

Meals maker



7-DAY HEART HEALTHY MEAL PLAN

WEEK 1

THIS MEAL PLAN INCLUDES:

- 21 meal recipes (3 meals per day for 7 days)
- Necessary Staples for Each Meal
- Weekly Grocery List

INSTRUCTIONS:

Step 1: Briefly review all meals for the week.

Step 2: Review necessary staples for each meal and weekly grocery list.

Step 3: Grocery shop, cook and enjoy!

SPECIAL NOTES: (PLEASE READ)

NOTE 1: Necessary Staples: Most meals will include the use of sea salt and fresh ground pepper so please make sure you are stocked up!

NOTE 2: Grocery List: When it comes to the Oil, Condiments, Herbs and Spices section, please only purchase what you don't already have.

For example, if the section states you need Balsamic Vinegar: 1 (12 oz.) bottle, we simply mean to purchase a bottle of Balsamic Vinegar if you don't already have it. We do not mean you will use the full 12 oz. bottle this week.



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DAY 1

Breakfast:

SCRAMBLED EGGS

Lunch:

DEILED EGGS SALAD

Dinner:

CHICKEN AND FARRO

DAY 2

Breakfast:

CERRY BOWL

Lunch:

CHEESY ZUCCHINI AND
SALMON

Dinner:

GRAINS AND VEGETABLES

DAY 3

Breakfast:

MUSHROOM AND
SPINACH OMELET

Lunch:

TOFU SHRIMP SOUP

Dinner:

BAKED LEMONY SALMON
AND SIDE CHEESY
VEGETABLES

DAY 4

Breakfast:

MANGO AND KIWI
YOGURT BOWL

Lunch:

PARMESAN CHEESE
CRUSTED SALMON AND
CARROTS

Dinner:

LEMON TOFU AND
SPINACH

DAY 5

Breakfast:

CERRY OATMEAL

Lunch:

STIR FRY WITH TOFU AND
BROCCOLI

Dinner:

HONEY FLAVORED
CHICKEN AND FARRO

DAY 6

Breakfast:

CREAMY CERRY
SMOOTHIE

Lunch:

CHICKPEAS SPICY VEGGIE
SKILLET

Dinner:

GINGER SALMON AND
SALAD

DAY 7

Breakfast:

POTATO SCRAMBLE

Lunch:

SHRIMP SOUP

Dinner:

BAKED ZUCCHINI, BELL
PEPPERS AND TOFU

WEEKLY Notes



SCRAMBLED EGGS

Prep Time: 15 min.

Cook Time: 5 min.

Total Time: 20 min.

Ingredients:

2 eggs
¼ cup milk of choice
1 teaspoon salt
1 teaspoon pepper
olive oil
¼ cup shredded Cheddar cheese, garnish
1 avocado, cubed
2 tablespoons cilantro, garnish
½ tablespoon hot sauce, optional

Instructions:

1. Crack the eggs into a small bowl, add milk, salt and pepper; whisk until frothy.
2. Over medium heat, grease a large skillet with olive oil. Pour in the egg mixture, scramble as the eggs cook, for about 5 minutes.
3. Remove from heat and transfer to a serving plate.
4. Top with cheese, avocado, cilantro and hot sauce. Serve.





**SUBSCRIBE TO VIEW ALL
21 MEAL RECIPES**





Day Breakfast:



½ tablespoon pepper
½ tablespoon garlic powder

SUBSCRIBE TO VOLUME 1

1/2 tablespoon garlic powder
1/4 cup honey
1 teaspoon dried oregano



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WEEK 1

GROCERY LIST



Produce:

1 avocado
1 mango
1 kiwi
1 jalapeño pepper
2 bananas
2 pieces of ginger
2 garlic heads
2 limes
3 potatoes
4 tomatoes
5 lemons
3 onions
4 bell peppers
4 zucchinis
7 carrots
1 bundle of celery
1 small bag of broccoli florets
2 bags of spinach
1 container of mushrooms
1 small bunch of cilantro leaves
1 small container of parsley leaves
1 small bag of cherries
1 container of strawberries

Miscellaneous:

spatula
tongs
large skillet
saucepans
baking sheet
mixing bowls
serving plates
serving bowls
foil



Refrigerated:

12 eggs
1 bag of shredded Cheddar cheese
1 small bag of Feta cheese
1 carton of milk, of choice
2 (1 pound) packages of ground beef
1 (20 ounce) container of yogurt, of choice

Seafood:

2 pounds salmon
1 pound shrimp, peeled and washed

Meat & Poultry:

1 pound chicken breast, skinless and boneless

Canned & Packaged:

1 (24 ounce) bag of farro
1 (12 ounce) bag of chia seeds
1 (12 ounce) bottle of honey
1 (12 ounce) bottle of hot sauce
1 (24 ounce) container of Parmesan cheese
1 (14 ounce) bag of rolled oats
1 (5 ounce) bag of sliced almonds
1 (32 ounce) container of vegetable broth
2 (15 ounce) cans of chickpeas

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