

5 Day Heart-Healthy Meal Plan

MONDAY

Breakfast

- 1 c. Oatmeal
- 1 c. Berries
- 1c. Low-fat Milk of choice
- 2 Tbsp. Chopped Walnuts, sprinkled in oatmeal
- 1 Tbsp. Smart Balance Butter
- Cinnamon + Ginger added to taste in oatmeal

Lunch

- 1 c. Curry Chicken Salad*
- 2 Whole Wheat Pita Pockets
- 1c. Watercress or Arugula (divide between pockets)
- 1 c. Red Grapes
- 1/4 c. Hummus
- 1/4 c. Carrots (to dip in hummus)
- 1/2 c. Cauliflower or Broccoli (to dip in hummus)

Dinner

- 2 Sushi Nigiri
- 3 Spicy Tuna Roll pieces (made w/ brown rice or quinoa)
- 3 California Roll pieces (made w/ brown rice or quinoa)
- 1 Tbsp. LS Soy Sauce
- 1 Tbsp. Wasabi
- 3 pieces Ginger

Snack

- 8 oz. Banana-Almond Butter Shake made w/ milk of choice and non-fat plain greek yogurt + 1/2 tsp. vanilla (frozen banana works best)

TUESDAY

Breakfast

- 4 Egg Whites, cooked to choice in 1 Tbsp. Olive oil
- 2 slices Bakery Whole Wheat Seeded Bread, toasted
- 1/4 Ripe Avocado spread on each of toast slices

Lunch

- 4 oz. Bison, loin cut grilled
- 1 c. Roasted Broccoli with mustard
- 1/2 c. Lentils
- 1/2 c. Barley
- 1/2 c. Copper Coins*

Dinner

- 4 oz. Trout, cooked to choice
- 1 c. Roasted Root Vegetables (including beets, turnips, sweet potatoes, purple onion)
- 1 c. Asparagus, sauted or roasted in olive oil
- 1/2 c. Black or Red Quinoa, cooked

Snack

- 2 Tbsp. Cinnamon and Ginger Roasted Pecans, walnuts, or almonds
- 1 Tbsp. Dark Chocolate (70% cocoa) Chips
- 2 Tbsp. Dried Cherries

WEDNESDAY

Breakfast

- 1.5 c. Chia Seed Pudding (2/3 c. chia seed blended with 1 c. fresh berries + 1 tsp. vanilla extract and 2 c. milk of choice then refrigerated at least 4 hours)
- 1 c. Green Tea

Lunch

- 3 oz. Grilled Chicken Breast
- 1 c. Roasted Sweet Potato
- 1 c. Roasted Brussels Sprouts
- 1 c. Fruit & Yogurt Salad
- 1 Tbsp. Smart Balance Butter for potato

Dinner

- 2 c. Edamame Succotash with Shrimp*
- 1 c. Polenta or Wild Rice

Snack

- 1 c. Curry Roasted Chick Peas

THURSDAY

Breakfast

- 4 Egg Whites
- 1/4 c. Black Beans
- 1/2 c. Sautéed Bell Peppers (multi-color) and onion
- 1/4 Avocado, sliced or guacamole
- 2 Tbsp. Salsa
- 2/3 c. Stone Ground Grits or Slow Cooked Polenta

Lunch

- 4 oz. Salmon Steak, cooked to choice
- 1 c. Tabouli Salad*
- 1/4 c. Baba Ganoush
- 4 Whole Wheat Pita Triangles

Dinner

- 3 oz. Pork Tenderloin, roasted
- 1 c. Roasted Butternut Squash
- 1 c. Sautéed Kale with garlic
- 1/2 c. Farro, cooked

Snack

- 1 Tbsp. Justin's Maple Almond Nut Butter melted with 1/2 oz. dark chocolate
- 1 Cinnamon Graham cracker rectangle

FRIDAY

Breakfast

- 3 oz. Lox
- 1 Tbsp. Chive Cream Cheese
- 1 Large Whole Wheat Bagel or Fresh Baked Bread
- 1 c. Fresh Pineapple

