



Heart Healthy Meal Plan

www.balancedbodiesantiaging.com

Heart Healthy Meal Plan

Thank you for choosing Balanced Bodies for helping you to reach your weight loss and overall wellness goals. Our team is committed to your success and will be here to guide and support you at each phase of your journey. This manual provides a sample 7-day, heart-healthy, diet plan that provides approximately 1200 calories per day. Please note that this is just a sample and adjustments to your personal plan may be needed along the way. A shopping list, recommended supplements and dietary substitutions are also included. Let's begin with a little about the diet plan, including benefits.

In addition to weight loss, a heart-healthy diet is beneficial for the overall well-being of an individual, as it can help prevent and manage various health conditions, especially those related to the heart.

Consuming a diet that is low in saturated and trans fats and rich in fiber, vitamins, minerals, and antioxidants can lower blood pressure, reduce the risk of developing heart disease and stroke, and improve cholesterol levels.

A heart-healthy diet can also provide various other benefits, such as improving digestion, boosting the immune system, reducing inflammation, and promoting healthy aging. It can also improve mental health by reducing the risk of depression and anxiety. Incorporating foods such as fruits, vegetables, whole grains, lean proteins, and healthy fats into your daily diet can help you maintain a healthy heart and overall well-being. Making small changes such as choosing healthier cooking methods, limiting salt intake, and reducing portion sizes can go a long way in promoting heart health.



Sample 1200 Calorie, 7-Day Heart-Healthy Meal Plan

This section provides a sample 7-day heart healthy plan. Please note that this is just a sample, and you may adjust the plan as needed to meet your personal needs and preferences.



Day One

Breakfast

2 scrambled eggs (140 calories, 12g protein, 10g fat, 1g carb)

1 slice of whole wheat toast (100 calories, 4g protein, 2g fat, 17g carb)

1/2 grapefruit (40 calories, 1g protein, 0g fat, 10g carb)

Total: 280 calories, 17g protein, 12g fat, 28g carb

Lunch

Grilled chicken breast (4 oz, 120 calories, 22g protein, 2g fat, 0g carb)

Quinoa salad (1 cup, 160 calories, 5g protein, 3g fat, 29g carb)

Steamed broccoli (1 cup, 55 calories, 4g protein, 1g fat, 11g carb)

Total: 335 calories, 31g protein, 6g fat, 40g carb

Snack

Apple slices with 1 tbsp almond butter

(150 calories, 2g protein, 10g fat, 14g carb)

Dinner

Baked salmon (4 oz, 160 calories, 22g protein, 7g fat, 0g carb)

Brown rice (1/2 cup, 55 calories, 1g protein, 0g fat, 12g carb)

Roasted asparagus (1 cup, 40 calories, 3g protein, 4g fat, 4g carb)

Total: 255 calories, 26g protein, 11g fat, 16g carb

Total: Calories 1020, Protein 76g , Fat 39g, Carbohydrates 25g



Day Two

Breakfast

1 cup of oatmeal (150 calories, 6g protein, 2.5g fat, 27g carb)

1/4 cup of blueberries (20 calories, 0g protein, 0g fat, 5g carb)

1/4 cup of chopped walnuts (190 calories, 5g protein, 18g fat, 4g carb)

Total: 360 calories, 11g protein, 20.5g fat, 36g carb

Snack

Greek yogurt (5.3 oz, 80 calories, 15g protein, 0g fat, 6g carb)

1/4 cup of raspberries, 15 calories, 0g protein, 0g fat, 4g carb)

Total: 95 calories, 15g protein, 0g fat, 10g carb

Lunch

Turkey sandwich made with whole wheat bread

(2 slices, 300 calories, 20g protein, 5g fat, 35g carb)

1/2 cup of baby carrots (25 calories, 1g protein, 0g fat, 6g carb)

1 small apple (80 calories, 0g protein, 0g fat, 22g carb)

Total: 405 calories, 21g protein, 5g fat, 63g carb

Snack

1 small orange (45 calories, 0.5g protein, 0g fat, 11g carb)

1 oz of almonds (160 calories, 6g protein, 14g fat, 6g carb)

Total: 205 calories, 6.5g protein, 14g fat, 17g carb

Dinner

Grilled shrimp skewers (4 oz, 120 calories, 22g protein, 2g fat, 0g carb)

Quinoa (1/2 cup, 55 calories, 1g protein, 0g fat, 12g carb)

Steamed green beans (1 cup, 35 calories, 2g protein, 0g fat, 8g carb) Total:

