

### 7-Day Heart Healthy Meal Plan

Here is a 7-day meal plan of 1000 kcal per day for patients with heart failure. You can play around with your calories, reducing and increasing your daily intake according to your body's demands by simply skipping one of the mid-day snacks.

Day 1	Meal	Food Item	Calories (Kcal)
Monday	Breakfast	Mixed nuts oatmeal (1 cup) + 1 apple	210
	Snack	Baked sweet potato with lemon and pepper seasoning	120
	Lunch	Steamed chicken+ plain rice	330
	Snack	Caramel flavored popcorns	150
	Dinner	Vegetable spaghetti (without cheese or mayo)	250

Day 2	Meal	Food Item	Calories (Kcal)
Tuesday	Breakfast	Greek yogurt bowl topped with frozen blueberries	230
	Snack	1 cup mango chunks	90
	Lunch	Swiss cheese chicken sandwich (2)	350
	Snack	½ cup peanuts (unsalted)	60
	Dinner	Vegetable brown rice	290

Day 3	Meal	Food Item	Calories (Kcal)
Wednesday	Breakfast	Smashed (medium) Avocado toast (2)	250
	Snack	Fruit salsa with sprinkled flaxseeds	140
	Lunch	Red bean stew ½ cup + whole wheat tortilla	340
	Snack	Dried figs (2)	60
	Dinner	Veggie burger with light mayo	290

Day 4	Meal	Food Item	Calories (Kcal)
Thursday	Breakfast	Chia seed pudding topped with strawberries (1 cup)	220
	Snack	Multigrain toast with homemade apple jam	150
	Lunch	Curried chicken tortilla wrap (1)	260
	Snack	Oat muffin (without salt)	120
	Dinner	Baked cod (3oz) + Brown rice	310

Day 5	Meal	Food Item	Calories (Kcal)
Friday	Breakfast	Greek yogurt (1 cup) + Boiled egg whites (4)	240
	Snack	Cantaloupe chunks	110
	Lunch	Baked eggs with tomato sauce + whole wheat tortilla (1) + Roasted kale	350
	Snack	12 almonds	120
	Dinner	Popcorn (1/2 cup without salt)	170

Day 6	Meal	Food Item	Calories (Kcal)
Saturday	Breakfast	Multi-grain waffles (2)	260
	Snack	Boiled corn (1/2)	70
	Lunch	cooked chicken rice 1 cup + beets, carrots & lettuce salad	390
	Snack	Vanilla wafers	90
	Dinner	Vegetable spaghetti (1cup)	260

Day 7	Meal	Food Item	Calories (Kcal)
Sunday	Breakfast	Honey-glazed banana pancakes	250
	Snack	Mix bean salad with sprinkled lemon and olive oil (1 cup)	150
	Lunch	Tuna salad (1 cup)	230
	Snack	Banana + dried dates (2)	100
	Dinner	Zucchini & chicken noodles (1 cup)	270

### Summary of 7-Day Heart Healthy Meal Plan:

Day	Breakfast	Snack	Lunch	Snack	Dinner	Total Calories
<b>Monday</b>	Mixed nuts oatmeal (1 cup) + 1 apple  210 kcal	Baked sweet potato with lemon and pepper seasoning  120 kcal	Steamed chicken+ plain rice  330 kcal	Caramel flavored popcorns  150 kcal	Vegetable spaghetti (without cheese or mayo)  250 kcal	1050
<b>Tuesday</b>	Greek yogurt bowl topped with frozen blueberries  230 kcal	1 cup mango chunks  90 kcal	Swiss cheese chicken sandwich (2)  350 kcal	½ cup peanuts (unsalted)  60 kcal	Vegetable brown rice  290 kcal	1020
<b>Wednesday</b>	Smashed (medium) Avocado toast (2)  250 kcal	Fruit salsa with sprinkled flaxseeds  140 kcal	Red bean stew ½ cup + whole wheat tortilla  340 kcal	Dried figs (2)  60 kcal	Veggie burger with light mayo  290 kcal	1080
<b>Thursday</b>	Chia seed pudding topped with strawberries (1 cup)  220 kcal	Multigrain toast with homemade apple jam  150 kcal	Curried chicken tortilla wrap (1)  260 kcal	Oat muffin (without salt)  120 kcal	Baked cod (3oz) + Brown rice  310 kcal	1060 kcal
<b>Friday</b>	Greek yogurt (1 cup) + Boiled egg whites (4)  240 kcal	Cantaloupe chunks  110 kcal	Baked eggs with tomato sauce + whole wheat tortilla (1) + Roasted kale  350 kcal	12 almonds  120 kcal	Popcorn (1/2 cup without salt)  170 kcal	1000 kcal
<b>Saturday</b>	Multi-grain waffles (2)  260 kcal	Boiled corn (1/2)  70 kcal	cooked chicken rice 1 cup + beets, carrots & lettuce salad  390 kcal	Vanilla wafers  90 kcal	Vegetable spaghetti (1cup)  260 kcal	1070
<b>Sunday</b>	Honey-glazed banana pancakes  250 kcal	Mix bean salad with sprinkled lemon and olive oil (1 cup)  150 kcal	Tuna salad (1 cup)  230 kcal	Banana + dried dates (2)  100 kcal	Zucchini & chicken noodles (1 cup)  270 kcal	1000 kcal