



Harper's Meal Plan

Heart Healthy Meal Ideas and
Estimated Needs

Day 1

Breakfast:

Granola bar

Lunch:

Air frier chicken, sweet
potato fries, apple on
side

Dinner:

Grilled chicken bowl
with brown rice,
guacamole and tortilla
chips



Day 2

Breakfast:

Banana and Peanut
butter

Lunch:

Turkey and cheese roll
ups with carrots and
hummus

Dinner:

Copycat Taziki's salad with
chickpea pasta, balsamic
vinaigrette and spinach



Day 3

Breakfast:

Fruit smoothie with
frozen banana, almond
milk, peanut butter

Lunch:

Turkey and cheese
sandwich with
spinach, roasted
broccoli and berries on
the side

Dinner:

Venison meat, roasted
sweet potatoes or
regular potatoes, green
beans



Estimated Needs:

- Calories: 1,400-1,800 kcal per day
- Carbohydrates: 180-260g per day
- Protein: 40g/day
- Fats: 38-50g/day
- Fluids: 1.4-1.8liters/day