210 calories, 25g protein, 2g fat,

Total: Calories 1275, Protein 81g, Fat 42.5, Carb 144g



Day Three

Breakfast

Veggie omelette (2 eggs, 220 calories, 18g protein, 16g fat, 4g carb)
1 slice of whole wheat toast (100 calories, 4g protein, 2g fat, 17g carb)
1 small orange (45 calories, 1g protein, 0g fat, 11g carb)
Total: 365 calories, 23g protein, 18g fat, 32g carb

Lunch

Tuna salad

1 can of tuna in water, 2 tbsp light mayo, 1/4 cup chopped celery
(230 calories, 29g protein, 9g fat, 6g carb)
1 cup of mixed greens (10 calories, 1g protein, 0g fat, 2g carb)
1/2 cup of cherry tomatoes (15 calories, 1g protein, 0g fat, 4g carb)
1 small pear (60 calories, 0g protein, 0g fat, 15g carb)
Total: 315 calories, 31g protein, 9g fat, 27g carb

Snack

1 small banana (90 calories, 1g protein, 0g fat, 23g carb)
10 baby carrots (50 calories, 2g protein, 0g fat, 12g carb)
1 oz of hummus (70 calories, 2g protein, 6g fat, 3g carb) \Total: 210
calories, 5g protein, 6g fat, 38g carb

Dinner

Baked chicken breast (4 oz, 120 calories, 22g protein, 2g fat, 0g carb)
Roasted sweet potato (1 medium, 105 calories, 2g protein, 0g fat, 24g carb)
Steamed broccoli (1 cup, 55 calories, 4g protein, 1g fat, 11g carb)
Total: 280 calories, 28g protein, 3g fat, 35g carb

Total: Calories 1170, Protein 87g , Fat 36g, Carbohydrates 28g



Day Four

Breakfast

Whole wheat English muffin with 1 tbsp almond butter
(200 calories, 8g protein, 13g fat, 18g carb)

1 small apple (80 calories, 0g protein, 0g fat, 22g carb)

Total: 280 calories, 8g protein, 13g fat, 40g carb

Lunch

Grilled chicken breast (4 oz, 120 calories, 22g protein, 2g fat, 0g carb)

Quinoa salad (1 cup, 160 calories, 5g protein, 3g fat, 29g carb)

Steamed broccoli (1 cup, 55 calories, 4g protein, 1g fat, 11g carb)

Total: 335 calories, 31g protein, 6g fat, 40g carb

Snack

Baby carrots with 1/4 cup of hummus
(120 calories, 4g protein, 6g fat, 13g carb)

Dinner

Baked salmon (4 oz, 160 calories, 22g protein, 7g fat, 0g carb)

Brown rice (1/2 cup, 55 calories, 1g protein, 0g fat, 12g carb)

Roasted asparagus (1 cup, 40 calories, 3g protein, 4g fat, 4g carb)

Total: 255 calories, 26g protein, 11g fat, 16g carb

Daily Total: Calories 1105, Protein 74g , Fat 35g, Carbs 39g



Day Five

Breakfast

1 cup of plain Greek yogurt (120 calories, 22g protein, 0g fat, 9g carb)
1/2 cup of mixed berries (40 calories, 1g protein, 0g fat, 10g carb)
1/4 cup of granola (100 calories, 3g protein, 3g fat, 16g carb)
Total: 260 calories, 26g protein, 3g fat, 35g carb

Lunch

Turkey sandwich made with whole wheat bread
(2 slices, 300 calories, 20g protein, 5g fat, 35g carb)
1/2 cup of baby carrots (25 calories, 1g protein, 0g fat, 6g carb)
1 small apple (80 calories, 0g protein, 0g fat, 22g carb)
Total: 405 calories, 21g protein, 5g fat, 63g carb

Snack

1 small pear (60 calories, 0g protein, 0g fat, 15g carb)
1 oz of almonds (160 calories, 6g protein, 14g fat, 6g carb)
Total: 220 calories, 6g protein, 14g fat, 21g carb

Dinner

Grilled shrimp skewers (4 oz, 120 calories, 22g protein, 2g fat, 0g carb)
Quinoa (1/2 cup, 55 calories, 1g protein, 0g fat, 12g carb)
Steamed green beans (1 cup, 35 calories, 2g protein, 0g fat, 8g carb)
Total: 210 calories, 25g protein, 2g fat, 20g carb

Daily Total: Calories 1095, Protein 73g , Fat 24g, Carbs 139g



Day Six

Breakfast

2 scrambled eggs (140 calories, 12g protein, 10g fat, 1g carb)

