Diet Plan for Lowering Cholesterol (High Cholesterol Meal Plan) Summarized:

A 1200-1300 calories meal plan designed to lower overall body weight and total cholesterol levels.

Day	Breakfast	Snack	Lunch	Snack	Dinner	Total Cholesterol	Total Calories
Monday	½ cup Greek yogurt topped with banana chunks and walnuts Total calories: 240 Total cholesterol: 10 mg	Carrot juice (1 cup) Calories: 100	Kidney beans cooked with olive oil + whole wheat pita bread + beets, cucumber, and apple salad Calories: 420	½ cup nuts and seeds mixture Calories: 150	Cheesy vegetable sandwich (made with cottage cheese) (2) Grapefruit juice (1 cup) Calories: 370 Cholesterol: 20 mg	30 mg	1280
Tuesday	1 Cup Blueberry Oats Calories: 250 Cholesterol: 10 mg	Pineapple + avocado salad (1 cup) Calories: 150	Sautéed Mushroom chicken (skinless) + whole wheat tortilla + Mango chunks Total calories: 370 Cholesterol: 110 mg	1 cup coffee (Prepared with fat-free milk) Calories: 120 Cholesterol: 10 mg	Red lentil soup (1 cup) + garlic bread Peach (1) Calories: 385	130 mg	1275
Wednesday	Whole wheat French Toast (2) Made with olive oil Calories: 310	Boiled egg whites (3) Calories: 60	3 oz Tuna stuffed with salt, pepper, and lemon + Honey glazed veggies Calories: 350 Cholesterol: 30 mg	Peanut butter (2 tbsp) Calories: 90	Whole wheat cheesy spinach pasta (1 cup) (Cooked with low-fat or cottage cheese) + 1 cup pineapple juice Calories: 420 Cholesterol: 125 mg	155mg	1230
Thursday	Veggie omelet made with egg whites (2) + bran bread slices (2) + 1 cup fat-free milk Calories: 400 Cholesterol: 10 mg	Watermelon and tomato salad (1 cup) Calories: 120	Turkey stir fry with brown rice + Roasted vegetables Calories: 340 Cholesterol: 115 mg	Dark chocolate, whole wheat muffin (1) Calories: 120 Cholesterol: 5 mg	Veggie + hummus sandwich (1) + 1 pear Calories: 310	130 mg	1290
Friday	Granola Bars (2) + 1 cup fat-free milk Calories: 260 Cholesterol: 29 mg	Pepper stuffed sweet potato (/2 cup) Calories: 120	Grilled Salmon (3 oz) + corn salad + 1 cup pomegranate juice Calories: 410 Cholesterol: 63 mg	Roasted almonds (12) Calories: 120	Chickpea stew + brown rice (1/2 cup) + onions and tomato salad Calories: 340	92 mg	1250
Saturday	whole wheat bread (2 slices) with avocado spread 1 cup orange juice Calories: 350	Berries salad (1 cup) Calories: 120	Chicken steak + sour cream sauce + mashed potato Calories: 380 Cholesterol: 92 mg	Cookies (2) Calories: 150 Cholesterol 5 mg	Vegetable soup with spinach (1 cup) Calories: 210	97 mg	1200
Sunday	Scrambled egg whites with spinach + whole wheat bread (2 slices) Calories: 360 Cholesterol: 10mg	Sweet corn salad (1/2 cup) Calories: 130	Vegetable rice (1/2 cup) Pineapple chunks Calories: 250	1 cup carrot juice Calories: 120 mg	Chicken + avocado salad (1 cup) + Mint smoothie (1 cup) Calories: 340 Cholesterol: 95 mg	105 mg	1200