**Heart Healthy Menus**

**Breakfast Suggestions**

1 English muffin (preferably whole wheat) or 1 to 2 slices of whole grain bread

1 to 2 tablespoons peanut/nut or seed butter

Small banana or ½ large banana

8 ounces non-fat or 1% milk or 4-6 ounces non or low-fat Greek yogurt

1 serving wholeor multi grain/high fiber cereal such as Bran Flakes, Shredded Mini Wheats (Post Shredded Wheat 'n Bran - no added sugar or salt!), Weetabix or *Kashi Go Lean*

1-2 tablespoons nuts or seeds (2-4 tablespoons for men or without dairy)

8 ounces non-fat or 1% milk

Serving of fresh fruit (optional)

1 cup cooked oatmeal

4-8 ounces non-fat or 1% milk

2 tablespoons dried fruit or 1 serving fresh fruit

1 to 2 tablespoon walnuts (up to 1/4 cup for men or without milk)

4-8 ounces Greek or traditional non or low-fat yogurt (preferably plain or with 1 teaspoon fruit spread, honey or agave) \**Siggi’s a nice lower, natural sugar option!\**

½ -1 serving whole grain or high fiber cereal such as *Nature’s Path Smart Bran*, *Kellogg’s All-Bran* or *Bran Buds*, or *Fiber One*

1-2 tablespoons nuts or seeds

1 small whole grain bran muffin (or ½ large high fiber such as *Trader Joe’s Organic Moral* *Fiber Blueberry*)

4-6 ounces non or low-fat Greek yogurt or ½ cup reduced-fat cottage cheese

1 teaspoon soft tub margarine or butter blend or 1- 2 tablespoon nuts or seeds

1-2 whole grain waffles (such as Nature's Path Ancient Grains)

1 tablespoon fruit spread, or 1 tablespoon nut butter or 1 - 2 tablespoons syrup

1 cup berries or melon

1 cup non-fat or 1% milk or 4-6 ounces yogurt, egg or reduced fat sausage

1 whole wheat English muffin or 1-2 slices whole-wheat toast

1 whole egg, 2-3 egg whites or ½ cup egg substitute

1 ounce or slice reduced-fat cheese (another alternative - soy sausage!)

1 small apple or serving fresh fruit

1 small bagel or ½ large deli-size bagel (whole grain always preferred!)

1 ounce reduced-fat or lite cheese or 2 tablespoons Neufatchel (reduced fat) cream cheese or 1 ounce smoked salmon with 1 tablespoon reduced fat cream cheese

1 serving grapes or 1 small apple

**Lunch or Dinner Suggestions**

2 –3 ounces lean meat (chicken, turkey, or roast beef)

1-2 slices whole grain bread or 1 serving whole-wheat flat bread or tortilla

Garden salad or cut up veggies

1 – 2 tablespoons reduced fat salad dressing

1 serving fruit (such as a small apple, 2 clementine’s, 1 large plum or orange)

2-3 ounces tuna or salmon (try the individual pouches or cans)

1 tablespoon reduced-fat mayonnaise or salad dressing

1 to 2 slices whole grain bread or 1 serving of whole grain crackers or tortilla chips

VEGGIES (such as: baby carrots, onion, lettuce, tomato, sugar snap peas,

cucumber, bell pepper, spinach) with up to 2 tablespoons reduced fat dressing

1 serving fresh fruit

Main Dish Salads:

Assortment of fresh vegetables (i.e., mixed salad greens; your choice of bell pepper, carrots, celery, cucumber, mushrooms, onion, sugar snap or snow peas, beets etc.)

3 ounces meat (chicken, turkey, salmon, shrimp or 1 egg or 2-3 egg whites)

½ cup beans (garbanzo or kidney, preferably rinsed) or small whole-wheat roll

1-2 tablespoons reduced-fat salad dressing and/or 1-2 tablespoon nuts or sunflower seeds or olives (5 medium) or 1/4 avocado,

2 tablespoons dried fruit or 1 serving fresh fruit

Apple Walnut Spinach Salad

3 cups washed spinach

½ cup reduced fat or non-fat cottage cheese or 2-3 ounces chicken or turkey

1-2 tablespoons reduced-fat dressing such as raspberry walnut vinaigrette

1 small apple, diced or 2 tablespoons Craisins or dried fruit

1 tablespoon chopped walnuts or sunflower seeds

1 serving sesame breadsticks, whole grain crackers or 1/3 to ½ cup beans

Southwest Salad

Mixed salad greens, tomatoes, bell pepper, onion

3 ounces cooked chicken, ½ cup black beans (rinsed) or refried beans

½ cup corn (cooked fresh or frozen, thawed)

Top with: 1-2 tablespoons reduced fat salad dressing, salsa and/or low or non-fat sour cream, ½ to 1 serving reduced-fat cheddar cheese and cilantro