1 slice of whole wheat toast (100 calories, 4g protein, 2g fat, 17g carb)

1/2 grapefruit (40 calories, 1g protein, 0g fat, 10g carb)

Total: 280 calories, 17g protein, 12g fat, 28g carbs

Lunch

Tuna salad

1 can of tuna in water, 2 tbsp light mayo, 1/4 cup chopped celery

(230 calories, 29g protein, 9g fat, 6g carb)

1 cup of mixed greens (10 calories, 1g protein, 0g fat, 2g carb)

1/2 cup of cherry tomatoes (15 calories, 1g protein, 0g fat, 4g carb)

1 small orange (45 calories, 1g protein, 0g fat, 11g carb)

Total: 300 calories, 32g protein, 9g fat, 23g carb

Snack

1 small apple (80 calories, 0g protein, 0g fat, 22g carb)

1 oz of cheddar cheese (115 calories, 7g protein, 9g fat, 0g carb)

Total: 195 calories, 7g protein, 9g fat, 22g carb

Dinner

Grilled chicken breast (4 oz, 120 calories, 22g protein, 2g fat, 0g carb)

Brown rice (1/2 cup, 55 calories, 1g protein, 0g fat, 12g carb)

Steamed broccoli (1 cup, 55 calories, 4g protein, 1g fat, 11g carb)

Total: 230 calories, 27g protein, 3g fat, 23g carb

Daily Total: Calories 1005, Protein 83g , Fat 33g, Carbs 96g



Day Seven

Breakfast

Whole wheat English muffin with 1 tbsp almond butter
(200 calories, 8g protein, 13g fat, 18g carb)

1 small banana (90 calories, 1g protein, 0g fat, 23g carb)

Total: 290 calories, 9g protein, 13g fat, 41g carb

Lunch

Grilled chicken breast (4 oz, 120 calories, 22g protein, 2g fat, 0g carb)

Quinoa salad (1 cup, 160 calories, 5g protein, 3g fat, 29g carb)

Steamed broccoli (1 cup, 55 calories, 4g protein, 1g fat, 11g carb)

Total: 335 calories, 31g protein, 6g fat, 40g carb

Snack

1/2 cup of cottage cheese (80 calories, 14g protein, 1g fat, 4g carb)

1/2 cup of mixed berries (40 calories, 1g protein, 0g fat, 10g carb)

Total: 120 calories, 15g protein, 1g fat, 14g carb

Dinner

Baked salmon (4 oz, 160 calories, 22g protein, 7g fat, 0g carb)

Roasted sweet potato (1 medium, 105 calories, 2g protein, 0g fat, 24g carb)

Steamed green beans (1 cup, 35 calories, 2g protein, 0g fat, 8g carb)

Total: 300 calories, 26g protein, 7g fat, 32g carb

Daily Total: 1045 calories, 89g protein, Fat 28g, Carbs 126g





Meal Plan Shopping List



Shopping List

Protein

Boneless, skinless chicken breast
Salmon fillets
Shrimp (fresh or frozen)
Ground turkey
Greek yogurt

Produce

Mixed berries (fresh or frozen)
Blueberries (fresh or frozen)
Raspberries (fresh or frozen)
Bananas
Oranges
Apples
Baby carrots
Sweet potato
Broccoli
Green beans
Mixed vegetables (frozen or fresh)

Dairy

Cottage Cheese

Pantry

Honey
Balsamic Vinagrette
Olive Oil



Protein Substitutes

These substitutes can be used in many salmon recipes, including salads, sandwiches, and main dishes. Just be sure to adjust cooking times and seasonings as needed to suit the substitution.

1. Tilapia: Tilapia is a mild-tasting white fish that is low in calories and high in protein. It can be grilled, baked, or pan-fried and is a great substitute for salmon in many recipes.
2. Tuna: Tuna is a lean, high-protein fish that is also rich in heart-healthy omega-3 fatty acids. It can be grilled, baked, or used in salads or sandwiches as a substitute for salmon.
3. Mahi-mahi: Mahi-mahi is a flavorful fish that is high in protein and low in calories. It has a firm texture and can be grilled or baked as a substitute for salmon.
4. Chicken: If you're looking for a non-seafood option, chicken can be a great substitute for salmon. Grilled or baked chicken breast is high in protein and can be seasoned with herbs and spices to add flavor.
5. Tofu: For a vegetarian or vegan substitute, tofu can be used in place of salmon. It can be marinated and grilled or baked, and is a great source of plant-based protein



