



Heart Health Program

JESSICA MCALLISTER, RDN



Heart Health Program

DIETITIAN APPROVED NUTRITION

Hi,

Welcome to your meal planning guide! Taking the time to plan your meals can have such a positive impact on your health. This guide will teach you how to create delicious meal plans for yourself. Here is how to use it:

STEP 1

Download a blank weekly meal planning template [here](#).

STEP 2

Look at the recipes in this guide and begin to fill in the weekly template by outlining what you will eat for your desired meals (breakfast, lunch, dinner, and snacks). Don't be afraid to cook a big batch of a recipe and add it to your plan multiple times throughout the week. Enjoying leftovers is a big time-saver!

STEP 3

Once your meal plan is complete, create a grocery list. Refer back to the recipes you have added to your plan and write down the ingredients you will need to make them. Remember to check the recipe serving size and scale the quantities of the ingredients up or down depending on how many servings you need.

STEP 4

Once you have done your shopping, you may want to do some meal prep. Look at the recipes you have chosen and see what can be prepped in advance. Perhaps you can dice vegetables or even make an entire recipe to save yourself time later on in the week.

You are all set to follow your meal plan for the week! Check your plan every morning and night, so you know what is coming up next and can stay organized.

Meal planning is a skill that gets easier over time. Reach out to me any time with your meal planning questions.

This program features heart-healthy foods, taking inspiration from recommended cardiovascular eating patterns such as the Mediterranean Diet, Portfolio Diet, and DASH diet.



The Heart Health Program uses extra virgin olive oil as its main cooking oil. It incorporates fruits, vegetables, whole grains, oats, and legumes daily to provide a high-fiber diet. The plan also includes fatty fish such as salmon and plant-based fats from avocado. It incorporates a daily dose of nuts to provide healthy unsaturated fats while keeping saturated fat to a minimum. Sodium is limited to less than 2 grams per day.

Healthy & Happy Eating!

~Jessica, RD - Nutrition B.O.S.S.



MON



BREAKFAST
Creamy Apple Pie Smoothie



SNACK 1
Almonds



LUNCH
Penne with Bursting Cherry Tomato Sauce



SNACK 2
Blueberry Buckwheat Parfait



DINNER
Arugula Salad with Salmon

TUE



BREAKFAST
Creamy Apple Pie Smoothie



SNACK 1
Blueberry Buckwheat Parfait



LUNCH
Arugula Salad with Salmon



SNACK 2
Pear & Walnuts



DINNER
Penne with Bursting Cherry Tomato Sauce

WED



BREAKFAST
Caramelized Banana & Almond Oatmeal



SNACK 1
Almonds



LUNCH
Penne with Bursting Cherry Tomato Sauce



SNACK 2
Blueberry Buckwheat Parfait



DINNER
One Pan Roasted Chicken, Broccoli & Sweet Potato

THU



BREAKFAST
Caramelized Banana & Almond Oatmeal



SNACK 1
Apple with Almond Butter



LUNCH
One Pan Roasted Chicken, Broccoli & Sweet Potato



SNACK 2
Pear & Walnuts



DINNER
Butternut Squash Buckwheat Bowl

FRI



BREAKFAST
Caramelized Banana & Almond Oatmeal



SNACK 1
Almonds



LUNCH
Butternut Squash Buckwheat Bowl



SNACK 2
Apple with Almond Butter



DINNER
Grilled Honey Dijon Salmon with Zucchini & Quinoa

SAT



BREAKFAST
Apple Crisp Yogurt Bowls



SNACK 1
Banana with Almond Butter



LUNCH
Grilled Honey Dijon Salmon with Zucchini & Quinoa



SNACK 2
Pear & Walnuts



DINNER
Lemon Kale Salad with Chickpeas & Avocado

SUN



BREAKFAST
Apple Crisp Yogurt Bowls



SNACK 1
Toasted Walnuts



LUNCH
Lemon Kale Salad with Chickpeas & Avocado



SNACK 2
Banana with Almond Butter



DINNER
Grilled Honey Dijon Salmon with Zucchini & Quinoa

FRUITS

- 5 Apple
- 2 Avocado
- 4 1/2 Banana
- 3/4 cup Blueberries
- 2 Fig
- 3 tbsps Lemon Juice
- 3 Pear

BREAKFAST

- 3/4 cup Almond Butter
- 1 3/4 cups Buckwheat Groats
- 1/4 cup Maple Syrup

SEEDS, NUTS & SPICES

- 1 1/8 cups Almonds
- 1/8 tsp Cayenne Pepper
- 1 1/16 tbsps Cinnamon
- 1 tsp Dried Basil
- 1/4 cup Hemp Seeds
- 2 tbsps Pumpkin Seeds
- 2 tpsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/8 tsp Smoked Paprika
- 1 1/16 cups Walnuts

