



Your 5-day heart-smart meal plan

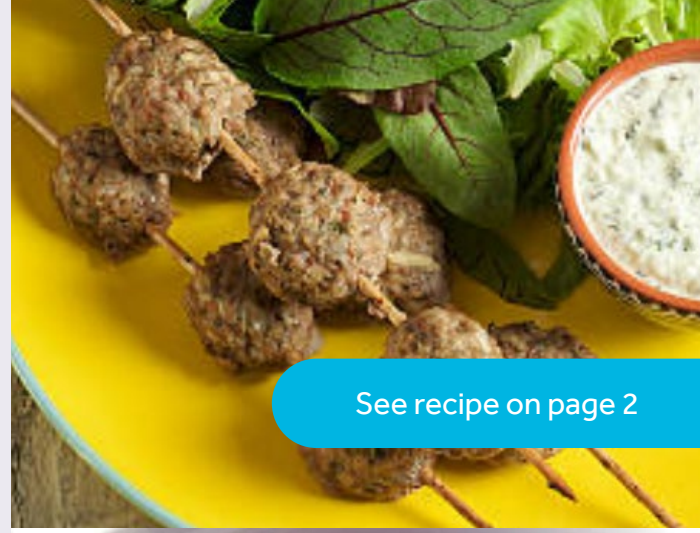
Eating better doesn't mean you have to dwell on dietary "don'ts." Focus on what you have to look forward to! Wholesome food can give you more energy, more confidence and more freedom to live your life. Follow our 5-Day Heart-Smart Meal Plan to make healthy choices easy, so all you need to focus on is flavourful, satisfying food.

Each meal is portioned with the Balanced Plate in mind. Breakfast and lunch recipes are each 1 serving, and dinner recipes are 4 servings—but you can adjust serving sizes based on your needs and the size of your family.

We think you'll find these recipes delicious and satisfying as well as healthy, and you'll enjoy eating heart smart!

Plus! Shopping list

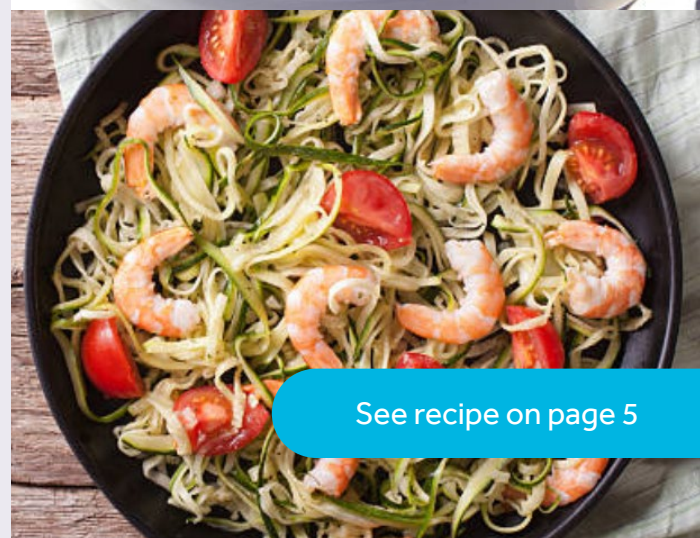
We've made it even easier with our cutout list for buying everything you need to succeed!



See recipe on page 2



See recipe on page 3



See recipe on page 5



See recipe on page 6

Day 1 breakfast



Fruity oatmeal crunch

Makes 1 Serving

½ cup old-fashioned rolled oats

¼ cup slivered almonds

½ cup blueberries

⅛ tsp of cinnamon

Prepare oatmeal and top with almonds, blueberries, and cinnamon.

Nutrition per serving:	Calories	Fat	Sat. fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
	337	14 g	1 g	115 mg	0 mg	43 g	10 g	6 g	12 g	249 mg

Day 1 lunch



Mason jar salad

Makes 1 Serving

Salad:

¼ cup each: fresh spinach, chopped beets, shredded carrots and reduced-sodium garbanzo beans (drained and rinsed)

Dressing:

⅓ cup each: extra-virgin olive oil and apple cider vinegar
1 tsp Dijon mustard
¼ tsp each: honey, salt, and pepper

Combine dressing ingredients. Mix well. Layer jar starting with dressing, then garbanzo beans, beets, carrots and spinach (keeping greens on top will keep them crisp).