Good Old Fashioned Peanut Butter and Jelly

2 tablespoons (rounded!) of your favorite peanut or nut or seed butter

1-2 teaspoons fruit spread, if desired

1 small banana or serving of fruit

1 serving low or non-fat yogurt or 4-8 ounces non-fat or 1% milk

1-2 slices whole grain bread

Egg Salad

1 – 2 whole eggs or 1 plus 1 to 2 egg whites or 2-3 egg whites

1 tablespoon regular or 1-2 Tbsp reduced-fat mayonnaise or salad dressing

Celery, onion, mustard, paprika or spice it up with chili powder or turmeric

1 small whole-wheat bagel or whole wheat pita round or whole wheat tortilla

Two clementines or 1 serving fruit

Quick and Easy Pizza for One

1 whole grain English Muffin (split) or two slices whole wheat bread or ½ - 1 piece Tandoori Nan Bread (43 to 85 grams, whole wheat preferred)

 Reduced sodium or no salt added tomato or Marinara sauce or tomato slices

1 to 2 ounces part-skim mozzarella cheese

Sliced green pepper, onion, mushrooms

Garden salad or raw veggies with 1-2 tablespoons reduced fat dressing

1 serving fresh or frozen fruit

Hummus Pocket

1 small pita (whole wheat preferred) or ½ large

¼ to 1/3 cup hummus

Carrot sticks or any raw veggies

4-8 ounces yogurt (try non-fat plain Greek or regular with fresh garlic, diced cucumbers and dill)

1 cup berries

Rueben Sandwich (this may not be below 600 mg sodium, but it is a lot healthier than one eaten at a deli!!)

2 slices rye bread

2 ounces lean pastrami

1 ounce reduced-fat Swiss cheese

1 tablespoon sauerkraut, rinsed if can, or 1 teaspoon horseradish sauce

Grape tomatoes, sliced cucumber.. any veggies would be great!

Small pear or fruit, if desired

Turkey Wrap

1 whole-wheat wrap (medium or ½ large)

2-3 ounces turkey or chicken breast (look for reduced-sodium such as Boar’s Head)

Avocado (1/4 sliced or 2 tablespoons guacamole or hummus)

Baby spinach leaves or lettuce, onions, sliced tomato

1 cup fresh or frozen fruit or ½ cup unsweetened applesauce or fruit in own juice

Tuna or salmon steak (4 ounces raw equals 3 ounces cooked)

Small baked red potato with 1 teaspoon soft tub margarine or butter blend

Steamed or roasted green beans with 1 teaspoon olive or canola oil

Fresh or frozen fruit (1 serving)

Pork Tenderloin (2-4 ounces cooked)

Small sweet potato or sweet potato fries (1 serving)

Asparagus spears

1 teaspoon soft tub margarine or olive oil

Garden salad with 1 to 2 tablespoon reduced fat dressing

Baked apple (small) with cinnamon and a sprinkle of sugar

Oven Fried Chicken or Fish 2-4 ounces cooked, (try baking chicken -with skin removed or fish, coated with bread crumbs, spices (salt free herb blends, preferred), spritzed with olive oil at 400 degrees for 20-30 minutes) \*\**Chicken should reach an internal temperature of 165 degrees; fish flakes easily with a fork*

Brown rice or quinoa (1/2 to 2/3 cup cooked)

Steamed or oven roasted broccoli or any non starchy veggie

Pineapple or fruit (1 cup fresh or frozen or ½ cup fruit in own juice)

Lentil, Black Bean, Minestrone or Split Pea Soup (reduced sodium) 1 cup

Garden salad with up to 2 tablespoons reduced fat salad dressing

½ cup reduced fat cottage cheese with fruit or 1 serving low or non-fat Greek yogurt or 1 cup milk

Asian Stir Fry

Assorted vegetables – broccoli, bok choy, carrots, celery, onions, peppers, snap peas, summer or zucchini squash sautéed in 1 teaspoon oil)

Garlic, ginger, low sodium chicken broth

1 tablespoon reduced-sodium soy or teriyaki sauce

Edamame, shelled (1/2 cup), tofu (1 serving = 4 ounces) or shrimp (3-4 ounces)

Brown rice (1/2 to 2/3 cup cooked)

Peanuts 1-2 tablespoons

Fresh orange

Egg Omelet

2-3 egg whites or ½ cup egg substitute or 1 to 2 whole eggs

1-2 tablespoons lite or reduced fat cheddar, part-skim mozzarella or Goat cheese

1-2 slices whole grain toast or English muffin

Peppers, tomatoes and onions or spinach sautéed in 1 teaspoon oil

Veggie and Cheese Stuffed Baked Potato

Small baked white or sweet potato (wash, pierce with fork, microwave for 4 minutes or until done)

1 – 2 ounces reduced-fat or lite cheese or ½ cup non or low-fat ricotta cheese

Steamed broccoli, sliced tomato with reduced fat Italian dressing

Berries (3/4 to 1 cup) or 1 serving of Greek Frozen yogurt such as a *Yasso* Bar

***Mary Hunt, MS, RDN Registered Dietitian Nutritionist January 2018***