Meal Plan for Heart Health and Weight Management
Mount Sinai is committed to helping you take a mindful approach to self-care and healthy living.

An important part of self-care includes choosing foods that are nutritious, taste good, and support a positive mood and outlook. We have included a sample nutritious heart-healthy meal plan filled with delicious recipes for you and your family to share on your journey to optimal health.

Learn more at
mountsinai.org/about/wellness/nutrition

This guide also lists activity options that you can include in your personal wellness plan.

This guide has only been designed as a suggestion and does not take the place of a visit with your physician. Consult with your health care team to outline a wellness plan that is safe for you to follow.
# My Healthy Lifestyle Plan

## Recreational Activities

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<tr>
<th>Activity</th>
<th>Duration</th>
<th>Days Per Week</th>
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Members of My Health Care Team

1. Primary Care Practitioner: ________________________________

2. Specialist Physicians: ________________________________

   ____________________________________________________

   ____________________________________________________

   ____________________________________________________

3. Registered Dietitian: ________________________________

5. Pharmacist: ________________________________

6. Other: ________________________________

   ____________________________________________________

   ____________________________________________________

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Breakfast Options

Black coffee with almond milk and a sugar substitute or cup of green tea can be added to any of the meals below.

1 **Yogurt Blend**
   - 1 low-fat plain Greek yogurt (6oz)
   - 1/2 cup blueberries
   - 1 tablespoon of chia or flaxseeds

2 **Egg White Omelet**
   - 3 egg whites
   - 1 slice whole grain bread
   - 1 tablespoon shredded low-fat cheese
   - Peppers, Onions, Mushrooms

3 • 2 hard-boiled eggs
   - 1 slice of whole grain bread
   - 1/3 diced avocado, spread on bread

4 **Overnight Chia Pudding**
   - 2 tbsp Chia seeds
   - ½ cup almond milk or milk of choice
   - Sprinkled cinnamon
   - ¼ cup berries
   - Refrigerate overnight
5 • Slice of Ezekiel bread
  • 1/3 mashed avocado, spread on bread
  • 1 egg (poached, scrambled, lightly fried)

6 • 1 Lite Babybel cheese or 1 low-fat cheese stick
  • 1 boiled egg
  • 6 oz of almond milk with 1 tsp of chia seeds

7 You can replace meals with pre-made protein shakes, or add protein in powder form to smoothies.

**Muscle Milk Genuine Premade** (11 or 14 oz): 160 calories, 25 gm protein, multiple flavors

**GNC Total Lean Shake Premade** (14oz): 170 calories, 25 gm protein each), multiple flavors

**GNC Total Lean Shake 25 Powder**: 200 calories, 25 gm protein per scoop - mix 1 scoop of with 8 oz of water

**Premier Protein**: 30 gm protein, 160 calories

**Orgain Plant Protein Shake**: 20 gm of protein, 150 calories

**Ripple Protein Shake**: 20 gm of protein, 200 calories

**Fairlife Core Power Shake**: 26-30 gm of protein, 150 calories
1 **Tuna-stuffed Cucumber Bites with Boiled Egg**

For the Tuna Salad:

- 1 can of tuna in water
- Diced onion and celery
- Light mayonnaise
- Splash of Worcestershire sauce
- Lemon pepper

Scoop out the seeds of the cucumber and fill with tuna salad.

2 **Mixed Green Salad**

- Lettuce, your preference
- 4 oz of grilled chicken or other lean protein
- ½ cup of cherry tomatoes, cucumbers, peppers, onions, ½ cup of beans, chopped avocado
- Oil/vinegar dressing
- Piece of fresh fruit

3 **Turkey Sandwich**

- 3 oz of fresh oven-roasted turkey breast
- Lettuce and tomato, mustard
- Low-carb wrap
- Carrot/cucumbers cut up and 1/3 of Hass avocado
- Side salad with oil/vinegar
### Kale Grain Bowl with Sesame Tuna or Salmon
- 4 oz of tuna seared steaks or water-packed tuna, or wild canned salmon
- 1 tsp salt
- ¼ tsp of pepper
- 1 tsp of sesame oil
- 1 cup of chopped, and stemmed kale
- ½ cup of cucumber
- ¼ cup of edamame
- 1 cup of quinoa
- Toasted sesame seeds (optional)

### Vegetable Lentil Soup
- Vegetable lentil soup (carrots, spinach, mushrooms, carrots, veggie broth)
- Cut up avocado (add to soup or eat separately)
- 1 boiled egg (add to soup or eat separately)
6 **Cold Bean Salad**