VEGETABLES

- 4 cups Arugula
- 1 1/2 cups Basil Leaves
- 3 cups Broccoli
- 1 cup Butternut Squash
- 4 1/2 cups Cherry Tomatoes
- 1/2 Cucumber
- 3 Garlic
- 5 cups Kale Leaves
- 1/2 cup Mushrooms
- 1 Sweet Potato
- 3 Zucchini

BOXED & CANNED

- 6 ozs Chickpea Pasta
- 1 3/4 cups Chickpeas
- 3/4 cup Quinoa

BAKING

- 1 1/2 tbsps Nutritional Yeast
- 2 3/4 cups Oats
- 1 1/2 tbsps Raw Honey

BREAD, FISH, MEAT & CHEESE

- 10 ozs Chicken Breast
- 1 1/2 lbs Salmon Fillet

CONDIMENTS & OILS

- 1 1/2 tpsps Coconut Oil
- 3 tbsps Dijon Mustard
- 3/4 cup Extra Virgin Olive Oil
- 2 tbsps Tahini

COLD

- 5 cups Unsweetened Almond Milk
- 3 1/2 cups Unsweetened Coconut Yogurt

OTHER

- 8 Ice Cubes
- 1/4 cup Vanilla Protein Powder
- 3 2/3 cups Water

Creamy Apple Pie Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 Apple (medium, peeled and chopped)
1/2 Banana (frozen)
4 Ice Cubes
2 tbsps Vanilla Protein Powder
2 tbsps Oats
1 tbspd Almond Butter
3/4 tsp Cinnamon (ground)
1 cup Unsweetened Almond Milk

DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NOTES

APPLE TYPE

For a distinct apple flavor, use a tart variety of apple like a Granny Smith or a McIntosh.

NO ALMOND MILK

Use any other type of milk instead.

Caramelized Banana & Almond Oatmeal

3 SERVINGS 10 MINUTES



INGREDIENTS

- 1 1/2 cups Oats (rolled or old-fashioned)
- 3 cups Unsweetened Almond Milk
- 3/4 tsp Cinnamon (divided)
- 1 1/2 tpsps Coconut Oil
- 1 1/2 Banana (sliced lengthwise down the middle)
- 1/3 cup Almonds (chopped)
- 3 tbsps Hemp Seeds
- 3 tbsps Almond Butter

DIRECTIONS

- 01 Add oats, almond milk and half of the cinnamon to a small saucepan. Bring to a low boil then reduce to a steady simmer. Cook, stirring occasionally, for about 5 minutes or until the oats are tender and most of the liquid is absorbed.
- 02 Meanwhile, in a small pan, heat the coconut oil over medium-high heat. Add the remaining cinnamon and the banana cut side down. Cook for 1 to 2 minutes until slightly browned and caramelized.
- 03 Transfer the cooked oats to a bowl and top with caramelized banana, almonds, hemp hearts, and almond butter. Enjoy!

NOTES

LIKES IT SWEET

Add a drizzle of maple syrup.

NO COCONUT OIL

Use ghee or butter instead.

NO ROLLED OATS

Use steel cut oats instead. Cook times will vary.

NUT-FREE

Use a nut-free milk, seed butter and seeds for the toppings.

Apple Crisp Yogurt Bowls

2 SERVINGS 20 MINUTES



INGREDIENTS

- 1 Apple (cored, chopped)
- 1 cup Oats (rolled)
- 2 tbsps Maple Syrup
- 1 tsp Cinnamon
- 2 cups Unsweetened Coconut Yogurt

DIRECTIONS

- 01 In a saucepan over medium heat, add the apples, rolled oats, maple syrup and cinnamon. Cook for 6 to 8 minutes, stirring often.
- 02 Divide the yogurt into bowls. Top with the apple crisp mixture. Enjoy!

NOTES

LEFTOVERS

Refrigerate separately in an airtight container for up to three days.

SERVING SIZE

One serving is equal to 1 cup of coconut yogurt and 1/2 cup of apple crisp mixture.

ADDITIONAL TOPPINGS

Top with additional cinnamon, sea salt, shredded coconut flakes or slivered almonds.

Almonds

3 SERVINGS 2 MINUTES



INGREDIENTS

3/4 cup Almonds (raw)

DIRECTIONS

01 Place in a bowl and enjoy!

NOTES

LEFTOVERS

Store in an airtight container in the pantry.

MORE FLAVOR

Roast, toast and/or season with salt.

Apple with Almond Butter

1 SERVING 5 MINUTES



INGREDIENTS

1 Apple
2 tbsps Almond Butter

DIRECTIONS

- 01 Slice apple and cut away the core.
- 02 Dip into almond butter.
- 03 Yummmm.

