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1-WEEK

Eating to Lower Cholesterol

meal plan



Plan Introduction

When it comes to all things weight loss, the simplest, fastest way to make impactful, lasting change is to form habits you can actually stick with for life. That's why this plan includes an easy-to-follow meal planning guide as a good starting point.

This full week of healthy and delicious food will take the guesswork out of grocery shopping and prepping with nutritionist-approved breakfast, lunch, and dinner ideas. Keep in mind to determine the appropriate portion sizes, according to your weight loss goals, activity levels, and individual requirements.



This information is for educational purposes only and is not intended as a substitute for medical diagnosis or treatment. You should not use this information to diagnose or treat a health problem or condition. Before starting a new diet plan, consult with a healthcare provider or a registered dietitian, especially if you have an underlying health condition.

Tips for healthy eating

Choose these foods more often:

- **Vegetables and fruits.** Fill half your plate with vegetables at most meals. Choose fresh, frozen, or canned with no added sugar or salt.
- **Whole grains** like barley, oats, and whole grain breads, pastas, and brown rice.
- **Plant proteins** like beans, peas, lentils, tofu, and other soy foods.
- **Lean animal proteins** like fish, seafood, eggs, chicken, and turkey. Eat fish at least 2 times a week.
- **Healthy fats** like nuts and seeds and their butters; avocados; oils like olive, canola, avocado, and walnut

Limit these foods:

- **Limit foods higher in saturated fat** like red meat (beef and pork); skin on poultry; bacon, sausage, and other processed meats; and higher fat dairy products.
- **Limit foods with trans fats** like hard margarine, some store-bought baked foods, chips, cookies, and deep fried foods.
- **Add little or no salt to cooking** or to your plate of food. Use flavourings like herbs, spices, garlic, lemon, or vinegar.
- **Read labels to limit higher sodium foods** like some processed foods, canned foods, and fast food.
- **Limit foods and drinks with added sugars** like juice, pop, candy, desserts, sweet baked foods, and sweet sauces.
- **Choose water, milk, tea, or coffee,** and drinks with **no added sugar.**

Healthy snacks are lower in sugar, unhealthy fats, and salt (sodium).

Not everyone needs a snack. Eating healthy snacks can help you:

- **Get important nutrients** like fibre, vitamins, minerals, and healthy fats.
- **Satisfy hunger** if there is a long time between your meals.



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<p>Porridge</p> <p>Rolled oats with milk + fresh fruit (eg. 2 kiwi fruit or 1 apple).</p>	<p>Soy & Linseed Toast</p> <p>Soy & linseed bread (toasted) with 1 tsp spread +/- honey/jam +1 glass milk.</p>	<p>Wholegrain Cereal</p> <p>Wholegrain flaky cereal with 1 cup milk.</p>	<p>Easy "On-The-Go" Breakfast Muffins</p> <p>+ 1 glass milk.</p>	<p>Muesli and Linseeds with Yoghurt</p> <p>+ 1 serve fruit (eg. 1 cup cherries or 2 tbsp raisins, currants or sultanas).</p>	<p>Eggs on Toast</p> <p>2 large eggs (poached or boiled) on wholegrain toast with 1 tsp spread + 1 glass of milk.</p>	<p>Barley Cereal</p> <p>Barley based cereal with 1 cup milk.</p>
Morning Tea	1 tub yoghurt + 1 tbsp linseeds.	1 pear + 20g cheese.	1 medium banana.	30g nuts (preferably walnuts/ almonds/pecans).	2 cheese slices on 4 rye crackers.	2 small peaches + 30g nuts.	1 cup mixed berries + 1 tub yoghurt.
Lunch	<p>Healthy Gallo Pinto (1 serve)</p> <p>Serve with additional green salad and multigrain bread.</p>	<p>Chickpea Salad Bread Roll</p> <p>Mixed salad with ¾ cup canned, drained chickpeas + 1 medium multigrain bread roll spread with nut butter</p>	<p>Chicken & Salad Wrap</p> <p>Barley wrap including 1 slice cheese + tuna/chicken/turkey, and plenty salad vegetables.</p>	<p>Sardine Salad Bread Roll</p> <p>Mixed salad with 1 can sardines + 20g hard cheese + 1 medium multigrain bread roll.</p>	<p>Spicy Chickpea and Egg Soup (1 serve)</p> <p>Serve with additional vegetables or salad.</p>	<p>Chicken Hommus Sandwich</p> <p>Sandwich made with soy & linseed bread, hommus spread + tuna/chicken/turkey, and salad vegetables.</p>	<p>Baked Beans, Spinach & Tomato on Toast</p> <p>Baked beans with soy & linseed toast with 1tsp spread + steamed spinach and grilled tomato.</p>
Afternoon Tea	4 dried apricot halves + 20g hard cheese.	1 orange.	1 tub yoghurt topped with 30g nuts (preferably walnuts/ almonds/pecans).	1 medium apple.	30g mixed nuts.	<p>Yoghurt Parfait:</p> <p>200g yoghurt layered with ½ cup sliced mango and ½ cup strawberries.</p>	4 dried apricot halves + 20g hard cheese.
Dinner	<p>Barley, Chicken & Vegetable Soup</p> <p>Served with 4 rye crackers spread with avocado.</p>	<p>Roast Cauliflower & Egg Salad</p> <p>With Avocado Dressing (1 serve)</p>	<p>Grilled Steak with Vegetables</p> <p>Grilled steak (using canola or olive oil) with mashed sweet potato and steamed vegetables.</p>	<p>Lentil, Vegetable & Barley Soup</p> <p>Lentils with vegetables, vegetable stock and barley. Serve with toasted soy and linseed bread.</p>	<p>Kidney Bean Pasta</p> <p>Wholemeal pasta with tomato based sauce and ¾ cup canned, drained red kidney beans + side salad with canola oil dressing.</p>	<p>Grilled Fish with Vegetables</p> <p>Grilled salmon or mackerel with brown rice and steamed vegetables.</p>	<p>Stir-fried Hokkien Noodles with Beef and Vegetables</p> <p>Lean beef strips and vegetables stir-fried in sesame oil and served with hokkien noodles.</p>
Dessert/ Supper	30g nuts (preferably walnuts/ almonds/pecans).	Homemade Smoothie with milk + fruit (eg. a banana or berries or a mango).	1 cup fruit salad.	3 large figs + 1 tub yoghurt.	2 cups strawberries stirred into ¼ cup ricotta cheese, drizzled with honey	30g cheese on crackers.	30g nuts (preferably walnuts/ almonds/pecans).