To serve: Empty contents into a bowl or shake and eat right from the jar.

Nutrition per serving:	Calories	Fat	Sat. fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
	243	15 g	2 g	325 mg	0 mg	20 g	5 g	6 g	5 g	158 mg

Day 1 dinner



Greek beef kabobs with tzatziki sauce & vegetables

Makes 4 Servings

Kabobs:

1 lb extra-lean ground beef
½ yellow onion, chopped
1 clove garlic, minced
1 Tbsp extra-virgin olive oil
½ tsp each: oregano, cumin, rosemary, salt and pepper
12 (6-inch) skewers
4 cups mixed veggies (broccoli, peas, etc.)

Sauce:

1 cup plain Greek yogurt
½ medium cucumber (peeled, cut into large chunks)
1 Tbsp chopped, fresh mint
1 Tbsp fresh lemon juice

Prep the tzatziki sauce in advance:

With a blender or food processor, blend sauce ingredients until smooth. Cover and refrigerate for up to 3 hours.

Prep kabobs: Mix beef, chopped onions, garlic and spices. Divide meat mixture into 12 oblong-shaped patties on 6-inch skewers. Grill until the beef is no longer pink. Steam vegetables for 3 minutes and toss with olive oil, ½ tsp salt and pepper to taste. Serve 3 skewers each, with tzatziki dipping sauce and a cup of veggies.

Nutrition per serving:	Calories	Fat	Sat. fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
	226	10 g	3 g	329 mg	46 mg	6 g	2 g	1 g	30 g	256 mg

Day 2 breakfast



Greek yogurt berry bowl

Makes 1 Serving

- 6 oz nonfat plain Greek yogurt
- 1 cup berries
- 1 tsp chia seeds OR ¼ cup walnuts
- ⅛ tsp cinnamon

Top yogurt with berries, chia seeds or walnuts, and cinnamon.

Nutrition per serving:	Calories	Fat	Sat. fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
	284	10 g	0 g	65 mg	3 mg	35 g	13 g	4 g	22 g	162 mg

Day 2 lunch



Colourful bean & veggie avocado pita

Makes 1 Serving

Pita:

- ½ cup shredded cabbage
- ¼ cup shredded carrots
- 3 grape tomatoes, quartered
- ¼ ripe avocado
- 15 oz can reduced-sodium white beans (drained and rinsed)
- 1 whole wheat pita bread

Dressing:

- 1 Tbsp vinegar (red wine, white, or apple cider)
- 1 tsp extra-virgin olive oil
- ¼ tsp honey
- ⅛ tsp pepper

Combine dressing ingredients. Mix well. Add cabbage, carrots and tomatoes to the dressing. Toss gently. In a separate bowl, combine the white beans and avocado. Mash with a fork and mix until blended. Spread 2 Tbsp of bean mixture on each pita. Place 2 Tbsp of the veggie mix on top of the bean mixture.

Nutrition per serving:	Calories	Fat	Sat. fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
	386	11 g	1 g	471 mg	0 mg	66 g	17 g	8 g	12 g	754 mg

Day 2 dinner



Slow cooker Southwest chicken tacos

Makes 4 Servings

- 1 lb chicken breasts
- 14.5 oz can no-salt-added diced tomatoes
- 3 oz canned green chiles
- 1 cup low-sodium chicken broth
- ½ cup shredded lettuce
- 2 Roma tomatoes, chopped
- 4 whole grain tortillas (6-inch)
- 2 tsp chili powder
- 1 tsp each: cumin, paprika and black pepper
- ¼ tsp oregano

Mix together chili powder, cumin, paprika, pepper and oregano.

Place chicken in slow cooker and sprinkle with seasoning mixture.

