

Eat Heart Smart






Day 1

Day 2

Day 3

Day 4

Day 5

BREAKFAST				
<p>Oatmeal</p> <p>1 cup cooked oatmeal (½ cup dry) 2 tbsp. walnuts, chopped or nut butter 1 tsp. cinnamon ½ cup blackberries</p> 	<p>Breakfast Sandwich</p> <ul style="list-style-type: none"> • 1 whole-grain English muffin • 2 eggs, scrambled or fried • 1 slice Swiss cheese • 1 slice tomato • 1 mandarin orange 	<p>Yogurt</p> <p>1 cup plain Greek yogurt 1 banana 2 tsp. honey 2 tbsp. almonds, slivered</p>	<p>Smoothie</p> <ul style="list-style-type: none"> • 1 cup skim milk • ½ cup frozen strawberries • 2 kiwis • 2 tbsp. oats • 2 tbsp. nut butter 	<p>Fruit Toast</p> <p>2 slices whole-grain toast 2 tbsp. nut butter 1 tbsp. ground flax seed ½ cup strawberries</p>
LUNCH				
<p>Adult Mini Meal</p> <p>8-12 low-sodium crackers 3 oz. canned tuna or 1 2.6-oz. tuna packet 1 apple 8 baby carrots 1 2-oz. guacamole cup</p>	<p>Quinoa Salad</p> <ul style="list-style-type: none"> • ½ cup quinoa, cooked and cooled • 1 peach, diced • ¼ cup blueberries • ¼ cup cucumber, diced • 2 tbsp. pecans, chopped • 1 tbsp. each lemon juice and olive oil 	<p>Veggie Sandwich</p> <ul style="list-style-type: none"> • 2 slices whole-grain bread • 3 tbsp. hummus • ½ avocado, mashed • ¼ cup cucumber, sliced • ¼ bell pepper, sliced • ½ cup mixed greens 	<p>Fruit Salad</p> <ul style="list-style-type: none"> • 3 cups mixed greens • ½ cup chickpeas • ¼ cup peas • ¼ cup cantaloupe • 1 tbsp. each olive oil and red wine vinegar 	<p>Mediterranean Bowl</p> <ul style="list-style-type: none"> • ½ cup cooked brown rice • ¼ cup black beans • ¼ cup corn • 3 oz. chicken • ½ bell pepper, sliced • 2 tbsp. salsa
DINNER				
<p>Chili (serving size = 1 cup)</p> <ul style="list-style-type: none"> • 1 lb. ground turkey • 15-oz. can kidney beans* • 15-oz. can white beans* • 8-oz. can tomato sauce* • 28-oz. can crushed tomatoes* • 4-oz. can tomato paste* • 1 yellow onion, chopped • 2 bell peppers, chopped • 2 tbsp. chili powder • 1 tbsp. garlic powder • 1 tbsp. black pepper • 1 tbsp. cumin <p><i>*choose no salt added</i></p> 	<p>Pasta With Shrimp</p> <ul style="list-style-type: none"> • 3-6 oz. shrimp • 1 cup whole wheat pasta • 1 cup spinach • ½ cup shredded cabbage, cooked • 2 tsp. olive oil 	<p>Spaghetti With Meat Sauce (serving size = 1 cup)</p> <ul style="list-style-type: none"> • 1 medium spaghetti squash, cooked and turned into noodles • 1 lb. ground turkey • 24-oz. jar marinara sauce • 8 oz. mushrooms, sliced • 1 red onion, chopped • 1 zucchini, diced 	<p>Fish Tacos</p> <ul style="list-style-type: none"> • 2 corn or whole-wheat tortillas • 3-6 oz. cod • ¼ cup black beans • ½ mango, diced • 2 tbsp. onion, diced • 2 tbsp. tomatoes, diced • Lettuce or spinach • ¼ avocado 	<p>Salmon With Veggies</p> <ul style="list-style-type: none"> • 3-6 oz. salmon • ½ cup sweet or rustic potatoes, diced • 6 asparagus spears, roasted • ¼ cup cherry tomatoes, halved and roasted 
SNACK (optional)				
1 cup edamame	½ cup grapes with Gouda or mozzarella cheese	Apple with peanut butter	½ cup pineapple and cottage cheese	10 cherries with unsalted cashews

Beverages

- Choose water, skim milk, green or black tea, or black coffee.
- Limit soda, sweet tea, fruit juice, and energy and sports drinks.

Tips and Tricks

- Multiply recipe for servings desired.
- Swap out ingredients as you like.
- Leave skin on fruits and vegetables for extra nutrients and fiber.

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