

DailyCoreWellness

Heart Healthy Meal Plan

Your simple 7-day guide to support healthy cholesterol, balanced blood pressure, and long-term cardiovascular wellness. Follow this structured weekly plan to nourish your heart with smart, delicious food choices.

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7-Day Heart Healthy Meal Plan

This meal plan focuses on whole foods, lean proteins, healthy fats, and fiber-rich ingredients. Use it weekly to build consistent heart-supportive eating habits. Adjust portions based on your personal energy needs.

Day	Breakfast	Lunch	Dinner	Snack
Day 1	Oatmeal with berries & chia	Grilled chicken salad	Baked salmon, quinoa, broccoli	Apple & almonds
Day 2	Greek yogurt with walnuts	Lentil vegetable soup	Grilled turkey, brown rice, spinach	Carrots & hummus
Day 3	Avocado toast & egg	Chickpea salad bowl	Baked cod, sweet potatoes, green beans	Pear & walnuts
Day 4	Green smoothie	Quinoa vegetable bowl	Chicken stir-fry	Unsweetened yogurt
Day 5	Overnight oats	Black bean veggie wrap	Grilled salmon, barley, sprouts	Pistachios
Day 6	Eggs with spinach	Mediterranean tuna salad	Baked chicken, quinoa, vegetables	Orange slices
Day 7	Whole grain cereal	Vegetable lentil bowl	Grilled shrimp, brown rice, asparagus	Dark chocolate

Heart Health Tips: • Stay hydrated throughout the day. • Limit excess salt and added sugars. • Include physical activity most days of the week. • Prioritize consistent meal timing.