



# Harper's Meal Plan

Heart Healthy Meal Ideas and  
Estimated Needs

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## 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:

Copypat 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