

🍀 7-Day Plant-Based Heart-Healthy Meal Plan 🍀



Day 1

Breakfast

Oatmeal with blueberries, chia seeds, walnuts

Lunch

Lentil soup with carrots, celery, spinach

Whole grain bread

Dinner

Quinoa bowl: chickpeas, roasted zucchini, bell peppers, olive oil + lemon

Snack

Apple + handful of almonds

Day 2

Breakfast

Smoothie: spinach, banana, flaxseed, berries, unsweetened soy milk

Lunch

Brown rice + black beans + avocado + salsa

Dinner

Stir-fry tofu with broccoli, mushrooms, garlic, ginger

Snack

Carrot sticks + hummus

Day 3

Breakfast

Whole grain toast + peanut butter + sliced banana

Lunch

Chickpea salad (cucumber, tomato, olive oil, lemon, parsley)

Dinner

Sweet potato + lentils + steamed greens

Snack

Orange + handful of walnuts

Day 4

Breakfast

Overnight oats with cinnamon, apple, chia seeds

Lunch

Vegetable minestrone soup + beans

Dinner

Whole wheat pasta + tomato sauce + spinach + mushrooms

Snack

Unsweetened soy yogurt + berries

Day 5

Breakfast

Smoothie bowl: berries, flax, oats, soy milk

Lunch

Quinoa + roasted vegetables + tahini dressing

Dinner

Black bean chili with tomatoes, peppers, onions

Snack

Pear + almonds

Day 6

Breakfast

Oatmeal with raisins, cinnamon, walnuts

Lunch

Hummus wrap with whole grain tortilla, greens, cucumber, carrots

Dinner

Baked tofu + brown rice + steamed broccoli

Snack

Grapes + pumpkin seeds

Day 7

Breakfast

Whole grain toast + avocado + tomato

Lunch

Lentil curry with spinach + basmati brown rice

Dinner

Vegetable stew (carrots, beans, potatoes, kale)

Snack

Apple + peanut butter



Key nutrients to focus on Protein sources

Lentils

Chickpeas

Black beans

Tofu / tempeh

Edamame

Healthy fats

Olive oil

Avocado

Walnuts

Flaxseed / chia seeds

Fiber & antioxidants

Berries

Leafy greens

Cruciferous vegetables (broccoli, cabbage)

Whole grains

Hydration

Water throughout the day

Herbal teas (non-caffeinated if preferred)

Foods to limit (for good health)

Deep-fried foods, Ultra-processed snacks, Sugary drinks, Excess refined carbs (white bread, pastries)