- Garbanzo, kidney, black, cannellini beans
- Red onion, celery, carrots, cucumbers, cherry tomatoes
- Fresh lime, garlic, olive oil, salt and peppers
- Avocado

7 **Quinoa and Black Bean Salad**

- 1 cup (8 oz) rinsed quinoa
- 1 15 oz can black beans, drained and rinsed
- Red onions, peppers, cilantro, lime juice, cumin, paprika
- Options to add: salmon, grilled chicken, turkey meatballs
### Dinner Options

1. **Roasted Salmon and Asparagus**
   - 6 oz grilled salmon
   - 1-2 cups of vegetables (asparagus, broccoli, spinach, carrots)
   - 1 cup of oven roasted herbed potatoes or 1 cup of quinoa (add vegetables for added fiber)
   - 1 tbsp of olive oil
   - Add herbs and spices to taste

2. **Grilled Shrimp and Vegetable Stir Fry**
   - 6 oz of grilled shrimp sauteed in garlic, lemon, white wine
   - 1 cup of steamed or sauteed vegetables (peppers, mushrooms, onions, snap peas, snow peas, water chestnuts, cabbage, bok choy)
   - ½ to 1 cup cooked quinoa
   - 1 tbsp of olive oil
   - 1/8 tsp salt
   - ¼ tsp of pepper
3 Cast Iron Chicken and Broccoli

- 4-6 oz of skinless, boneless chicken breast halves
- 1-½ cups of broccoli florets
- ½ cup chopped red onion
- 2 tsp Dijon mustard
- ½ tsp dried rosemary
- 1 tbsp of olive oil
- 1/8 tsp salt
- ¼ tsp of pepper
- ½ cup of cooked brown rice, cooked separately
- Sautéé all ingredients together and add to cooked rice

4 Sheet Pan Meal

- Vegetables (broccoli, cauliflower, brussels sprouts, carrots, zucchini)
- Chicken thighs, fish, or tofu (for tofu, dry the block of tofu with a paper towel, cut in cubes and coat with a tablespoon of olive oil)
- 1 cup of cut up roasted sweet potatoes
- Season with garlic, rosemary, pepper, parsley
- Roast all ingredients in a sheet pan at 375 degrees for 45 minutes
Cast Iron Chicken and Broccoli

- 4-6 oz of skinless, boneless chicken breast halves
- 1-½ cups of broccoli florets
- ½ cup chopped red onion
- 2 tsp Dijon mustard
- ½ tsp dried rosemary
- 1 tbsp of olive oil
- 1/8 tsp salt
- ¼ tsp of pepper
- ½ cup of cooked brown rice, cooked separately

Instructions:

- Sauteé all ingredients together and add to cooked rice.

5 Loaded Turkey Meatballs

- 1 pound ground turkey
- 1/2 cup lightly steamed broccoli florets, finely chopped
- 1/2 cup kale, finely chopped (or any other green)
- 1/2 cup carrots, finely chopped
- 2 tbsp fresh cilantro, finely chopped (or basil, parsley, or dill)
- 1 egg, beaten
- 1 tsp salt
- 1/2 tsp garlic powder
- Pepper to taste

Instructions:

- Preheat oven to 400 degrees and line baking sheet with parchment paper OR place a cooling rack on top of baking sheet.
- Combine all meatball ingredients in a large bowl until well mixed.
- Roll into about 28-30 small meatballs (use a small cookie scoop to get uniform balls) and place onto prepared baking sheet.
- Bake for 15-18 minutes, until baked through and slightly golden.
Healthy combo snacks can satisfy your munchies. Snacks are a great way to keep your energy up and subside your hunger until you can sit down and have a nice meal.

1. 2 tbsp chia seeds
   - 1 cup unsweetened almond milk
   - ½ tsp vanilla extract
   - 175 calories

2. ¾ medium red bell pepper, sliced
   - ¼ cup hummus
   - 135 calories

3. 1 medium apple
   - 1 Tbsp peanut butter
   - 200 calories

4. 1 medium orange
   - 1 low fat cheese stick
   - 120 calories
5. 2 medium carrots
   • 2 Tbsp hummus
   • 175 calories

6. 1 boiled egg
   • 1 medium orange
   • 170 calories

7. 1 cup blueberries
   • 1 cup nonfat plain Greek yogurt
   • 215 calories

8. 1 cup strawberries
   • 1 cup nonfat plain Greek yogurt
   • 1 Tbsp slivered almonds
   • 215 calories