Vegetarian Substitutes

Here are some vegetarian substitutes for the meat options in the meal plan, along with serving size suggestions and nutritional information:

1. **Vegetarian burger:** A vegetarian burger made from vegetables, legumes, or grains can be a great substitute for a beef burger. A typical serving size is one patty (around 4 oz), which can provide around 150-200 calories, 10-15 grams of protein, 5-10 grams of fat, and 15-20 grams of carbohydrates, depending on the type of patty and the brand.
2. **Lentils:** Lentils are a great plant-based source of protein and can be used as a substitute for chicken or beef in many recipes. A typical serving size is around 1/2 cup cooked, which provides around 120 calories, 9 grams of protein, 0.5 grams of fat, and 20 grams of carbohydrates.
3. **Tofu:** Tofu is a versatile plant-based protein source that can be used as a substitute for chicken, beef, or fish in many recipes. A typical serving size is around 4 oz, which provides around 80-100 calories, 8-10 grams of protein, 4-6 grams of fat, and 2-4 grams of carbohydrates, depending on the type of tofu and the brand.
4. **Chickpeas:** Chickpeas, also known as garbanzo beans, are a great source of plant-based protein and can be used as a substitute for chicken or beef in many recipes. A typical serving size is around 1/2 cup cooked, which provides around 120 calories, 7-8 grams of protein, 2-3 grams of fat, and 20-25 grams of carbohydrates.
5. **Portobello mushrooms:** Portobello mushrooms can be a great substitute for beef or chicken in many recipes, especially when grilled or roasted. A typical serving size is around 1 mushroom cap, which provides around 20-30 calories, 2-3 grams of protein, 0-1 gram of fat, and 3-5 grams of carbohydrates.



Healthy Substitutes

These non-dairy substitutes can be used in many of the recipes in the meal plan, such as smoothies, salads, and sandwiches. Be sure to adjust the serving sizes and nutritional information as needed to suit the substitution.

1. **Almond milk:** Almond milk is a popular non-dairy milk alternative that can be used in place of cow's milk in many recipes. A typical serving size is around 1 cup, which provides around 30-40 calories, 1-2 grams of protein, 2-3 grams of fat, and 1-2 grams of carbohydrates, depending on the brand.
2. **Soy milk:** Soy milk is another popular non-dairy milk alternative that can be used in place of cow's milk in many recipes. A typical serving size is around 1 cup, which provides around 80-100 calories, 7-8 grams of protein, 4-5 grams of fat, and 4-5 grams of carbohydrates, depending on the brand.
3. **Coconut yogurt:** Coconut yogurt is a non-dairy alternative to regular yogurt that can be used in place of Greek yogurt in many recipes. A typical serving size is around 1/2 cup, which provides around 120-150 calories, 1-2 grams of protein, 7-8 grams of fat, and 10-12 grams of carbohydrates, depending on the brand.
4. **Vegan cheese:** Vegan cheese made from nuts, soy, or other plant-based sources can be used in place of regular cheese in many recipes. A typical serving size is around 1 oz, which provides around 70-100 calories, 1-2 grams of protein, 5-8 grams of fat, and 1-3 grams of carbohydrates, depending on the brand.
5. **Avocado:** Avocado can be used as a non-dairy substitute for butter or cheese in many recipes, especially when it comes to spreads or toppings. A typical serving size is around 1/4-1/2 avocado, which provides around 80-160 calories, 1-2 grams of protein, 7-15 grams of fat, and 4-8 grams of carbohydrates.



Recommended Supplements

We recommend the following supplements to support your nutritional needs with this meal plan:

Designs for Health Twice Daily Multivitamin

Contains optimal amounts of many nutrients not easily obtained in most diets, including vitamin E, a highly digestible form of folate, and true amino acid chelate minerals for optimal tolerance and absorption.

Designs for Health ProbioMed™ 50

High potency, shelf stable, dairy-free probiotics formulation containing 50 billion CFU per serving.

It consists of ten of the most highly-researched probiotic strains, with each strain and specific CFU count being fully disclosed.

Designs for Health Protein Powder

Choose from a selection of protein powders to best fit your overall health needs. Great for smoothies.

All Designs for Health Supplements are medical grade and made with Non-GMO ingredients.



Foods to Buy Organic

Our providers follow recommendations made by The Environmental Working Group for produce you should buy organic whenever possible, as they are typically grown without the use of pesticides . These include:

Strawberries



Blueberries



Nectarines



Apples



Grapes



Cherries



Peaches



Pears



Peppers



Spinach



Kale, Collard & Mustard Greens



Green Beans



For more information visit www.ewg.org