Add tomatoes, chiles and chicken broth.

Cover and cook on low for 8-10 hours, or on high for 3-4 hours. Shred chicken with fork.

Serve on tortillas, topped with shredded lettuce and chopped tomatoes.

Nutrition per serving:	Calories	Fat	Sat. fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
	330	15 g	3 g	596 mg	66 mg	30 g	8 g	6 g	40 g	929 mg

Day 3 breakfast



Sunrise rainbow scramble with mixed melon cubes

Makes 1 Serving

- 2 eggs, beaten
- ¼ cup chopped onions and tomatoes
- ½ cup broccoli
- ¼ cup mozzarella cheese
- ¼ tsp salt
- ¼ tsp pepper
- 1 Tbsp extra-virgin olive oil
- ½ cup melon

Beat eggs, salt and pepper. Heat olive oil in a skillet over medium heat. Add broccoli, onions and tomatoes and cook until softened. Add eggs. As eggs begin to set, gently pull the eggs across the pan with a spatula, forming large, soft curds. Add mozzarella cheese. Continue cooking—pulling, lifting and folding eggs—until thickened, cheese is melted and no visible liquid egg remains. Serve with ½ cup of melon.

Nutrition per serving:	Calories	Fat	Sat. fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
	319	24 g	2 g	260 mg	340 mg	28 g	5 g	4 g	15 g	247 mg

Day 3 lunch



Tex-Mex salad with fresh salsa

Makes 1 Serving

- ¼ lime (juiced)
- 1 tsp fresh cilantro
- ⅛ tsp chili powder
- 1 tsp extra-virgin olive oil
- ½ cup frozen corn kernels, defrosted
- 2 cups mixed salad greens
- ¼ cup fresh salsa (low sodium)
- ½ cup canned reduced-sodium black beans (drained and rinsed)
- ⅓ medium avocado, diced

Add lime juice, cilantro and chili powder to olive oil and whisk together.

Toss mixture with corn kernels. Top mixed greens with salsa, beans, corn mixture and avocado.

Nutrition per serving:	Calories	Fat	Sat. fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
	326	13 g	2 g	217 mg	0 mg	50 g	11 g	6 g	12 g	1,233 mg

Day 3 dinner



Brazilian salmon with quinoa and zucchini

Makes 4 Servings

- 4 (4 oz) salmon fillets
- 2 large zucchinis (sliced into ¼-inch rounds)
- 2 cups prepared quinoa
- Brazilian vinaigrette:**
 - 1 onion, chopped
 - 4 Roma tomatoes, chopped
 - ⅓ cup chopped parsley
 - ¼ cup white wine vinegar
 - ½ cup extra-virgin olive oil
 - ¼ tsp each, salt and pepper

Combine vinaigrette ingredients. Preheat oven to 350°F and cut 4 large squares of aluminum foil. Prepare quinoa per package instructions. Place 4 oz of salmon, ¼ of the zucchini rounds and 1-2 Tbsp of the vinaigrette in the center of each piece of foil and close foil tightly. Bake at 350°F until cooked through, about 15-20 minutes. Serve each piece of salmon and zucchini beside ½ cup of quinoa.

Nutrition per serving:	Calories	Fat	Sat. fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
	381	19 g	7 g	339 mg	62 mg	30 g	5 g	5 g	22 g	987 mg

Day 4 breakfast



Blueberry chia overnight oats

Makes 1 Serving

- ½ cup old-fashioned rolled oats
- ½ Tbsp chia seeds
- ½ cup unsweetened almond milk
- ¼ cup plain Greek yogurt
- ¼ cup fresh blueberries
- Stevia and cinnamon (to taste)
- 1 (½ pint) jar or bowl
(reuse your Mason jar from Day 1)

Place the oats, chia seeds, milk, yogurt and stevia (to taste) in a large bowl.

Stir together until combined and add to jar or bowl.

Cover and store in the fridge overnight.

In the morning, stir in ¼ cup blueberries and add a sprinkle of cinnamon for taste.

