



Heart Healthy Meal Plan



Breakfast

¾ cup nonfat, plain Greek yogurt

½ cup blueberries (fresh or frozen)

1 Tbsp walnuts

1 glass water

Optional: coffee with skim milk, green tea with lemon juice

Lunch

½ cup hummus

1 cup celery stalks, carrots, cucumber slices and/or bell peppers

½ cup whole grain crackers

1 cup grapes

1 glass water

Optional: skim milk

Dinner

6 oz seared shrimp (suggestion: season with lemon, garlic, and olive oil)

¾ cup cooked quinoa

1 cup vegetable medley (suggestion: carrots, spinach, and mushrooms)

1 glass water

Optional: ½ cup strawberries, halved (top with honey or whipped cream)

Snacks & Dessert

¼ cup almonds

1 oz dark chocolate (new research shows that eating chocolate at least 1x per week may lower the risk of heart disease)

