



1-Day meal plan for managing cholesterol

Eating a heart-healthy diet is one strategy that can help you lower your risk for heart disease. This means it focuses on keeping saturated and trans fats to a minimum, while including healthier monounsaturated and polyunsaturated fats from foods like avocados, nuts, and seeds. It also means getting plenty of fibre — especially soluble fibre from foods like oats, produce, and beans — abundant fruits and vegetables, regular doses of fish, and a limited amount of sodium.

Did you notice? A heart-healthy diet also happens to be vibrant, varied, and simply delicious. Enjoy these single-serving meals as you improve your heart health!

This 1-day plan totals 1350 calories. Adjust serving sizes to meet your individual goals.

You can find more healthy meal plans and recipes at library.teladochealth.com.

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Breakfast: Zucchini bread oatmeal

Serving size

Around 1 cup

Calories 311

Total fat 21g

Saturated fat 2g

Cholesterol 0mg

Sodium 3mg

Total carbs 36g

Fibre 8g

Sugars 9g

Protein 9g

Potassium 507mg

Makes 1 serving

Preparation time 5 minutes

Cook time 3 minutes

Ingredients

¼ cup rolled oats

½ cup shredded zucchini

½ banana, mashed

¼ tsp vanilla extract

½ tsp ground cinnamon

Pinch of ground nutmeg

¼ cup chopped walnuts

Preparation

Prepare rolled oats with water. Stir in shredded zucchini and mashed banana. Add vanilla extract, ground cinnamon, and ground nutmeg. Top with chopped walnuts.



Lunch: Salmon and herb chopped salad

Serving size

Around 1.5 cup

Calories 459

Total fat 22g

Saturated fat 3g

Cholesterol 57mg

Sodium 537mg

Total carbs 29g

Fibre 8g

Sugars 22g

Protein 26g

Potassium 1,212mg

Makes 1 serving

Preparation time 5 minutes

Cook time 0 minutes

Ingredients

Tomato, medium, chopped

Cucumber, medium, chopped

¼ red onion, small

¼ cup chopped dill

¼ cup chopped parsley

¼ cup low-sodium canned chickpeas (drained and rinsed)

3 oz flaked salmon (cooked from fresh or canned and boneless/skinless)

1 Tbsp olive oil

2 tsp red wine vinegar

Preparation

In a bowl, mix together tomato, cucumber, red onion, dill, parsley, chickpeas, and flaked salmon. Toss with olive oil and red wine vinegar.

Vegetarian option:

Skip the salmon; use ½ cup chickpeas and add 2 Tbsp sunflower seeds; swapping ingredients will change nutrition per serving.



Dinner:

Cilantro cauliflower rice with chicken

Serving size

Around 2.5 cup

Calories 300

Total fat 8g

Saturated fat 1g

Cholesterol 65mg

Sodium 381mg

Total carbs 22g

Fibre 7g

Sugars 7g

Protein 32g

Potassium 1,216mg

Makes 1 serving**Preparation time** 5 minutes**Cook time** 10 minutes**Ingredients**

1 tsp olive oil

2 cups cauliflower rice, frozen

1 Tbsp lime juice

½ tsp onion powder

¼ tsp garlic powder

¼ cup chopped cilantro

4 oz chicken, grilled

⅓ cup frozen corn kernels, warmed in microwave

2 Tbsp salsa

Preparation

In a medium pan over a low flame, heat olive oil. Add the frozen cauliflower rice. Turn up the flame and stir-fry until rice is heated thoroughly and beginning to brown. Add lime juice, onion powder, and garlic powder. Turn off heat and mix in chopped cilantro. Serve "rice" alongside corn and 3 oz of grilled chicken topped with salsa.

Vegetarian option:

Use tofu instead of chicken; swapping ingredients will change nutrition per serving.



Snack:

Yogurt blueberry crunch

Serving size

Around 1.5 cup

Calories 191

Total fat 6g

Saturated fat 1g

Cholesterol 7mg

Sodium 80mg

Total carbs 22g

Fibre 3g

Sugars 14g

Protein 16g

Potassium 315mg

Makes 1 serving**Preparation time** 5 minutes**Cook time** 0 minutes**Ingredients**

1 cup lowfat Greek yogurt

½ cup blueberries

2 Tbsp sliced almonds

2 Tbsp bran cereal

Dash of cinnamon

Preparation

Add yogurt to a bowl and top with remaining ingredients.