Nutrition per serving:	Calories	Fat	Sat. fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
	236	6 g	1 g	114 mg	3 mg	40 g	7 g	16 g	7 g	525 mg

Day 4 lunch



Stuffed hummus & veggie pita pockets with apples

Makes 1 Serving

- 4 oz store-bought hummus
- ½ cup romaine lettuce
- 1 ½ cups chopped veggies of your choice
(cucumber, bell pepper, tomato, onion)
- 1 whole wheat pita bread
- 1 cup cubed apples
- ⅓ tsp cinnamon

Cut pita bread, spread with hummus and fill with veggies.

In a side dish, serve apples with a pinch of cinnamon.

Nutrition per serving:	Calories	Fat	Sat. fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
	354	12 g	2 g	564 mg	0 mg	54 g	14 g	16 g	14 g	816 mg

Day 4 dinner



Spicy lemon garlic shrimp zoodles

Makes 4 Servings

- 16 oz shrimp, peeled
- 1 cup grape tomatoes
- 1 lemon (juiced)
- 4 medium zucchinis, spiralized,
or 2 (12 oz) packages
- 8 cloves of garlic, sliced thin and divided
- ½ tsp red pepper flakes
- 1 tsp each salt and fresh black pepper
- 2 Tbsp extra-virgin olive oil

Heat 4 tsp oil in a skillet over medium-high heat. Add red pepper, half of the garlic, shrimp, salt and pepper.

Cook 2-3 minutes. Cook until shrimp is opaque. Set aside.

Add remaining oil and garlic, cook 30 seconds. Add zucchini noodles and cook 1½ minutes.

Toss in shrimp and tomatoes and a squeeze of lemon. Remove from heat and serve.

Nutrition per serving:	Calories	Fat	Sat. fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
	181	8 g	1 g	179 g	183 mg	15 g	4 g	2 g	25 g	503 mg

Day 5 breakfast



Open-faced English muffin with veggies

Makes 1 Serving

- 1 multigrain English muffin
- 1 egg
- 1 cup spinach
- 2 tomato slices
- 2 red onion slices
- Salt and pepper to taste

Toast the English muffin.

Spray pan with cooking spray. Cook egg as desired. Remove from pan and set aside.

Spritz pan with cooking spray. Add spinach and onion, sauté for 2 minutes.

Layer muffin with spinach, tomato and onion; top with egg and a sprinkle of salt and pepper.

Nutrition per serving:	Calories	Fat	Sat. fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
	286	11 g	3 g	175 mg	619 mg	36 g	8 g	3 g	13 g	526 mg

Day 5 lunch



Mediterranean tuna salad

Makes 1 Serving

- 10 oz can water-packed albacore tuna (drained)
- 2 cups packed baby spinach, chopped
- ¼ cup each: chopped tomatoes and chopped red onion
- 1 Tbsp crumbled Feta cheese
- Lettuce, any variety

Dressing:

- ½ Tbsp apple cider vinegar
- ¼ Tbsp lemon juice
- ½ Tbsp extra-virgin olive oil
- ¼ tsp dried oregano

Whisk together dressing ingredients.

Combine tuna, spinach, tomatoes, onion and Feta.

Toss dressing and tuna mixture and serve on a bed of lettuce.

Nutrition per serving:	Calories	Fat	Sat. fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
	226	10 g	1 g	392 mg	25 mg	6 g	2 g	1 g	30 g	231 mg

Day 5 dinner



Balsamic glazed chicken

Makes 4 Servings

- 1 lb. chicken breasts
- 2 Roma tomatoes, sliced
- 1 cup shredded mozzarella cheese
- 4 cups mixed greens
- 3 Tbsp fresh basil, sliced thin
- 1 tsp salt
- ¼ tsp pepper
- ½ cup balsamic vinegar
- 1 Tbsp extra-virgin olive oil

Pound chicken breasts thin and trim fat.

Add 1 Tbsp of olive oil to skillet and heat over medium-high heat. Season chicken with salt and pepper on both sides and cook 4-6 minutes per side.

