

Meal Plan for
Heart Health and
Weight
Management



Loaded Turkey Meatballs
Recipe on page 10





**Mount
Sinai**

Mount Sinai is committed to helping you take a mindful approach to self-care and healthy living.

An important part of self-care includes choosing foods that are nutritious, taste good, and support a positive mood and outlook. We have included a sample nutritious heart-healthy meal plan filled with delicious recipes for you and your family to share on your journey to optimal health.

Learn more at

mountsinai.org/about/wellness/nutrition

This guide also lists activity options that you can include in your personal wellness plan.

This guide has only been designed as a suggestion and does not take the place of a visit with your physician. Consult with your health care team to outline a wellness plan that is safe for you to follow.

My Healthy Lifestyle Plan

Recreational Activities

Duration

Days Per Week

1. Walking

2. Exercise Class

3. Meditation

4. Yoga

5. Swimming

6. Weights

7. _____

8. _____

9. _____

10. _____

Members of My Health Care Team

1. Primary Care Practitioner: _____

2. Specialist Physicians: _____

3. Registered Dietitian: _____

5. Pharmacist: _____

6. Other: _____

Breakfast Options

Black coffee with almond milk and a sugar substitute or cup of green tea can be added to any of the meals below.

1 Yogurt Blend

- 1 low-fat plain Greek yogurt (6oz)
 - 1/2 cup blueberries
 - 1 tablespoon of chia or flaxseeds
-



2 Egg White Omelet

- 3 egg whites
 - 1 slice whole grain bread
 - 1 tablespoon shredded low-fat cheese
 - Peppers, Onions, Mushrooms
-

3 • 2 hard-boiled eggs

- 1 slice of whole grain bread
 - 1/3 diced avocado, spread on bread
-

4 Overnight Chia Pudding

- 2 tbsp Chia seeds
- ½ cup almond milk or milk of choice
- Sprinkled cinnamon
- ¼ cup berries
- Refrigerate overnight

- 5 • Slice of Ezekiel bread
 - 1/3 mashed avocado, spread on bread
 - 1 egg (poached, scrambled, lightly fried)
-

- 6 • 1 Lite Babybel cheese or 1 low-fat cheese stick
 - 1 boiled egg
 - 6 oz of almond milk with 1 tsp of chia seeds
-

- 7 You can replace meals with pre-made protein shakes, or add protein in powder form to smoothies.

Muscle Milk Genuine Premade (11 or 14 oz):
160 calories, 25 gm protein, multiple flavors

GNC Total Lean Shake Premade (14oz):
170 calories, 25 gm protein each), multiple flavors

GNC Total Lean Shake 25 Powder: 200 calories,
25 gm protein per scoop - mix 1 scoop of with
8 oz of water

Premier Protein: 30 gm protein, 160 calories

Orgain Plant Protein Shake: 20 gm of protein,
150 calories

Ripple Protein Shake: 20 gm of protein,
200 calories

Fairlife Core Power Shake: 26-30 gm of protein,
150 calories



Lunch Options

1 Tuna-stuffed Cucumber Bites with Boiled Egg

For the Tuna Salad:

- 1 can of tuna in water
- Diced onion and celery
- Light mayonnaise
- Splash of Worcestershire sauce
- Lemon pepper

Scoop out the seeds of the cucumber and fill with tuna salad.

2 Mixed Green Salad

- Lettuce, your preference
 - 4 oz of grilled chicken or other lean protein
 - ½ cup of cherry tomatoes, cucumbers, peppers, onions, ½ cup of beans, chopped avocado
 - Oil/vinegar dressing
 - Piece of fresh fruit
-



3 Turkey Sandwich

- 3 oz of fresh oven-roasted turkey breast
- Lettuce and tomato, mustard
- Low-carb wrap
- Carrot/cucumbers cut up and 1/3 of Hass avocado
- Side salad with oil/vinegar

4 Kale Grain Bowl with Sesame Tuna or Salmon

- 4 oz of tuna seared steaks or water-packed tuna, or wild canned salmon
 - 1 tsp salt
 - ¼ tsp of pepper
 - 1 tsp of sesame oil
 - 1 cup of chopped, and stemmed kale
 - ½ cup of cucumber
 - ¼ cup of edamame
 - 1 cup of quinoa
 - Toasted sesame seeds (optional)
-