Banana with Almond Butter

1 SERVING 2 MINUTES



INGREDIENTS

1 Banana
2 tbsps Almond Butter

DIRECTIONS

01 Slice banana.
02 Dip in almond butter.
03 Bam.

Toasted Walnuts

1 SERVING 15 MINUTES



INGREDIENTS

1/3 cup Walnuts (shelled)

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and spread the walnuts across a baking sheet lined with parchment paper. Toast in the oven for 5 to 10 minutes, tossing at the halfway point.
- 02 Remove from oven, let cool and enjoy!

NOTES

EXTRA FLAVOUR

Sprinkle with sea salt or spices of your choice.

Penne with Bursted Cherry Tomato Sauce

3 SERVINGS 30 MINUTES



INGREDIENTS

6 ozs Chickpea Pasta (dry)
1/3 cup Extra Virgin Olive Oil
4 1/2 cups Cherry Tomatoes
3 Garlic (cloves, minced)
Sea Salt & Black Pepper (to taste)
1 1/2 cups Basil Leaves (chopped)
1 1/2 tbsps Nutritional Yeast

DIRECTIONS

- 01 Cook pasta according to the directions on the package. Run under cold water once cooked to prevent from over cooking.
- 02 In a large sauce pan, heat olive oil over medium-high heat. Add tomatoes, garlic, salt and pepper. Stir occasionally and cook until all the tomatoes have burst, about 15 to 20 minutes.
- 03 Toss pasta with the chopped basil and divide onto plates. Top each serving with the tomato sauce and nutritional yeast. Enjoy!

NOTES

NO CHICKPEA PASTA

Use any other high-fibre, high-protein pasta such as lentil or black bean pasta. If using brown rice, quinoa, or regular whole grain pasta, add in extra protein like chicken or, chickpeas, hemp seeds.

NO NUTRITIONAL YEAST

Use parmesan or omit completely.

Blueberry Buckwheat Parfait

3 SERVINGS 25 MINUTES



INGREDIENTS

- 1 1/2 cups Water
- 3/4 cup Buckwheat Groats
- 1 1/2 tbsps Maple Syrup
- 1 1/2 cups Unsweetened Coconut Yogurt
- 3/4 cup Blueberries
- 1 1/2 tbsps Hemp Seeds

DIRECTIONS

- 01 In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat. Cook for 15 to 20 minutes or until the water is absorbed.
- 02 Divide the buckwheat between containers or bowls. Top with maple syrup, coconut yogurt, blueberries and hemp seeds. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

MORE FLAVOR

Add cinnamon.

ADDITIONAL TOPPINGS

Top with bananas or other berries.

NO COCONUT YOGURT

Use Greek, plain, or cashew yogurt instead.

Pear & Walnuts

1 SERVING 5 MINUTES



INGREDIENTS

1 Pear
1/4 cup Walnuts

DIRECTIONS

01 Slice the pear and serve with walnuts. Enjoy!

NOTES

NUT-FREE

Use sunflower seeds instead of walnuts.

MORE FLAVOR

Season the pear with cinnamon.

Arugula Salad with Salmon

2 SERVINGS 15 MINUTES



INGREDIENTS

12 ozs Salmon Fillet
1/4 tsp Sea Salt
2 tbsps Extra Virgin Olive Oil
2 tbsps Lemon Juice
4 cups Arugula
1/2 Cucumber (sliced)
1 Avocado (sliced)
2 Fig (optional, quartered)

DIRECTIONS

- 01 Heat a skillet over medium heat. Season the salmon with salt, then add it to the pan skin-side down, cooking for about 4 to 5 minutes. Flip and cook for an additional 1 to 2 minutes, until the flesh is opaque throughout.
- 02 In a small bowl, mix the oil and lemon juice together.
- 03 Add the arugula to a plate and top with the cucumber, avocado and fig, if using. Drizzle the dressing over top and place the salmon on top. Enjoy!

NOTES

LEFTOVERS

For best results, store the salad separate from the dressing. Refrigerate the salad for up to three days and the dressing for up to seven days.

MORE FLAVOR

Add additional seasoning to the salmon such as cayenne, chili flakes or other herbs and spices.

ADDITIONAL TOPPINGS

More vegetables, nuts or seeds.