When chicken is cooked through, drizzle with balsamic vinegar and top with mozzarella and tomato.

Turn off heat, put on lid and let cheese melt for a minute or two.

Top with basil and serve with mixed greens.

Nutrition per serving:	Calories	Fat	Sat. fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
	286	12 g	911 mg	87 mg	0 mg	28 g	2 g	7 g	33 g	786 mg

Shopping list

Produce, meat & seafood, dairy & eggs

Produce

- ☐ Blueberries, 1 pint
- ☐ Berries (of choice), 1 pint
- ☐ Carrots, 3
- ☐ Yellow onions, 2 (medium)
- ☐ Red onion, 1
- ☐ Garlic, 2 heads
- ☐ Mixed veggies of choice, 2 (10 oz) packages
- ☐ Mixed salad greens, 2 (10 oz) packages
- ☐ Broccoli, 1 head
- ☐ Fresh spinach, 1 (10 oz) package
- ☐ Lettuce of choice, 2 (10 oz) packages
- ☐ Cucumber, 1 (medium)
- ☐ Mint, fresh, ½ bunch

- ☐ Lemons/limes, 2-3
- ☐ Avocado, 1
- ☐ Cabbage (any colour), 1 lb
- ☐ Tomatoes, grape, 1 pint
- ☐ Tomatoes, 8 (Roma)
- ☐ Cilantro, fresh, ½ bunch
- ☐ Parsley, fresh, ½ bunch
- ☐ Basil, fresh, ½ bunch
- ☐ Melon (of choice), 1 small
- ☐ Zucchini, 6 medium
- ☐ Apple, 1-2
- ☐ Corn, frozen, (10 oz) package

Meat & Seafood

- ☐ Extra-lean ground beef, 1 lb
- ☐ Chicken breasts, 2 lbs
- ☐ Salmon fillets, 4 (4 oz each)
- ☐ Shrimp, 1 lb

Dairy & Eggs

- ☐ Greek yogurt, 16 oz
- ☐ Eggs, 3
- ☐ Mozzarella cheese, 2 cups
- ☐ Almond milk, 1 pint
- ☐ Crumbled Feta cheese, ¼ cup

Shopping list

Canned & packaged, condiments, spices, miscellaneous

Canned & Packaged

- ☐ Garbanzo beans, 1 (15 oz) reduced-sodium can
- ☐ Beets, 1 (15 oz) can, or frozen, fresh
- ☐ White beans, 1 (15 oz) reduced-sodium can
- ☐ Black beans, 1 (15 oz) reduced-sodium can
- ☐ Tomatoes, 1 (14.5 oz) can, diced (no salt added)
- ☐ Green chiles, 1 (3 oz) can
- ☐ Tuna, 1 (10 oz) can water-packed albacore
- ☐ Chicken broth, 1 (8 oz) low-sodium can
- ☐ Quinoa, 1 cup
- ☐ Tortillas, whole grain, 8 (6 inch)
- ☐ Pita bread, whole wheat, 4 (8 inch)
- ☐ Walnuts, ½ cup (optional)
- ☐ Slivered almonds, ¼ cup
- ☐ Chia seeds, ¼ cup
- ☐ Salsa, low salt (8 oz)
- ☐ Hummus (10 oz)
- ☐ Oats, 1 cup old-fashioned rolled
- ☐ English muffin, multigrain, 1

Condiments

- ☐ Extra-virgin olive oil
- ☐ Vinegar, apple cider
- ☐ Vinegar, white
- ☐ Balsamic vinegar
- ☐ Dijon mustard
- ☐ Honey
- ☐ Stevia

Spices

- ☐ Oregano
- ☐ Cumin, ground
- ☐ Rosemary, dried
- ☐ Chili powder
- ☐ Paprika
- ☐ Red pepper flakes
- ☐ Cinnamon
- ☐ Salt
- ☐ Pepper

Miscellaneous

- ☐ Skewers, 12 (6-inch)
- ☐ Aluminum foil
- ☐ Mason jars, 1-2 (½ pint)