

Cholesterol Diet Chart

	<p>Breakfast 8:00 - 8:30 AM</p> <p>4 Idli+ 1/2 cup sambhar+1 tsp coconut chutney+1 glass milk/ 1 cup tea</p>
	<p>Mid - Meal 11:00 - 11:30 AM</p> <p>1 medium size apple</p>
	<p>Lunch 2:00 - 2:30 PM</p> <p>1 cup rice+2 chapathi+fish curry+cabbage and green peas sabji</p>
	<p>Evening 4:00 - 4:30 PM</p> <p>1 cup boiled green gram sprouts with lemon+ 1 cup green tea</p>
	<p>Dinner 8:00 - 8:30 PM</p> <p>3 chapathi+1/2 cup cauliflower sabji+1/2 cup vegetable salad</p>

Diet plan for Cholesterol patient

Day 1 :

1. Breakfast : Porridge - Rolled oats with milk + fresh fruit (eg. 2 kiwi fruit or 1 apple).
2. Lunch :Healthy Gallo Pinto (1 serve)
3. Dinner : Barley, Chicken & Vegetable Soup: Served with 4 rye crackers spread with avocado.



Day 2 :

1. Breakfast: Soy & Linseed Toast Soy & linseed bread (toasted) with 1 tsp spread +/- honey/jam + 1 glass milk.
2. Lunch : Chickpea Salad Bread Roll Mixed salad with $\frac{3}{4}$ cup canned, drained chickpeas + 1 medium multigrain bread roll spread with nut butter.
3. Dinner :Roast Cauliflower & Egg Salad with Avocado Dressing (1 serve)



Day 3 :

1. Breakfast : Wholegrain Cereal Wholegrain flaky cereal with 1 cup milk.
2. Lunch : Chicken & Salad Wrap Barley wrap including 1 slice cheese + tuna/chicken/turkey, and plenty salad vegetables.
3. Dinner : Grilled Steak with Vegetables Grilled steak (using canola or olive oil) with mashed sweet potato and steamed vegetables.



Day 4 :

1. Breakfast : Easy 'On-the-Go' Breakfast Muffins + 1 glass milk
2. Lunch : Sardine Salad Bread Roll Mixed salad with 1 can sardines+ 20g hard cheese + 1 medium multigrain bread roll
3. Dinner : Lentil, Vegetable & Barley Soup Lentils with vegetables, vegetable stock and barley. Serve with toasted soy and linseed bread.



Day 5 :

1. Breakfast : Muesli and Linseeds with Yoghurt + 1 serve fruit (eg. 1 cup cherries or 2 tbsp raisins, currants or sultanas).
2. Lunch : Spicy Chickpea and Egg Soup (1 serve) + serve with additional vegetables or salad.
3. Dinner : Kidney Bean Pasta Wholemeal pasta with tomato-based sauce and $\frac{3}{4}$ cup canned, drained red kidney beans + side salad with canola oil dressing.



Day 6 :

1. Breakfast : Eggs on Toast 2 large eggs (poached or boiled) on wholegrain toast with 1 tsp spread + 1 glass of milk.
2. Lunch : Chicken Hommus Sandwich Sandwich made with soy & linseed bread, hommus spread + tuna/chicken/turkey, and salad vegetables.
3. Dinner : Grilled Fish with Vegetables Grilled salmon or mackerel with brown rice and steamed vegetables



Day 7 :

1. Breakfast : Barley Cereal Barley based cereal with 1 cup milk.
2. Lunch : Baked Beans, Spinach & Tomato on Toast Baked beans with soy & linseed toast with 1 tsp spread+ steamed spinach and grilled tomato.
3. Dinner : Stir-fried Hokkien Noodles with Beef and Vegetables Lean beef strips and vegetables stir-fried in sesame oil and served with hokkien noodles.



Day 8 :

1. Breakfast : 1 serving of oatmeal with 1 cup of raspberries and non-fat milk and 1 cup of tea or coffee
2. Lunch : 2 servings of Sweet Potato with a Dollop of Dijon Mustard and 1 serving of mixed salad of Romaine Lettuce, Red Onions, and Cherry Tomatoes
3. Dinner : 1 serving of salmon with sweet chili sauce with 1 cup of mixed green salad and 1 cup of garlic roasted Brussell sprouts



Day 9 :

1. Breakfast : 2 servings of egg white omelet with chopped onions and fresh salsa with 1 serving of cantaloupe
2. Lunch : 1 cup of mixed green salad and 1 cup of garlic roasted Brussell sprouts with one cup of homemade barley soup
3. Dinner : 1 serving of veggie patty burger cooked in olive oil and topped with roasted bell pepper and 1 serving of baked potato with nonfat yogurt dip



Day 10 :

1. Breakfast : 1 serving of homemade muesli and a cup of black coffee or tea
2. Lunch : 1 serving of edamame salad with steamed asparagus
3. Dinner : 2 servings of trout filets with mango salsa and white bean soup



