoli, asparagus, green beans, zucchini, cucumber, Brussels sprouts, bok choy, and peas.
- **Healthy fats:** olive oil and avocado most days, plus walnuts or almond butter now and then.
- **Fiber:** beans, lentils, chickpeas, berries, and whole grains a few times a week.
- **Quick and basic:** most meals take 15 minutes or less with a skillet, sheet pan, pot, and knife.
- **Shake option:** 1 scoop of protein powder (**30 g protein or less per serving**) in water or unsweetened almond milk. You can have one with Meal A, with Meal B, and as a daily snack. All of these are optional. The table shows a suggested recipe (S1–S4, below).

Day-by-day plan

Date	Day	Meal A	Meal B	Shake option (A / B / snack)
Oct 21	Wed	**Light-tuna romaine wraps.** Mix 1 can light tuna with lemon, olive oil, and diced cucumber. Spoon into romaine leaves and top with avocado.	**Sheet-pan chicken & greens** *(swap: chicken).* Roast chicken, broccoli, and green beans with olive oil and garlic at 425°F for 20 min. Make a double batch.	S1 Green Basic
Oct 22	Thu	**Tuna & white-bean spinach salad.** Light tuna, rinsed cannellini beans, spinach, lemon, olive oil, black pepper.	**Lemon salmon & asparagus** *(swap: salmon).* Pan-sear a 4 oz salmon fillet for 4 min per side. Sauté asparagus in the same pan with olive oil.	S2 Berry Green
Oct 23	Fri	**Albacore avocado bowl** *(albacore, week 1 limit).* Albacore, avocado, cucumber, thawed peas, lime, and a pinch of chili flakes.	**Chicken, bok choy & pea stir-fry** *(swap: chicken).* Leftover chicken stir-fried with bok choy, peas, garlic, and a splash of low-sodium soy sauce.	S3 Cucumber-Mint
Oct 24	Sat	**Sardine spinach toast** *(swap: sardines).* Sardines on whole-grain toast with lemon and black pepper. Wilted spinach on the side.	**Tuna-lentil kale salad.** Massage kale with olive oil and lemon. Toss with light tuna and pre-cooked lentils.	S2 Berry Green
Oct 25	Sun	**Tuna Niçoise-style plate.** Light tuna, blanched green beans, romaine, a few olives, olive-oil-and-Dijon dressing.	**Salmon & crispy Brussels sprouts** *(swap: salmon).* Pan-sear salmon. Sauté halved sprouts in olive oil until browned (about 10 min).	S4 Chocolate-Almond Greens
Oct 26	Mon	**Tuna, broccoli & chickpea bowl.** Light tuna, steamed broccoli, rinsed chickpeas, lemon, olive oil.	**Chicken, kale & white-bean soup** *(swap: chicken).* Simmer chicken, kale, white beans, garlic, and low-sodium broth for 15 min. Make a double batch.	S1 Green Basic
Oct 27	Tue	**Tuna pesto zucchini noodles.** Spiralize or peel zucchini into ribbons. Toss with spinach-basil pesto (olive oil, garlic, lemon) and light tuna.	**Leftover chicken-kale-bean soup** *(swap: chicken).* Reheat and add a handful of spinach.	S3 Cucumber-Mint
Oct 28	Wed	**Sardine & green bean salad** *(swap: sardines).* Sardines, blanched green beans, cucumber, Dijon and olive oil, lemon.	**Tuna black-bean lettuce tacos.** Light tuna, rinsed black beans, salsa verde, and avocado in romaine "shells."	S2 Berry Green
Oct 29	Thu	**Albacore berry spinach salad** *(albacore, week 2 limit).* Albacore, spinach, ½ cup berries, a few walnuts, balsamic and olive oil.	**Sesame salmon & bok choy** *(swap: salmon).* Pan-sear salmon. Sauté bok choy with garlic and a little sesame oil and low-sodium soy sauce.	S4 Chocolate-Almond Greens
Oct 30	Fri	**Tuna & pea smash on crispbread.** Mash light tuna, peas, lemon, and olive oil. Serve on whole-grain crispbread with spinach on the side.	**Lemon chicken & Brussels sprouts skillet** *(swap: chicken).* Brown chicken pieces and shredded sprouts in olive oil and finish with lemon.	S1 Green Basic
Oct 31	Sat	**Tuna asparagus-kale grain bowl.** Light tuna, a microwave pouch of brown rice or farro, sautéed asparagus and kale, olive oil and lemon.	**Quick salmon cakes & green salad** *(swap: salmon).* Mix canned salmon, 1 egg, and breadcrumbs. Pan-fry 3 min per side. Serve with romaine, cucumber, and avocado.	S3 Cucumber-Mint

