

HEART HEALTHY MEAL PLAN

*When selecting a Heart Healthy meal, you must commit to a balanced and complete diet. You must commit to three full meals a day with 2-3 snacks throughout the day.

NUTRITIONAL AND HEALTHY MEAL GUIDELINES:

1. Commit to three main meals and snacks every day.
2. For success to occur you must plan ahead. Spend time to plan out the weeks meals.
3. Keep it simple. Don't spend a lot of time "re-inventing the wheel". Balance, Balance, Balance!
4. Eat food slower- chew longer.
5. Condition your to make healthier food choices. More fruits, vegetables, whole grain cereals & breads, beans, low-fat or non-fat dairy, low-fat meats, fish and skinless chicken.
6. Avoid foods that are high in fat and calories.
7. Avoid foods that are high in sugars (pastries, candy bars, pies and candy).
8. Incorporate a variety of fruits and vegetables. Start with 2 to 3 servings of each every day. Remember that one serving is one cup measure.

HERE IS A SAMPLE HEART HEALTHY, LOW FAT, MEAL PLAN:

Breakfast:

Food Amount	Food	Protein	Carbs	Fat	Calories
12 ounces	coffee	0.40	1.40	0.0	8.0
1 cup	milk	8.0	11.0	5.0	120.0
1 tbsp	cream fluid, half & half	0.44	0.65	1.73	19.55
1 pack	meal replacement shake	24.0	24.0	3.0	220.0

Mid-Morning Snack:

1 cup	cottage cheese-1% fat	28.0	6.00	2.00	164.0
½ cup	pineapple-fresh/frozen	0.00	18.0	0.00	70.0

Lunch:

2 each	bread-whole grain wheat-slice	6.0	24.0	2.0	140.0
1 cubic inch	low-fat cheddar cheese	4.26	0.15	4.12	56.36
.15 cup	miracle whip	0.32	8.47	11.77	137.37
1 ounce	turkey breast/white meat	8.50	0.0	0.20	38.25
.25 small	tomato-small	0.25	1.43	0.10	6.50

Mid-Afternoon Snack:

8 each	cracker/biscuits	1.60	16.0	3.20	96.0
1 ounce	turkey / white meat	8.50	0.0	0.20	38.25

Dinner:

5 ounces	Fresh coldwater fish-broiled/baked	37.50	0.00	5.00	198.75
1 cup	dirty or wild rice-steamed	6.0	62.0	0.0	164.0
2 tblsp	Thousand Island-reduced cal	0.0	6.0	2.0	40.0
½ cup	vegetables- mixed, frozen	2.60	11.9	0.10	54.0
1 small	salad-small garden w/ tomato	1.30	9.50	0.40	49.0
1 tsp	sugar-pure cane	0.0	4.0	0.0	15.0
12 fluid ounces	Green tea	0.0	0.0	0.0	0.0
GRAND TOTAL:		137.67	204.50	40.82	1635.03

Grocery List:

Food	Amount
apple-medium	7 each
banana-medium 8 inch	7 each
bread-whole grain wheat	14 slices
broccoli	7 spears
cheerios	10.5 cups
chicken breast-white meat	28 ounces
green tea	14 bags
coffee	84 ounces
cream, fluid, half & half	7 tablespoons
Fresh/Frozen Fish-cold water	35 ounces
Miracle Whip-low fat	1 cup
milk-1% fat	7 cups
orange-medium	7 each
sugar-pure cane	14 teaspoons
brown/dirty rice	7 cups
thousand Island dressing-low calorie	7 tablespoons
turkey breast-white meat	14 ounces
meal replacement shakes	14 packs