Day 11 :

1. Breakfast : 2 servings of tofu scramble with $\frac{1}{2}$ half whole-grain bagel
2. Lunch : 1 serving of toasted barley salad with mixed veggies and 1 cup of non-fat vanilla yogurt with strawberries with pineapple hummus dip
3. Dinner : 1 serving of black bean soft tacos with roasted red peppers and onions



Day 12 :

1. Breakfast : 2 servings of oatmeal with fresh raspberries and non-fat soy milk
2. Lunch : 1 serving of red beans and veggies soup with brown rice
3. Dinner : 1 serving of Pritikin Ceaser salad with vegetarian chili



Day 13 :

1. Breakfast : 2 servings of celery sticks with pineapple hummus dip
2. Lunch : 1 serving of red beans and veggies soup with brown rice
3. Dinner : 1 serving of veggie patty burger cooked in olive oil and topped with roasted bell pepper and 1 serving of baked potato with nonfat yogurt dip



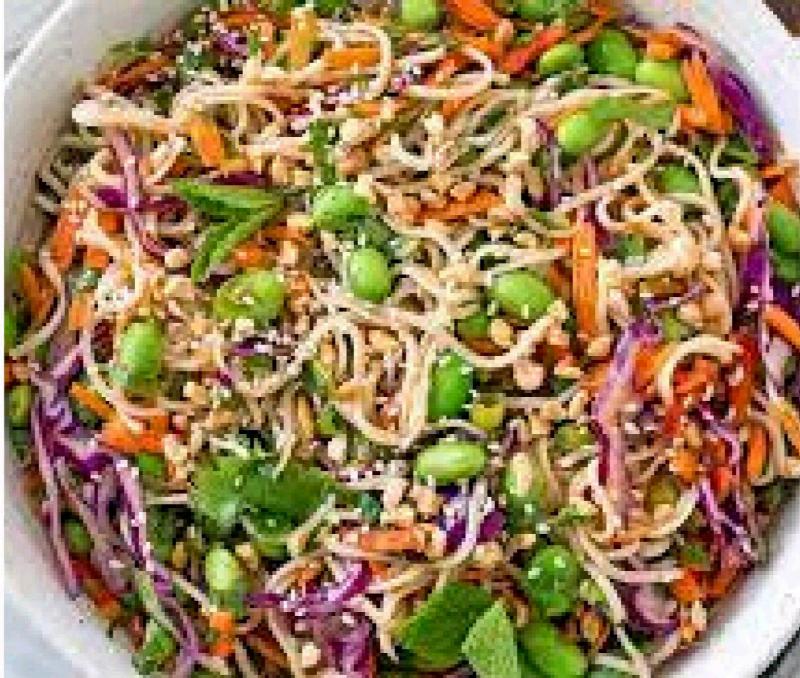
Day 14 :

1. Breakfast: 2 eggs with a protein smoothie
2. Lunch: Bean Burrito
3. Dinner: BBQ with steak and cauliflower, Edamame and Quinoa



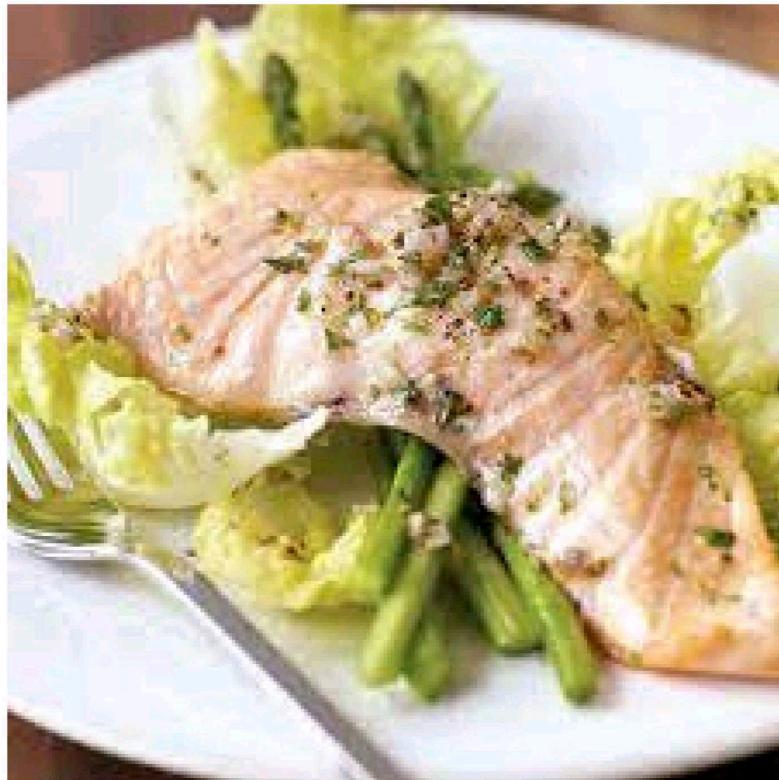
Day 15 :

