



Sarah's Meal Plan

Heart Healthy Meal Ideas and
Estimated Needs

Day 1

Breakfast:

Granola bar or peanut butter sandwich crackers

Lunch:

Air frier chicken, sweet potato fries, apple on side

Dinner:

Ground turkey with marinara sauce, protein pasta and green salad



Day 2

Breakfast:

Granola bar or peanut butter sandwich crackers



Lunch:

Chick-fil-a grilled nuggets and fruit cup

Dinner:

Ramen noodles (switch out seasoning packet for low sodium soy sauce and garlic powder/seasoning blends), add in veggies on side

Day 3

Breakfast:

Granola bar or peanut butter sandwich crackers

Lunch:

Fruit smoothie with frozen fruit, almond milk, peanut butter

Dinner:

Air fried chicken, green beans, carrots



Estimated Needs:

- Calories: 2,800 kcal per day
- Carbohydrates: 315-455g per day
- Protein: 57g/day
- Fats: 175g/day
- Fluids: 6,720ml or about 6 liters/day