

Heart-Healthy Grocery List + Meal Plan Guide



A Practical Resource to Boost Your Heart Health Every Day

1. Smart Grocery List by Category

Fruits (Aim: 4–5 servings/day)

- Apples, bananas, oranges, berries, avocados, pomegranates
- Fresh, frozen, or dried (no added sugar)

Vegetables (Aim: 4–5 servings/day)

- Leafy greens: spinach, kale, Swiss chard
- Cruciferous: broccoli, cauliflower, Brussels sprouts
- Roots: carrots, beets, sweet potatoes
- Tomatoes, cucumbers, bell peppers

Whole Grains (At least 3 servings/day)

- Oats, quinoa, brown rice, barley, bulgur
- 100% whole-grain bread, pasta, or tortillas

Proteins (Lean & Plant-Based)

- Fatty fish: salmon, sardines, trout (2x per week)
- Skinless chicken, turkey
- Lentils, beans, chickpeas, tofu, edamame

Dairy & Alternatives

- Low-fat milk, yogurt, kefir, cheese

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- Unsweetened almond, oat, or soy milk

Healthy Fats


- Olive oil, avocado oil
- Nuts: almonds, walnuts, pistachios
- Seeds: chia, flax, pumpkin, sunflower

Snacks

- Hummus, air-popped popcorn, mixed nuts
- Fresh fruit cups, veggie sticks

Seasonings & Extras

- Garlic, onions, ginger, turmeric
- Herbs: basil, parsley, dill, cilantro
- Lemon juice, vinegar (for flavor instead of salt)

 **Foods to Limit:** processed meats, fried foods, sugary drinks, refined carbs, excess sodium.

7-Day Heart-Healthy Meal Plan (Sample)

Balanced, realistic, and family-friendly.

Day	Breakfast	Lunch	Snack	Dinner
Mon	Oatmeal with blueberries + chia	Grilled salmon, quinoa, broccoli	Walnuts	Lentil soup + whole-grain bread
Tue	Greek yogurt with strawberries + flax	Chicken wrap with hummus + spinach	Apple + almond butter	Baked cod + sweet potatoes + green beans
Wed	Smoothie (banana, spinach, oats, almond milk)	Brown rice bowl with beans + avocado	Pumpkin seeds	Turkey burger (no bun) + mixed greens
Thu	Avocado toast + tomato on whole-grain	Mediterranean chickpea salad	Carrots + hummus	Grilled trout + barley + kale
Fri	Steel-cut oats with apple + cinnamon	Falafel wrap with tahini + veggies	Almonds	Tofu stir-fry with broccoli + peppers
Sat	Eggs + spinach + whole-grain toast	Quinoa + lentil salad	Berries + cottage cheese	Salmon + asparagus + wild rice

Sun	Smoothie bowl (berries, oats, chia)	Chicken + veggie kebabs with couscous	Pistachios	Minestrone soup + whole-grain bread
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Condition-Specific Adjustments

Readers can tweak based on needs.

- **High Blood Pressure (Hypertension)** → focus on low-sodium swaps (use herbs instead of salt).
- **High Cholesterol** → add more oats, beans, flaxseeds, and nuts.
- **Weight Loss** → reduce portions slightly, cut out high-calorie snacks.
- **For Seniors** → make foods softer (soups, smoothies, stews).

4. Quick Tips for Success

- Plan meals on Sundays to avoid last-minute takeout.
 - Pre-chop vegetables and store in containers for easy access.
 - Keep healthy snacks visible and within reach.
 - Use smaller plates to control portions.
 - Hydrate: water, green tea, and smoothies instead of soda.
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5. Weekly Action Tracker

(A checklist they can tick off daily – printable!)

- Ate 4–5 servings of veggies
 - Ate 3 servings of whole grains
 - Ate 2 servings of fish this week
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- Limited sodium and avoided processed foods
 - Drank at least 6–8 glasses of water
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