- 5** • Vegetable lentil soup (carrots, spinach, mushrooms, carrots, veggie broth)
- Cut up avocado (add to soup or eat separately)
- 1 boiled egg (add to soup or eat separately)



Lunch Options

6 Cold Bean Salad

- Garbanzo, kidney, black, cannellini beans
 - Red onion, celery, carrots, cucumbers, cherry tomatoes
 - Fresh lime, garlic, olive oil, salt and peppers
 - Avocado
-

7 Quinoa and Black Bean Salad

- 1 cup (8 oz) rinsed quinoa
- 1 15 oz can black beans, drained and rinsed
- Red onions, peppers, cilantro, lime juice, cumin, paprika
- Options to add: salmon, grilled chicken, turkey meatballs



Dinner Options

1 Roasted Salmon and Asparagus

- 6 oz grilled salmon
 - 1-2 cups of vegetables (asparagus, broccoli, spinach, carrots)
 - 1 cup of oven roasted herbed potatoes or 1 cup of quinoa (add vegetables for added fiber)
 - 1 tbsp of olive oil
 - Add herbs and spices to taste
-

2 Grilled Shrimp and Vegetable Stir Fry

- 6 oz of grilled shrimp sauteed in garlic, lemon, white wine
- 1 cup of steamed or sauteed vegetables (peppers, mushrooms, onions, snap peas, snow peas, water chestnuts, cabbage, bok choy)
- ½ to 1 cup cooked quinoa
- 1 tbsp of olive oil
- 1/8 tsp salt
- ¼ tsp of pepper



Dinner Options

3 Cast Iron Chicken and Broccoli

- 4-6 oz of skinless, boneless chicken breast halves
 - 1-½ cups of broccoli florets
 - ½ cup chopped red onion
 - 2 tsp Dijon mustard
 - ½ tsp dried rosemary
 - 1 tbsp of olive oil
 - 1/8 tsp salt
 - ¼ tsp of pepper
 - ½ cup of cooked brown rice, cooked separately
 - Sauteé all ingredients together and add to cooked rice
-



4 Sheet Pan Meal

- Vegetables (broccoli, cauliflower, brussels sprouts, carrots, zucchini)
- Chicken thighs, fish, or tofu (for tofu, dry the block of tofu with a paper towel, cut in cubes and coat with a tablespoon of olive oil)
- 1 cup of cut up roasted sweet potatoes
- Season with garlic, rosemary, pepper, parsley
- Roast all ingredients in a sheet pan at 375 degrees for 45 minutes

5 Loaded Turkey Meatballs

- 1 pound ground turkey
- 1/2 cup lightly steamed broccoli florets, finely chopped
- 1/2 cup kale, finely chopped (or any other green)
- 1/2 cup carrots, finely chopped
- 2 tbsp fresh cilantro, finely chopped (or basil, parsley, or dill)
- 1 egg, beaten
- 1 tsp salt
- 1/2 tsp garlic powder
- Pepper to taste



Instructions

- Preheat oven to 400 degrees and line baking sheet with parchment paper OR place a cooling rack on top of baking sheet.
- Combine all meatball ingredients in a large bowl until well mixed.
- Roll into about 28-30 small meatballs (use a small cookie scoop to get uniform balls) and place onto prepared baking sheet.
- Bake for 15-18 minutes, until baked through and slightly golden.

Combo Snacks

Healthy combo snacks can satisfy your munchies.

Snacks are a great way to keep your energy up and subside your hunger until you can sit down and have a nice meal.

- 1 • 2 tbsp chia seeds
 - 1 cup unsweetened almond milk
 - ½ tsp vanilla extract
 - 175 calories
-

- 2 • ¾ medium red bell pepper, sliced
 - ¼ cup hummus
 - 135 calories
-



- 3 • 1 medium apple
 - 1 Tbsp peanut butter
 - 200 calories
-

- 4 • 1 medium orange
 - 1 low fat cheese stick
 - 120 calories

5 • 2 medium carrots

• 2 Tbsp hummus

• 175 calories

6 • 1 boiled egg

• 1 medium orange

• 170 calories

7 • 1 cup blueberries

• 1 cup nonfat plain Greek yogurt

• 215 calories

8 • 1 cup strawberries

• 1 cup nonfat plain Greek yogurt

• 1 Tbsp slivered almonds

• 215 calories





**Mount
Sinai**

mountsinai.org/about/wellness/nutrition