1. Breakfast: 2 scrambles Tofu with a protein smoothie
2. Lunch: Edamame with cold sesame noodles
3. Dinner: Pizza and Salad



Day 16:

1. Breakfast: One serving of Oatmeal with $\frac{1}{2}$ cup of blueberries and 1 tbsp of Almonds
2. Lunch: Green Salad with Beets and Edamame
3. Dinner: 1 cup of boiled rice and Poached Salmon with Asparagus



Day 17 :

1. Breakfast: Oatmeal and Protein Smoothie
2. Lunch: Garden Omelet
3. Dinner: Bakes Asian Tofu



Day 18 :

1. Breakfast: Protein Pancakes with Protein Smoothie
2. Lunch: Chinese Takeout
3. Dinner: Veggie Burger



Day 19 :

1. Breakfast: Avocado Toast with Protein Smoothie
2. Lunch: Baked Potato with Vegetarian Chilli
3. Dinner: Baked Asian Tofu



Day 20 :

1. Breakfast: Craig muffin with a protein smoothie
2. Lunch: Power Salad
3. Dinner: Soup and Portabella Pizza



Day 21 :

1. Breakfast : 2 servings of egg white omelet with chopped onions and fresh salsa with 1 serving of cantaloupe
2. Lunch : 1 cup of mixed green salad and 1 cup of garlic roasted Brussell sprouts with one cup of homemade barley soup
3. Dinner : 1 serving of veggie patty burger cooked in olive oil and topped with roasted bell pepper and 1 serving of baked potato with nonfat yogurt dip



Day 22 :

1. Breakfast : 1 serving of homemade muesli and a cup of black coffee or tea
2. Lunch : 1 serving of edamame salad with steamed asparagus
3. Dinner : 2 servings of trout filets with mango salsa and white bean soup



Day 23 :

1. Breakfast : 2 servings of tofu scramble with $\frac{1}{2}$ half whole-grain bagel
2. Lunch : 1 serving of toasted barley salad with mixed veggies and 1 cup of non-fat vanilla yogurt with strawberries with pineapple hummus dip
3. Dinner : 1 serving of black bean soft tacos with roasted red peppers and onions



Day 24 :

1. Breakfast : Eggs on Toast 2 large eggs (poached or boiled) on wholegrain toast with 1 tsp spread + 1 glass of milk.
2. Lunch : Chicken Hommus Sandwich Sandwich made with soy & linseed bread, hommus spread + tuna/chicken/turkey, and salad vegetables.
3. Dinner : Grilled Fish with Vegetables Grilled salmon or mackerel with brown rice and steamed vegetables



Day 25 :

1. Breakfast : Barley Cereal Barley based cereal with 1 cup milk.
2. Lunch : Baked Beans, Spinach & Tomato on Toast Baked beans with soy & linseed toast with 1 tsp spread+ steamed spinach and grilled tomato.
3. Dinner : Stir-fried Hokkien Noodles with Beef and Vegetables Lean beef strips and vegetables stir-fried in sesame oil and served with hokkien noodles.



Day 26 :

1. Breakfast : 1 serving of oatmeal with 1 cup of raspberries and non-fat milk and 1 cup of tea or coffee
2. Lunch : 2 servings of Sweet Potato with a Dollop of Dijon Mustard and 1 serving of mixed salad of Romaine Lettuce, Red Onions, and Cherry Tomatoes
3. Dinner : 1 serving of salmon with sweet chili sauce with 1 cup of mixed green salad and 1 cup of garlic roasted Brussell sprouts



Day 27 :

1. Breakfast : 2 servings of egg white omelet with chopped onions and fresh salsa with 1 serving of cantaloupe
2. Lunch : 1 cup of mixed green salad and 1 cup of garlic roasted Brussell sprouts with one cup of homemade barley soup
3. Dinner : 1 serving of veggie patty burger cooked in olive oil and topped with roasted bell pepper and 1 serving of baked potato with nonfat yogurt dip



Day 28 :

1. Breakfast : 1 serving of homemade muesli and a cup of black coffee or tea
2. Lunch : 1 serving of edamame salad with steamed asparagus
3. Dinner : 2 servings of trout filets with mango salsa and white bean soup



Day 29 :

1. Breakfast : 2 servings of tofu scramble with $\frac{1}{2}$ half whole-grain bagel
2. Lunch : 1 serving of toasted barley salad with mixed veggies and 1 cup of non-fat vanilla yogurt with strawberries with pineapple hummus dip
3. Dinner : 1 serving of black bean soft tacos with roasted red peppers and onions



Day 30 :

1. Breakfast : 2 servings of celery sticks with pineapple hummus dip
2. Lunch : 1 serving of red beans and veggies soup with brown rice
3. Dinner : 1 serving of veggie patty burger cooked in olive oil and topped with roasted bell pepper and 1 serving of baked potato with nonfat yogurt dip