Tips to Save Calories

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Breakfast Breakthroughs

- Make an omelet with 1 egg and 2 egg whites instead of 3 whole eggs.
- Choose a whole grain english muffin instead of a bagel.
- Spread 2 tbsp. sugar-free jam on an english muffin instead of 1 tbsp. butter.
- Replace ½ cup of granola with ½ cup of oatmeal cooked in water.
- Have 3 slices turkey bacon instead of 3 slices regular bacon.
- Replace fried eggs with hard boiled eggs.
- Top toast with 1 tbsp. of peanut butter instead of 2 tbsps.
- Cook ½ cup of oatmeal 1 cup of water instead of 1 cup of milk.
- Sweeten oatmeal with cinnamon instead of milk and sugar.
- Replace 3 oz. pork sausage with 3 oz. lean turkey sausage.

Dinner Developments

- Replace half of the beans in a chili recipe with an equivalent amount of mushrooms.
- Make a meatloaf with 98% lean ground beef instead of regular beef.
- Trim the fat off of your meat or poultry before cooking.
- Broil a 3 oz. steak instead of pan frying it in butter or oil.
- Skip the skin of rotisserie chicken.
- Swap 4 oz. of salmon for 4 oz. tilapia.
- Replace linguini pasta with spiralized zucchini noodles.
- Swap spaghetti squash for spaghetti.
- Leave the cheese out of homemade pesto sauce.

Lighter Lunches

- Skip the second piece of bread to make an open face sandwich.
- Top a salad with tuna packed in water instead of tuna packed in oil.
- Add lettuce and tomato to a sandwich instead of 1 slice of cheese.
- Make egg salad with low-fat plain greek yogurt instead of mayonnaise.
- Sweeten up a salad with ¼ cup of fresh raspberries instead of ¼ cup dried cranberries.
- Make a sandwich on a sandwich thin instead of on a bun.
- Dress a salad with fresh squeezed lemon or 1 tbsp. balsamic vinegar instead of 2 tbsps. regular salad dressing.
- Make a sandwich with 3 oz. lean turkey rather than 3 oz. roast beef.

Smarter Snacks

- Snack on a small apple instead of 1 cup dried apple slices.
- Snack on 1 cup of celery sticks with peanut butter instead of an apple with peanut butter.
- Opt for fruit packed in water instead of juice.
- Swap a serving of chips with 3 cups of plain air-popped popcorn.
- Order a kid-sized popcorn at the movie theater.
- Top popcorn with herbs and spices instead of butter and oil.
- Munch on ½ cup edamame instead of ¼ cup raw almonds.
- Swap a ¼ cup salted almonds for a 1 serving of lightly salted pretzels.
- Serve up hummus with 1 cup of raw veggies instead of 1 serving of crackers.

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