

7-Day Heart Healthy Meal Plan: 1500 Kcal per day:

Here is a day-wise meal plan for patients with heart failure. These daily meal plans have an estimated 1500 kcal per day.

You can easily modify these meal plans by simply skipping the snacks or reducing the quantity to half.

Day 1	Meal	Food Item	Calories (Kcal)
Monday	Breakfast	Tomato basil & avocado sandwich	250
	Snack	Roasted harissa potatoes	160
	Lunch	Turkey Bolognese with whole wheat pasta (made with cottage cheese)	450
	Snack	Spinach muffin	150
	Dinner	Airfryer veggie frittata	390

Day 2	Meal	Food Item	Calories (Kcal)
Tuesday	Breakfast	Banana split yogurt bowl topped with hemp seeds	290
	Snack	1 cup papaya chunks	90
	Lunch	Salmon mango and avocado salad bowl	410
	Snack	Strawberry jam fig toast	130
	Dinner	Tuna and spinach pasta with olive oil	450

Day 3	Meal	Food Item	Calories (Kcal)
Wednesday	Breakfast	Scrambled egg with avocado toast	280
	Snack	Roasted carrot sticks with hummus	190
	Lunch	Chickpea & and asparagus tahini salad	370
	Snack	Air fried peaches (2)	120
	Dinner	Crunchy cauliflower bites	400

Day 4	Meal	Food Item	Calories (Kcal)
Thursday	Breakfast	Green onion pancakes with kimchi	310
	Snack	Boiled egg whites (2)	90
	Lunch	Turkey chili (homemade) with whole wheat tortilla	430
	Snack	Cashew granola bar (1)	150
	Dinner	Avocado and cottage cheese toast	380

Day 5	Meal	Food Item	Calories (Kcal)
Friday	Breakfast	Apple pie oats bowl	240
	Snack	½ cup strawberries and cherries	100
	Lunch	Chicken and edamame rice bowl	390
	Snack	Caramelized banana	140
	Dinner	Grilled chicken sandwich with avocado	450

Day 6	Meal	Food Item	Calories (Kcal)
Saturday	Breakfast	Grilled pineapple yogurt bowl with chia seeds	270
	Snack	Roasted chickpeas ½ cup	120
	Lunch	Honey chipotle salmon with pineapple chunks	430
	Snack	Oatmeal apricot bar (1)	170
	Dinner	Garlic and herbs shrimp pasta	420

Day 7	Meal	Food Item	Calories (Kcal)
Sunday	Breakfast	Blueberry pancakes	210
	Snack	Almonds and raisins (6+6)	120
	Lunch	Cauliflower curry with whole wheat tortilla	410
	Snack	Dried apricots and figs	120
	Dinner	Baked brussel sprouts and caramelized onions bowl topped with sesame seeds	460

Summary of 7-Day Heart Healthy Meal Plan: 1500 Kcal per day

Here is a summary of a 7-day heart-healthy meal plan.

Day	Breakfast	Snack	Lunch	Snack	Dinner	Total Calories
Monday	Tomato basil & avocado sandwich 250 kcal	Roasted harissa potatoes 160 kcal	Turkey Bolognese with whole wheat pasta (made with cottage cheese) 450 kcal	Spinach muffin 150 kcal	Airfryer veggie frittata 390 kcal	1400
Tuesday	Banana split yogurt bowl topped with hemp seeds 290 kcal	1 cup papaya chunks 90 kcal	Salmon mango and avocado salad bowl 410 kcal	Strawberry jam fig toast 130 kcal	Tuna and spinach pasta with olive oil 450 kcal	1370 kcal
Wednesday	Scrambled egg with avocado toast 280 kcal	Roasted carrot sticks with hummus 190 kcal	Chickpea & asparagus tahini salad 370 kcal	Air fried peaches (2) 120 kcal	Crunchy cauliflower bites 400 kcal	1350 kcal
Thursday	Green onion pancakes with kimchi 310 kcal	Boiled egg whites (2) 90 kcal	Turkey chili (homemade) with whole wheat tortilla 430 kcal	Cashew granola bar (1) 150 kcal	Avocado and cottage cheese toast 380 kcal	1360 kcal
Friday	Apple pie oats bowl 240 kcal	½ cup strawberries and cherries 100 kcal	Chicken and edamame rice bowl 390 kcal	Caramelized banana 140 kcal	Grilled chicken sandwich with avocado 450 kcal	1320 kcal
Saturday	Grilled pineapple yogurt bowl with chia seeds 270 kcal	Roasted chickpeas ½ cup 120 kcal	Honey chipotle salmon with pineapple chunks 430 kcal	Oatmeal apricot bar (1) 170 kcal	Garlic and herbs shrimp pasta 420 kcal	1410 kcal
Sunday	Blueberry pancakes 210 kcal	Almonds and raisins (6+6) 120 kcal	Cauliflower curry with whole wheat tortilla 410 kcal	Dried apricots and figs 120 kcal	Baked brussel sprouts and caramelized onions bowl topped with sesame seeds 460 kcal	1370 kcal