

Two-Week Meal Plan for Heart Health

Even with high LDL, you can still eat healthy fats that support brain health without worsening cholesterol levels. The best choices are:

- **Omega-3s (DHA & EPA):** Found in fatty fish like salmon, sardines, and mackerel. If avoiding fish, algae-based supplements are a great option. These fats reduce inflammation and support cognitive function.
- **Monounsaturated Fats:** Found in extra virgin olive oil, avocados, and nuts (especially walnuts and macadamia nuts). They help maintain healthy brain cell membranes and improve cholesterol profiles.
- **Polyunsaturated Fats (in moderation):** Flaxseeds, chia seeds, and hemp seeds provide ALA (a plant-based omega-3), though conversion to DHA/EPA is limited.
- **Phospholipids:** Found in pastured egg yolks and krill oil, these are essential for brain cell structure.
- **Medium-Chain Triglycerides (MCTs):** Found in coconut oil and MCT oil, these can provide quick energy for the brain without negatively impacting cholesterol as long as they are used in moderation.

Avoid trans fats and limit excessive saturated fats from processed foods, as they can worsen LDL oxidation.

This meal plan is designed to help manage high LDL cholesterol and plaque in the arteries. The meals focus on anti-inflammatory, heart-healthy foods rich in fiber, healthy fats, and antioxidants while limiting saturated fats, refined sugars, and processed foods.

Week 1

Day 1

Breakfast: Oatmeal with flaxseeds, chia seeds, almonds, and blueberries.

Lunch: Grilled Salmon Salad with mixed greens, avocado, cherry tomatoes, cucumber, and lemon-olive oil dressing.

Snack: A handful of walnuts and carrot sticks.

Dinner: Lentil Soup with spinach, carrots, onion, and garlic, served with roasted sweet potatoes.

Day 2

Breakfast: Chia Seed Pudding with almond milk, sliced strawberries, and flaxseed oil.

Lunch: Quinoa Bowl with roasted chickpeas, spinach, tomatoes, and avocado, dressed with olive oil and lemon juice.

Snack: Apple slices with almond butter.

Dinner: Grilled Chicken with steamed broccoli and quinoa.

Day 3

Breakfast: Green Smoothie with spinach, almond milk, flaxseeds, ginger, and frozen mango.

Lunch: Tomato and Avocado Salad with mixed greens, olive oil, lemon juice, and chia seeds.

Snack: Sunflower seeds and sliced cucumber.

Dinner: Baked Cod with roasted brussels sprouts and sweet potato.

Day 4

Breakfast: Overnight Oats with almond milk, blueberries, and ground flaxseeds.

Lunch: Spinach and Kale Salad with grilled chicken, walnuts, cherry tomatoes, avocado, and balsamic vinaigrette.

Snack: Plain kefir or unsweetened yogurt with almonds.

Dinner: Vegetable Stir-Fry with tofu, snow peas, broccoli, carrots, and ginger, served over brown rice.

Day 5

Breakfast: Avocado Toast on whole-grain bread with chia seeds and turmeric.

Lunch: Chickpea Salad with spinach, cucumber, tomato, and lemon-olive oil dressing.

Snack: Almonds and strawberries.

Dinner: Grilled Salmon with roasted brussels sprouts and quinoa.

Day 6

Breakfast: Turmeric Smoothie with spinach, almond milk, ginger, turmeric, and banana.

Lunch: Grilled Tofu Salad with mixed greens, avocado, tomatoes, and tahini dressing.

Snack: Pumpkin seeds and carrot sticks.

Dinner: Lentil and Vegetable Stew with carrots, celery, tomatoes, and whole-grain bread.

Day 7

Breakfast: Greek Yogurt (unsweetened) with chia seeds, flaxseeds, and blueberries.

Lunch: Roasted Sweet Potato Salad with chickpeas, spinach, avocado, and lemon-tahini dressing.

Snack: Apple slices with almond butter.

Dinner: Baked Chicken Breast with steamed broccoli and quinoa.

Week 2

Day 8

Breakfast: Oatmeal with flaxseeds, chia seeds, walnuts, and blueberries.

Lunch: Grilled Salmon on mixed greens with cucumber, cherry tomatoes, avocado, and lemon-olive oil dressing.

Snack: Sunflower seeds and carrot sticks.

Dinner: Lentil Soup with spinach, carrots, and onions, served with roasted sweet potatoes.

Day 9

Breakfast: Chia Seed Pudding with almond milk, sliced strawberries, and ground flaxseeds.

Lunch: Quinoa Bowl with roasted chickpeas, spinach, tomatoes, and avocado.

Snack: Apple slices with almond butter.

Dinner: Grilled Chicken with steamed broccoli and quinoa.

Day 10

Breakfast: Green Smoothie with spinach, almond milk, flaxseeds, ginger, and frozen mango.

Lunch: Tomato and Avocado Salad with mixed greens, olive oil, and lemon juice.

Snack: Sunflower seeds and sliced cucumber.

Dinner: Baked Cod with roasted brussels sprouts and sweet potato.

Day 11

Breakfast: Overnight Oats with almond milk, blueberries, and ground flaxseeds.

Lunch: Spinach and Kale Salad with grilled chicken, walnuts, and avocado, dressed with balsamic vinaigrette.

Snack: Plain kefir or unsweetened yogurt with almonds.

Dinner: Vegetable Stir-Fry with tofu, snow peas, broccoli, carrots, and ginger, served over brown rice.

Day 12

Breakfast: Avocado Toast on whole-grain bread with chia seeds and turmeric.

Lunch: Chickpea Salad with spinach, cucumber, tomato, and lemon-olive oil dressing.

Snack: Almonds and strawberries.

Dinner: Grilled Salmon with roasted brussels sprouts and quinoa.

Day 13

Breakfast: Turmeric Smoothie with spinach, almond milk, ginger, turmeric, and banana.

Lunch: Grilled Tofu Salad with mixed greens, avocado, and tomatoes, dressed with a tahini dressing.

Snack: Pumpkin seeds and carrot sticks.

Dinner: Lentil and Vegetable Stew with carrots, celery, and tomatoes, served with whole-grain bread.

Day 14

Breakfast: Greek Yogurt (unsweetened) with chia seeds, flaxseeds, and blueberries.

Lunch: Roasted Sweet Potato Salad with chickpeas, spinach, avocado, and lemon-tahini dressing.

Snack: Apple slices with almond butter.

Dinner: Baked Chicken Breast with steamed broccoli and quinoa.

Key Principles for Heart Health

1. **Healthy Fats:** Focus on omega-3-rich foods (salmon, chia seeds, flaxseeds) and healthy fats (olive oil, avocado, nuts).
2. **Fiber:** Incorporate high-fiber foods like oats, quinoa, beans, and vegetables to lower cholesterol.
3. **Anti-Inflammatory Foods:** Include turmeric, ginger, and garlic to reduce inflammation.
4. **Limit Processed Foods:** Avoid sugary and refined foods, focus on whole, unprocessed ingredients.

This two-week plan is heart-healthy and supports cholesterol and plaque reduction. Adapt based on preferences or ingredient availability.