



5-Day Heart-Friendly Meal Plan

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Day 1

Meal 1: Oatmeal + Boiled Egg

Cook $\frac{1}{2}$ cup oats with 1 cup water. Add 1 sliced banana, 1 Tbsp flaxseed, and a dash of cinnamon. Serve with 1 pre-cooked hard-boiled egg.

Meal 2: Chicken, Brown Rice, Roasted Carrots, Spinach Salad, Orange

Reheat 4 oz pre-cooked chicken breast and 1 cup pre-cooked brown rice. Serve with 1 cup roasted carrots. Make a salad with spinach, cucumber, and tomato; drizzle with vinaigrette. Peel and eat 1 orange.

Day 2

Meal 1: Greek Yogurt Bowl

Serve 1 cup Greek yogurt topped with $\frac{1}{2}$ cup berries, 1 Tbsp chia seeds, and 2 Tbsp almonds.

Meal 2: Tuna Salad Sandwich, Steamed Broccoli, Apple

Make tuna salad with drained canned tuna, light mayo, and diced celery if available. Serve on 2 slices of whole grain bread. Serve with 1 cup steamed broccoli and 1 apple.

Day 3

Meal 1: Cottage Cheese Bowl

Serve $\frac{3}{4}$ cup cottage cheese with $\frac{1}{2}$ cup pineapple chunks, 1 Tbsp flaxseed, and 1 pre-cooked boiled egg.

Meal 2: Lentil Soup, Spinach Salad, Grapefruit

Heat lentil soup. Make a spinach salad with cucumber and tomato; drizzle with vinaigrette. Serve with 1 grapefruit.

Day 4

Meal 1: Peanut Butter Banana Toast

Spread 1 Tbsp peanut butter on 1 slice whole grain toast. Top with 1 sliced banana and sprinkle with 1 tsp chia seeds.

Meal 2: Quinoa, Roasted Sweet Potato, Green Beans, Chicken, Apple

Reheat 1 cup pre-cooked quinoa, 1 cup roasted sweet potato, and 1 cup steamed green beans. Add 4 oz pre-cooked chicken breast. Serve with 1 apple.

Day 5

Meal 1: Scrambled Eggs with Spinach & Tomatoes, Whole Grain Toast

Scramble 2 eggs with 1 cup fresh spinach and ½ cup diced tomato in a nonstick skillet. Serve with 1 slice whole grain toast.

Meal 2: Bean Salad with Quinoa, Grapes

Mix canned beans (drained and rinsed) with 1 cup cooked quinoa, diced cucumber, tomato, and vinaigrette. Serve with 1 cup grapes.

Grocery List

Proteins

- Chicken breast (16 oz)
- Canned tuna (1 can)
- Eggs (8)
- Greek yogurt (1 cup/day)
- Cottage cheese ($\frac{3}{4}$ cup)
- Canned beans (1 can)

Whole Grains

- Brown rice (5 cups cooked)
- Whole grain bread (4 slices)
- Quinoa (3 cups cooked)
- Whole grain toast (2 slices)
- Oats (2.5 cups)

Vegetables

- Spinach (6 cups)
- Cucumber (2)
- Tomato (3)
- Carrots (2 cups)
- Broccoli (1 cup)
- Sweet potato (1 cup)
- Green beans (1 cup)

Fruits

- Banana (3)
- Orange (1)
- Berries ($\frac{1}{2}$ cup)
- Apple (3)
- Pineapple chunks ($\frac{1}{2}$ cup)
- Grapefruit (1)
- Grapes (1 cup)

Pantry

- Flaxseed (2 Tbsp)
- Chia seeds (2 tsp)
- Peanut butter (1 Tbsp)
- Vinaigrette dressing (as needed)

Spices/Condiments

- Cinnamon
- Light mayonnaise

Pre-prep Guide

Hard Boiled Eggs

Fill pan with water, add up to ¼ cup olive oil. Bring to a full boil, add eggs, cook 18 minutes. Drain and place in ice water until cooled. Peel before eating.

Brown Rice

Cook according to package instructions or in rice cooker; make enough for 5 cups cooked.

Quinoa

Cook according to package instructions; make enough for 3 cups cooked.

Roasted Vegetables

Toss vegetables with olive oil, roast at 400°F for 20–25 min.

Steamed Vegetables

Steam vegetables in steamer basket until tender.

Scrambled Eggs

Cook in nonstick skillet over medium heat, stirring until set.