Meal count (22 meals): 11 tuna (9 light/skipjack, 2 albacore) · 4 salmon · 2 sardines · 5 chicken.

Protein shake recipes (1 scoop, 30 g protein or less)

Blend everything with a handful of ice. Each shake takes about 2 minutes.

- **S1 Green Basic.** 1 scoop vanilla or unflavored powder, 1 big handful spinach, 10–12 oz water.
- **S2 Berry Green.** 1 scoop vanilla powder, ½ cup frozen mixed berries, 1 handful spinach, 10 oz unsweetened almond milk.
- **S3 Cucumber-Mint.** 1 scoop vanilla or unflavored powder, ½ cucumber, 1 handful spinach, a few mint leaves, a squeeze of lemon, 10 oz water.
- **S4 Chocolate-Almond Greens.** 1 scoop chocolate powder, 1 handful spinach or kale, 1 Tbsp almond butter, 10 oz unsweetened almond milk.

Choosing a powder: pick one that is third-party tested, such as **NSF Certified for Sport** or **Informed Choice**, with little or no added sugar. Check the label so that one serving has **30 g of protein or less**. No specific brand is needed.

Batch-prep tips

- **Wed Oct 21:** roast a double sheet pan of chicken with broccoli and green beans. That covers the Oct 21 and Oct 23 chicken meals.
- **Wash and dry greens once.** Store spinach, kale, and romaine in a container lined with a paper towel. They keep 4–5 days.
- **Blanch green beans and asparagus ahead.** Boil 2 minutes, then cool in ice water. Refrigerate for quick salads and bowls.
- **Make the dressing once.** Shake 1 jar of ½ cup olive oil, ¼ cup lemon juice, 1 tsp Dijon, garlic, and pepper. It lasts about a week.
- **Make soup on Monday Oct 26.** Cook a double pot of chicken-kale-white-bean soup for Oct 26 and Oct 27.
- **Freeze berries and spinach for shakes** so they're ready to blend.
- **Use cooked chicken, salmon, and leftovers within 3–4 days.**

Grocery list: Oct 21–25 (Wed–Sun, 5 days)

Protein

- [ ] Canned light or skipjack tuna, low-sodium or no-salt-added, in water: 5 cans (5 oz)
- [ ] Canned albacore tuna, low-sodium: 1 can (5 oz). This is the albacore limit for the week.
- [ ] Salmon fillets: 2 × 4–5 oz
- [ ] Sardines in olive oil or water: 1 can
- [ ] Chicken breast or thighs: about 1.25 lb
- [ ] Protein powder, third-party tested, 30 g protein or less per scoop: 1 tub (about 20–30 servings, which covers both weeks)

Greens and produce

- [ ] Romaine hearts: 2
- [ ] Baby spinach: 2 large tubs (10–16 oz). Includes spinach for shakes.
- [ ] Kale: 1 bunch
- [ ] Broccoli: 1 large crown
- [ ] Green beans: 1 lb
- [ ] Asparagus: 1 bunch
- [ ] Bok choy: 2 heads (baby)
- [ ] Brussels sprouts: ¾ lb
- [ ] Cucumbers: 3
- [ ] Avocados: 3
- [ ] Lemons: 4 · Lime: 1
- [ ] Fresh mint: 1 small pack
- [ ] Frozen peas: 1 bag (covers both weeks)
- [ ] Frozen mixed berries: 1 bag (covers both weeks)

