



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.

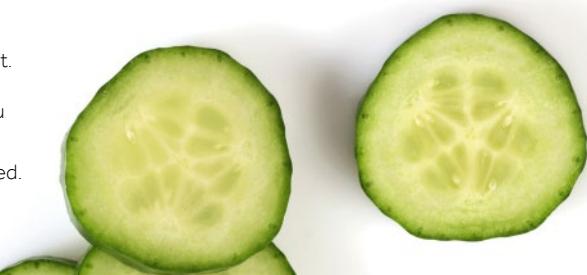
Did you notice? A heart-healthy diet also happens to be vibrant, varied, and simply delicious. Enjoy these single-serving meals as you improve your heart health!

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.

This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition.

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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

1/4 cup rolled oats

1/2 cup shredded zucchini

1/2 banana, mashed

1/4 tsp vanilla extract

1/2 tsp ground cinnamon

Pinch of ground nutmeg

1/4 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

1/4 red onion, small

1/4 cup chopped dill

1/4 cup chopped parsley

1/4 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 1/2 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

1/2 tsp onion powder

1/4 tsp garlic powder

1/4 cup chopped cilantro

4 oz chicken, grilled

1/3 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

1/2 cup blueberries

2 Tbsp sliced almonds

2 Tbsp bran cereal

Dash of cinnamon

Preparation

Add yogurt to a bowl and top with remaining ingredients.