

# 7-DAY MEAL PLAN TO STRENGTHEN HEART HEALTH

Day	Breakfast	Lunch	Snack	Dinner
1	 <b>Oatmeal</b> WITH SLICED BANANA	 <b>Brown rice &amp; black bean bowl</b> WITH SALSA	 <b>Apple slices</b> WITH A TABLESPOON OF PEANUT BUTTER	 <b>Roasted Sheet Pan Chicken</b> SWEET POTATOES & BROCCOLI
2	 <b>Whole-grain toast</b> WITH MASHED AVOCADO	 <b>Lentil soup</b> WITH WHOLE-GRAIN CRACKERS	 <b>Greek yogurt</b> WITH A HANDFUL OF BLUEBERRIES	 <b>Stir-fried tofu</b> WITH MIXED VEGETABLES & QUINOA
3	 <b>Scrambled eggs</b> SPINACH & WHOLE-GRAIN TOAST	 <b>Whole-grain wrap</b> WITH CANNED TUNA, LETTUCE & TOMATO	 <b>Carrot sticks</b> WITH HUMMUS	 <b>Baked Cod</b> BROWN RICE & SAUTÉED ZUCCHINI
4	 <b>Banana &amp; spinach smoothie</b> WITH MILK	 <b>Chickpea salad</b> WITH MIXED VEGGIES & A LEMON-TAHINI DRESSING	 <b>A small pear</b>	 <b>Grilled Chicken</b> WITH QUINOA & ROASTED BRUSSELS SPROUTS
5	 <b>Whole-grain pancakes</b> WITH FRESH STRAWBERRIES	 <b>Brown rice stir-fry</b> WITH FLAVORED TOFU & VEGETABLES	 <b>Almonds</b> (A SMALL HANDFUL)	 <b>Turkey meatballs</b> WHOLE-GRAIN PASTA & MARINARA SAUCE
6	 <b>Greek yogurt</b> WITH GRANOLA & SLICED PEACHES	 <b>Chicken Salad Pita</b>	 <b>Orange slices</b>	 <b>Lentil curry</b> WITH BROWN RICE
7	 <b>Whole-grain waffles</b> WITH A TOPPING OF YOGUR & MIXED BERRIES	 <b>Black bean vegetable burrito bowl</b>	 <b>Sliced cucumber</b> WITH A LIGHT DRESSING	 <b>Grilled salmon</b> IN FOIL WITH SWEET POTATO MASH & GREEN BEANS