

MDI ACTIVE



7-DAY **RECIPE** **STARTER**

Seven practical food ideas for a more organized week.

One recipe each day • Simple shopping list • Optional product pairings

Keep meals flexible. Adjust ingredients for your preferences, allergies and individual needs.

FREE GUIDE / SEPTEMBER 2026

Days 1 & 2

A starting point for everyday meals, not a prescribed meal plan.



DAY 1

Blueberry yogurt overnight oats

Breakfast • 10 min prep + overnight • Serves 2

INGREDIENTS

1 cup rolled oats; 1 cup plain Greek yogurt; 1 cup milk or fortified soy drink; 1 cup blueberries; 2 tbsp chia seeds; cinnamon.

MAKE IT

Stir oats, yogurt, milk and chia in two covered jars. Refrigerate overnight. Top with berries and cinnamon before eating.

CHECK

Contains dairy unless a dairy-free yogurt is used.



DAY 2

Mediterranean chickpea quinoa bowl

Lunch • 20 min • Serves 2

INGREDIENTS

1 cup cooked quinoa; 1 can chickpeas, rinsed; 1 cucumber; 1 cup cherry tomatoes; 2 cups spinach; 2 tbsp olive oil; 1 lemon.

MAKE IT

Divide quinoa, chickpeas and chopped vegetables between two bowls. Whisk olive oil with lemon juice; drizzle and toss.

CHECK

Use cooked quinoa and refrigerate leftovers promptly.

Days 3 & 4

A starting point for everyday meals, not a prescribed meal plan.



DAY 3

Vanilla berry smoothie

Snack or breakfast addition • 5 min • Serves 2

INGREDIENTS

1 banana; 1 cup frozen berries; 1 cup milk or fortified soy drink; 1/2 cup plain yogurt; ice or water to blend.

MAKE IT

Blend until smooth. Optional: add MDI ACTIVE Vanilla Whey Isolate only according to its package serving directions.

CHECK

Contains dairy when made with milk, yogurt or whey.



DAY 4

Sheet-pan tofu and sweet potato

Dinner • 35 min • Serves 2

INGREDIENTS

1 block firm tofu, drained; 1 large sweet potato; 1 bell pepper; 2 cups broccoli; 1 tbsp olive oil; paprika and pepper.

MAKE IT

Heat oven to 425°F. Cube tofu and vegetables. Toss with oil and seasonings on a sheet pan. Roast 25-30 minutes, turning once, until vegetables are tender.

CHECK

Contains soy. Use separate utensils for raw animal foods.

Days 5 & 6

A starting point for everyday meals, not a prescribed meal plan.



DAY 5

Egg, spinach and black bean wraps

Breakfast or lunch • 15 min • Serves 2

INGREDIENTS

4 eggs; 1 cup spinach; 1/2 cup canned black beans, rinsed; 2 whole-wheat tortillas; salsa; 1 tsp olive oil.

MAKE IT

Warm beans. Cook spinach in oil; add beaten eggs and cook thoroughly. Divide eggs and beans between tortillas, add salsa and roll.

CHECK

Contains egg and wheat. Cook egg dishes thoroughly.



DAY 6

Salmon and avocado rice bowls

Lunch • 15 min • Serves 2

INGREDIENTS

1 cup cooked brown rice; 1 can boneless salmon, drained; 1 avocado; 1 cucumber; 1 carrot; 1 tbsp lemon juice.

MAKE IT

Divide warm rice, canned salmon and sliced vegetables between bowls. Add avocado and lemon just before serving.

CHECK

Contains fish. Refrigerate cooked rice and leftovers promptly.

Day 7 + flexible pairings

Food comes first. Product suggestions are optional.



DAY 7

Lentil tomato pasta

Dinner • 25 min • Serves 2

INGREDIENTS

4 oz dry whole-wheat pasta; 1 cup cooked lentils; 1 cup no-salt-added crushed tomatoes; 2 cups spinach; garlic; 1 tsp olive oil.

MAKE IT

Cook pasta according to package. Warm garlic, tomatoes and lentils in olive oil; fold in spinach until wilted. Toss with pasta.

CHECK

Contains wheat unless a wheat-free pasta is used.

OPTIONAL MDI ACTIVE PAIRINGS

Vanilla Whey Isolate can be used in the Day 3 smoothie if you choose; follow the product label for a serving. MY VITALS drink mixes can be prepared separately according to each label rather than added to these meals.

Shop only if the product fits your preferences. The quiz is a shopping guide, not a diagnosis or a substitute for individualized nutrition advice.

MDIACTIVE.COM • FIND PRODUCTS

Shopping list

Quantities cover the seven featured recipes for two servings each.

PRODUCE

Blueberries (1 cup); banana (1); lemon (2); cucumber (2); cherry tomatoes (1 cup); spinach (6 cups); sweet potato (1); bell pepper (1); broccoli (2 cups); avocado (1); carrot (1).

PANTRY & GRAINS

Rolled oats (1 cup); chia seeds (2 tbsp); quinoa (1 cup cooked); brown rice (1 cup cooked); whole-wheat tortillas (2); whole-wheat pasta (4 oz dry); canned chickpeas (1 can); black beans (1/2 cup); cooked lentils (1 cup); crushed tomatoes (1 cup); salsa.

REFRIGERATED & PROTEIN

Plain Greek yogurt (1 1/2 cups); milk or fortified soy drink (2 cups); firm tofu (1 block); eggs (4); canned boneless salmon (1 can).

SEASONING

Olive oil; cinnamon; paprika; garlic; pepper.

PREP NOTE

Wash produce, keep cold foods refrigerated and promptly chill leftovers. Follow package directions for all MDI ACTIVE products. Nutrient amounts vary by ingredients and brands; this starter does not provide calculated macros.

Food-group planning: myplate.gov | Food handling: foodsafety.gov