

## 7-Day Heart-Healthy Meal Plan

### Day 1

#### Breakfast:

- Oatmeal with fresh berries, a tablespoon of ground flaxseeds, and almond milk or low fat milk
- Black coffee or green tea

#### Snack:

- Sliced apple with 2 tablespoons of peanut butter

#### Lunch:

- Grilled chicken breast salad with mixed greens, cherry tomatoes, cucumber, avocado, and balsamic vinaigrette
- Whole-grain roll

#### Snack:

- 1 cup of baby carrots with hummus

#### Dinner:

- Baked salmon with a lemon-dill glaze
  - Steamed broccoli and quinoa
  - 1 tablespoon of olive oil drizzled over the vegetables
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### Day 2

#### Breakfast:

- Whole-grain toast with smashed avocado, 2 soft boiled eggs, sliced tomato, and a sprinkle of sesame seeds
- Fresh orange slices

#### Snack:

- Handful of roasted peanuts

#### Lunch:

- Lentil soup with a side of whole-grain crackers
- Spinach and kale side salad with olive oil and lemon dressing

#### Snack:

- Sliced cucumber with guacamole

**Dinner:**

- Grilled turkey breast with roasted sweet potato wedges
  - Sautéed green beans with garlic
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**Day 3****Breakfast:**

- Greek yogurt (low-fat) topped with granola, chia seeds, and raspberries

**Snack:**

- Small handful of walnuts and a pear

**Lunch:**

- Quinoa bowl with roasted chickpeas, sautéed spinach, cherry tomatoes, and tahini dressing

**Snack:**

- 1 boiled egg and a whole-grain cracker

**Dinner:**

- Grilled tilapia with brown rice pilaf
  - Steamed asparagus and a drizzle of olive oil
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**Day 4****Breakfast:**

- Smoothie: Spinach, Greek yogurt (low fat) frozen mango, banana, flaxseeds, and almond milk

**Snack:**

- Celery sticks with almond butter

**Lunch:**

- Whole-grain pita stuffed with grilled chicken, mixed greens, and tzatziki sauce

**Snack:**

- A handful of unsalted sunflower seeds

**Dinner:**

- Stir-fried tofu (or chicken if preferred) with broccoli, bell peppers, and a ginger-soy sauce served over farro
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## **Day 5**

### **Breakfast:**

- Overnight oats with almond butter, banana slices, and a sprinkle of cinnamon

### **Snack:**

- Fresh pineapple and 5-6 cashews

### **Lunch:**

- Grilled salmon wrap with spinach, avocado, and a whole-grain tortilla

### **Snack:**

- 1 cup of plain popcorn, air-popped

### **Dinner:**

- Herb-crusted baked cod with roasted Brussels sprouts and mashed cauliflower
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## **Day 6**

### **Breakfast:**

- Whole-grain English muffin with almond butter and strawberries

### **Snack:**

- 1 cup of edamame

### **Lunch:**

- Barley and black bean salad with lime-cilantro dressing

### **Snack:**

- Sliced bell peppers with hummus

### **Dinner:**

- Grilled chicken breast with a baked sweet potato
- Steamed green peas

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## **Day 7**

### **Breakfast:**

- Vegetable omelet with sauteed spinach, peppers and onions cooked in olive oil and roasted potatoes

### **Snack:**

- A handful of roasted chickpeas

### **Lunch:**

- Spinach and quinoa salad with grilled shrimp, cherry tomatoes, and olive oil-lemon dressing

### **Snack:**

- Fresh pear and a slice of low-fat cheese

### **Dinner:**

- Baked trout with wild rice
- Sautéed zucchini and yellow squash