Pantry

- [ ] Cannellini beans, low-sodium: 1 can
- [ ] Lentils, pre-cooked pouch or canned: 1
- [ ] Whole-grain bread: 1 small loaf

- [ ] Extra-virgin olive oil: 1 bottle (covers both weeks)
- [ ] Dijon, garlic, black pepper, chili flakes, olives (small jar)
- [ ] Low-sodium soy sauce: 1 small bottle
- [ ] Unsweetened almond milk: ½ gallon

Grocery list: Oct 26–31 (Mon–Sat, 6 days)

Protein

- [ ] Canned light or skipjack tuna, low-sodium, in water: 6 cans (5 oz)
- [ ] Canned albacore tuna, low-sodium: 1 can (5 oz). This is the albacore limit for the week.
- [ ] Salmon fillet: 1 × 4–5 oz
- [ ] Canned salmon: 1–2 cans (for the Oct 31 salmon cakes)
- [ ] Sardines: 1 can
- [ ] Chicken breast or thighs: about 1.5 lb
- [ ] Eggs: 1 (for the salmon cakes)
- [ ] Protein powder: check what's left in the tub from week 1

Greens and produce

- [ ] Romaine hearts: 2
- [ ] Baby spinach: 2 large tubs
- [ ] Kale: 2 bunches
- [ ] Broccoli: 1 crown
- [ ] Zucchini: 2 medium
- [ ] Green beans: ½ lb
- [ ] Asparagus: 1 bunch
- [ ] Bok choy: 2 heads (baby)
- [ ] Brussels sprouts: ½ lb
- [ ] Cucumbers: 3
- [ ] Avocados: 3
- [ ] Lemons: 4 · Fresh basil: 1 pack · Mint (if needed)

Pantry

- [ ] Chickpeas, low-sodium: 1 can
- [ ] White beans, low-sodium: 2 cans (for the soup)
- [ ] Black beans, low-sodium: 1 can
- [ ] Low-sodium chicken broth: 1 carton (32 oz)
- [ ] Whole-grain crispbread: 1 pack
- [ ] Brown rice or farro microwave pouch: 1
- [ ] Salsa verde: 1 jar
- [ ] Walnuts: small bag · Almond butter: 1 jar · Balsamic vinegar
- [ ] Breadcrumbs (small) · Sesame oil (small)
- [ ] Unsweetened almond milk: ½ gallon

Light sodium tip

Choose canned tuna, salmon, and beans labeled **"low-sodium"** or **"no salt added." Drain and rinse** canned beans and water-packed tuna to wash off some of the added salt. Use lemon, garlic, herbs, and black pepper for flavor instead of extra salt. Use soy sauce, olives, and salsa sparingly.

Fish-safety note (FDA/EPA guidance)

This plan follows the FDA/EPA **"Advice about Eating Fish"** (revised October 2021). That advice sorts fish into "Best Choices," "Good Choices," and "Choices to Avoid" by mercury level.

- **Canned light tuna (including skipjack), salmon, and sardines are "Best Choices."** They make up most of the fish in this plan.
- **Albacore (white) tuna, canned or fresh, and yellowfin tuna are "Good Choices."** The chart allows 1 serving a week from this group, so this plan caps albacore at **1 meal per week** (Oct 23 and Oct 29).
- **Bigeye tuna, swordfish, shark, king mackerel, marlin, orange roughy, and Gulf of Mexico tilefish are "Choices to Avoid"** (highest mercury). They are not in this plan.
- **Serving guide:** about 4 oz, roughly the size of your palm.
- **Variety:** the advice says to choose a variety of fish. This plan limits tuna to one meal a day and rotates in salmon, sardines, and chicken.
- The chart's serving limits are written mainly for people who are or may become pregnant or are breastfeeding, and for children. This plan uses them as a conservative guide.

Source: U.S. FDA & EPA, *Advice about Eating Fish*: https://www.fda.gov/food/consumers/advice-about-eating-fish

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