

1500 Calorie Heart Healthy Menu

7 Day Menu Set 1

Day 1

BREAKFAST

1 wheat English muffin
1/2 cup Egg Beaters
1 oz extra lean ham
1 medium orange
8 fl oz light vanilla soymilk

LUNCH

1 cup low sodium vegetable beef soup
1/2 piece cornbread
20 soup & oyster crackers

DINNER

3 oz beef tenderloin
1 c roasted redskin potatoes w/ veggies
3/4 cup green salad
1 tsp balsamic vinegar
1 fl oz lemon juice

SNACKS

Morning

4 oz Dannon Activia yogurt
1 Tbsp ground flax seed
1 oz Baked Lay's chips

Afternoon

1 small apple
2 Tbsp unsalted cashew butter

Day 2

BREAKFAST

1 cup Multi-grain Cheerios cereal
2 Morningstar Farms veggie sausage links
1/2 cup raspberries
8 fl oz skim milk

LUNCH

* 1 serving Vegetable Quesadilla
2 Tbsp salsa
1/4 cup Spanish rice

DINNER

1 beef and vegetable fajita
1 Tbsp fat free sour cream
1/3 cup boiled black beans

SNACKS

Morning

1 oz whole wheat pita chips
2 Tbsp hummus

Afternoon

1 medium peach
6 oz non fat plain yogurt
1 oz whey protein powder

Day 3

BREAKFAST

1 veggie omelet
1 cup low fat cottage cheese
1 slice whole wheat toast

LUNCH

* 1/2 Whole Wheat Pita Pizza
Greens Salad:
2 cups mixed baby greens
1/4 avocado
1/4 green onion
2 tbsps fat free ranch dressing

DINNER

1 cup minestrone soup
1/3 oz mozzarella cheese
6 low salt whole wheat crackers
2 whole wheat rolls

SNACKS

Morning

8 fl oz light chocolate soymilk
8 low fat honey graham crackers

Afternoon

6 oz Yoplait light yogurt
1/2 cup low fat cottage cheese
2 Tbsp toasted wheat germ

Nutrient Analysis

Nutrients	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Average for 7 Days
Calories (kcal)	1453	1581	1425	1465	1560	1543	1571	1514
Protein (g)	91	104	89	94	107	110	99	99
Carbs (g)	189	202	194	191	203	192	205	197
Fat (g)	42	43	37	37	37	43	43	41
Cholesterol (mg)	128	128	237	220	138	146	213	173
Trans fat (g)	0	0	0	0	0	0	0	0
Saturated fat (g)	9	12	10	13	7	9	13	10
Fiber (g)	26	29	28	36	23	32	21	28
Sugar (g)	67	59	64	84	66	52	114	73
Sodium (mg)	2130	2396	2249	1899	1680	2328	1707	2056

* Recipe

** Drink 8 to 10
glasses of water
per day
(64-80 fluid ounces)

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1500 Calorie Heart Healthy Menu

7 Day Menu Set 1

Day 4

BREAKFAST

1 1/4 cups cooked oatmeal
 1 packet Splenda brown sugar
 3/4 raspberries
 8 fl oz skim milk

LUNCH

1 1/4 cups chef salad
 Turkey pita:
 1 whole wheat pita
 2 slices oven roasted turkey breast
 1/4 cup cucumber
 1/4 red tomato

DINNER

3 oz braised lamb
 1/2 cup boiled green peas
 5 sprays of butter
 1/4 cup cooked quinoa
 3/4 cup cooked green bell pepper

SNACKS

Morning
 1 piece light string cheese
 1/2 cup unsweetened applesauce
Afternoon
 1 wheat bran muffin w/ raisins
 4 oz Dannon Activia yogurt

Day 5

BREAKFAST

2 Kashi Heart to Heart honey oat waffles
 1 1/3 Tbsp unsalted almond butter
 6 oz Yoplait light yogurt

LUNCH

Veggie burger:
 1 Morningstar Farms veggie burger
 1 wheat bun
 1 piece romaine lettuce
 1/4 red tomato
 1 tsp light mayo
 8 baby carrots

DINNER

* 1 serving Herb Crusted Chicken & Fall
 Vegetable Medley
 1 wheat dinner roll

SNACKS

Morning
 1/2 medium banana
 1/4 cup low fat cottage cheese
 1 oz whey protein powder
Afternoon
 1 Dannon Light 'n Fit carb control yogurt
 1 Tbsp ground flax seed
 1/4 cup grapes

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Day 6

BREAKFAST

1 1/4 cup Kashi Go Lean cereal
1/2 grapefruit
8 fl oz light vanilla soymilk

LUNCH

1 gyro sandwich with onion and tomato
1 Tbsp hummus
1 oz whole wheat pita chips
1 cup raw broccoli flower clusters

DINNER

2 Chicken soft taco w/ cheese and lettuce
2 cups lettuce salad w/ 2 tsp lemon juice

SNACKS

Morning

1/2 mango
1 oz unsalted soy nuts

Afternoon

8 fl oz light vanilla soymilk
1/4 cup trail mix

Day 7

BREAKFAST

1 Odwalla bar
8 fl oz Odwalla fruit smoothie blend
1 oz whey protein powder

LUNCH

* 1/2 c Broccoli, Cheese & Rice Casserole
1 Weight Watchers low fat carrot muffin
1 cup cantaloupe

DINNER

* 1/4 cup three bean salad
1/2 cup acorn winter squash baked
1 tbsp Benecol light spread
5 oz roasted chicken, skinless

SNACKS

Morning

1 piece light string cheese
2 pieces wheat melba toast

Afternoon

6 oz Dannon Light 'n Fit nonfat yogurt
1 cup sweet cherries

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Vegetable Quesadillas



Vegetable Quesadillas

Makes 1 serving (1 serving is 1 quesadilla)

- 1/4 summer squash
- 1/4 cup broccoli
- 1/4 cup red bell peppers
- 1/4 cup carrots
- 1/8 cup chopped onions
- 1/8 cup mushrooms
- 1 oz reduced fat cheddar cheese, shredded
- 2.5 oz corn tortilla with wheat flour

Preheat oven to broil. Line a baking sheet with aluminum foil. Place vegetables in a steamer over 1 inch of boiling water, and cover. Cook until tender but still firm, about 2 to 4 minutes. Drain. Place tortilla on the prepared baking sheet. On tortilla layer cheddar cheese, vegetables and top with another tortilla. Place under the broiler and cook until lightly browned. Carefully turn tortillas and cook on the other side until lightly browned.

Nutrient Analysis per serving: Calories 287, Protein 16g, Carbs 44g, Fat 7g, Cholesterol 20mg, Sat Fat 4g, Trans Fat 0g, Fiber 6g, Sugar 5g, Sodium 267mg.

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Heart Healthy Menu

Health Bites

1. Health Tips are provided in the actual menus when purchased.

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