

Meal Plan to Lower Cholesterol

	Breakfast	Lunch	Dinner	Snacks
Monday	<ul style="list-style-type: none"> Oatmeal Topped w/ strawberries & almonds 	<ul style="list-style-type: none"> Quinoa salad w/ chickpeas, avocado & a variety of fresh veggies 	<ul style="list-style-type: none"> Grilled salmon Steamed broccoli Brown rice 	<ul style="list-style-type: none"> Apple slices w/ almond butter
Tuesday	<ul style="list-style-type: none"> Smoothie w/ soy milk, banana & a handful of spinach 	<ul style="list-style-type: none"> Lentil soup A side of whole wheat bread 	<ul style="list-style-type: none"> Stir-fried tofu w/ carrots, broccoli, & bell peppers Quinoa 	<ul style="list-style-type: none"> A handful of walnuts & grapes
Wednesday	<ul style="list-style-type: none"> Greek yogurt w/ mixed berries & a sprinkle of flaxseeds 	<ul style="list-style-type: none"> Turkey & avocado wrap w/ whole wheat tortilla, lettuce & tomato 	<ul style="list-style-type: none"> Baked mackerel Sweet potato wedges A green salad 	<ul style="list-style-type: none"> Carrot sticks & hummus
Thursday	<ul style="list-style-type: none"> Scrambled eggs (mostly whites) w/ spinach & mushrooms 	<ul style="list-style-type: none"> Chickpea & cucumber salad Olive oil & lemon dressing 	<ul style="list-style-type: none"> Grilled chicken breast Quinoa Steamed asparagus 	<ul style="list-style-type: none"> A peach A small handful of almonds
Friday	<ul style="list-style-type: none"> Overnight oats w/ a tablespoon of chia seeds & sliced banana 	<ul style="list-style-type: none"> Brown rice bowl w/ edamame, carrots & avo Soy sauce dressing 	<ul style="list-style-type: none"> Baked trout Mixed greens salad w/ olive oil dressing 	<ul style="list-style-type: none"> Dark chocolate (a small piece) A handful of strawberries
Saturday	<ul style="list-style-type: none"> Smoothie bowl w/ soy milk, frozen berries Topped with granola 	<ul style="list-style-type: none"> Whole grain pasta salad w/ cherry tomatoes, spinach & feta cheese 	<ul style="list-style-type: none"> Roasted chicken (skinless) Brussels sprouts Baked sweet potato 	<ul style="list-style-type: none"> Greek yogurt w/ a drizzle of honey & walnuts
Sunday	<ul style="list-style-type: none"> Whole grain pancakes Topped w/ berry compote 	<ul style="list-style-type: none"> Baked falafel A side of tabbouleh & tzatziki sauce 	<ul style="list-style-type: none"> Grilled shrimp w/ garlic & olive oil Barley 	<ul style="list-style-type: none"> Sliced pear w/ a handful of pistachios

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Consult with your doctor, dietitian, or healthcare provider before making any drastic diet changes.