Lunch

- 1 Whole Grain Flatbread
- 1 Tbsp. Pesto (spread over base of wrap)
- 3 oz. Albacore Tuna in wrap
- 1/4 c. Roasted Red Peppers in wrap
- 1 c. Fresh Spinach in wrap
- Make and eat 1 flatbread/wrap sandwich
- 15 almonds

Dinner

- 4 oz. Sirloin (grass-fed, organic)
- 1 c. Cabbage Apple Slaw (made with vinegar and yogurt)
- 1 c. Roasted Cauliflower
- 3/4 c. Roasted Purple and Yukon Gold Potatoes

Snack

- 1 Apple (slice, sprinkle with cinnamon and ginger + 2 tsp. Smart Balance Butter Spread, heat in microwave, covered, for 2 minutes)

CURRY CHICKEN SALAD

- 1/2 c. Plain Non-fat Yogurt
 - 1 Tbsp. Olive Oil Mayonnaise
 - 1 tsp. Sugar
 - 1/2 tsp. Salt
 - 2 tsp. Lemon Juice
 - 1 1/2 tsp. Dijon Mustard
 - Dash Pepper
 - 2 c. Cooked Chicken Breasts, diced
 - 2/3 c. Red Delicious Apple, diced, unpeeled
 - 1/3 c. Celery, sliced diagonally
 - 3 Tbsp. Apple Cider Vinegar
 - 3 Tbsp. Water
 - 2 Tbsp. Olive Oil
1. Cook Quinoa in proper amount of chicken broth (instead of water according to package directions, but add Cinnamon, Nutmeg, and Curry Powder.
 2. Toss all vegetables and chicken with cooked quinoa.
 3. Mix vinegar, water and oil. Then toss with salad.

TABOULI SALAD

- 1 c. Water
 - 1 c. Fine Cracked Wheat (bulgur)
 - 1 c. Minced Fresh Parsley Leaves
 - 1/2 c. Minced Fresh Mint Leaves
 - 1/2 c. Onion
 - 3 Tomatoes, diced
 - 2 Cucumbers, seeded and diced
 - 3 Tbsp. Olive Oil
 - 3 Tbsp. Lemon Juice, or to taste
 - 1 tsp. Sea Salt
1. In a large bowl, pour water over cracked wheat and cover. Let stand until wheat is tender and water is absorbed.
 2. Add chopped herbs and vegetables.
 3. Whisk together oil, lemon juice and salt. Then toss dressing with salad. Chill & serve.

COPPER COINS

- 5 Whole Carrots, sliced like coins
 - 1 Tbsp. Brown Sugar
 - 1 tsp. Tabasco Sauce (or to taste)
 - 2 tsp. Olive Oil
 - 1 Tbsp. Light Soy Sauce
 - 1 Clove Garlic, minced
1. Saute above ingredients until carrots are crisp-tender.

EDAMAME SUCCOTASH WITH SHRIMP

- 2 Tbsp. Olive Oil
 - 1 Bunch Scallions, sliced (or 1 small onion)
 - 1 Red Bell Pepper, diced
 - 2 Cloves Garlic, minced
 - 1 1/2 tsp. Fresh Thyme (or 1 tsp. dried)
 - 10 oz. Package of Frozen Shelled Edamame
 - 10 oz. Package of Frozen Corn
 - 1/2 c. LS Chicken or Vegetable Broth
 - 1 Tbsp. Apple Cider Vinegar
 - Pinch of Salt
1. Add oil to pan along with scallions, bell pepper and garlic. Stir and cook for 3 minutes.
 2. Add edamame, corn, broth, vinegar and salt. Bring to a simmer, reduce heat to medium-low. Cook for 5 minutes.
 3. Add shrimp on top of vegetables, cover pot, cook for 5 minutes.
 4. Remove from heat and crumble bacon on top. Makes 4 (1 1/2 cup) servings.