



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