One Pan Roasted Chicken, Broccoli & Sweet Potato

2 SERVINGS 30 MINUTES



INGREDIENTS

10 ozs Chicken Breast
Sea Salt & Black Pepper (to taste)
1 Sweet Potato (medium, diced)
1 tbsp Extra Virgin Olive Oil (divided)
3 cups Broccoli (chopped into small florets)
2 tbsps Tahini
1 1/2 tps Maple Syrup
2 tbsps Water
1/8 tsp Cayenne Pepper

DIRECTIONS

- 01 Preheat oven to 410°F (210°C) and line a large baking sheet with parchment paper.
- 02 Place chicken breasts on the baking sheet and season with sea salt and black pepper.
- 03 Place the diced sweet potato in a mixing bowl and toss with half of the olive oil. Season with sea salt and black pepper to taste. Spread across the baking sheet around the chicken breasts. Place in the oven and set timer for 30 minutes.
- 04 Meanwhile, toss the broccoli florets in remaining olive oil and season with sea salt and black pepper. When your chicken and potatoes have about 15 minutes left, pull the baking sheet out of the oven, flip the sweet potatoes and spread the broccoli florets otop. Place back in the oven and roast for the remaining time, about 15 minutes or until chicken is cooked through.
- 05 Combine the tahini, maple syrup, water and cayenne pepper together in a small mason jar. Shake vigorously until well combined. Set aside.
- 06 Remove baking sheet from the oven and divide evenly onto plates. Drizzle with tahini maple dressing. Enjoy!

NOTES

STORAGE

Store in an airtight container in the fridge up to 3 days.

VEGAN & VEGETARIAN

Replace the chicken breast with black beans.

Butternut Squash Buckwheat Bowl

2 SERVINGS 30 MINUTES



INGREDIENTS

- 2 cups Water
- 1 cup Buckwheat Groats
- 2 tbsps Extra Virgin Olive Oil
- 1 cup Butternut Squash (chopped into small cubes)
- 1/2 cup Mushrooms (sliced)
- 1 cup Kale Leaves (chopped)
- 1 tsp Sea Salt
- 1 tsp Dried Basil

DIRECTIONS

- 01 In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat. Cook for 15 to 20 minutes or until the water is absorbed.
- 02 Heat the oil in a separate pan over medium heat. Add in the butternut squash, mushrooms, kale, sea salt and basil. Cook, stirring frequently, for 15 minutes or until cooked through.
- 03 Transfer the cooked buckwheat into bowls. Top with the kale mixture and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is equal to approximately 2 cups.

MORE FLAVOR

Add diced onions or minced garlic.

Grilled Honey Dijon Salmon with Zucchini & Quinoa

3 SERVINGS 30 MINUTES



INGREDIENTS

3/4 cup Quinoa (dry, uncooked)
3 tbsps Dijon Mustard (grainy or regular)
1 1/2 tbsps Raw Honey
12 ozs Salmon Fillet
3 Zucchini (sliced in half lengthwise)
1 1/8 tpsps Extra Virgin Olive Oil
1/3 tsp Sea Salt

DIRECTIONS

- 01 Cook the quinoa according to the directions on the package and set aside. While the quinoa cooks, combine the dijon mustard and honey in a jar. Mix well and set aside.
- 02 Preheat the grill to medium heat.
- 03 Place the salmon on a grill pan or mat and brush with 2/3 of the dijon glaze. Slice the zucchinis, brush them with olive oil and add them to the grill pan/mat too. Season everything with sea salt.
- 04 Place the salmon and zucchini on the grill, close the lid and grill for 10 to 15 minutes, or until salmon flakes with a fork and zucchini is tender. Flip the zucchini at the halfway point.
- 05 Remove everything from the grill and brush the salmon with the remaining dijon glaze. Divide the salmon, zucchini and quinoa onto plates and enjoy!

NOTES

NO GRILL

Bake on a sheet in the oven at 400°F (204°C) degrees for 15 to 20 minutes, or until fish flakes with a fork.

NO ZUCCHINI

Use asparagus or green beans instead.

LOWER CARB

Omit the quinoa or serve with cauliflower rice instead.

LEFTOVERS

Store leftovers in an airtight container in the fridge up to 2 to 3 days.

Lemon Kale Salad with Chickpeas & Avocado

2 SERVINGS 20 MINUTES



INGREDIENTS

4 cups Kale Leaves (stem removed, thinly sliced)
2 tbsps Extra Virgin Olive Oil
1 tbsp Lemon Juice
1/4 tsp Sea Salt
1 3/4 cups Chickpeas (cooked)
1 Avocado (cubed)
1/8 tsp Smoked Paprika
2 tbsps Pumpkin Seeds

DIRECTIONS

- 01 Add the kale leaves to a large bowl.
- 02 In a small bowl, whisk the extra virgin olive oil, lemon juice and sea salt together. Add the dressing to the kale and massage with your hands to ensure it is evenly coated.
- 03 Add the chickpeas and avocado to the kale and toss well. Garnish with smoked paprika and pumpkin seeds. Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days. For longer lasting leftovers, add the avocado just before serving.

MORE FLAVOR

Roast the chickpeas with additional seasonings to enhance the flavor and add a crunch.

ADDITIONAL TOPPING

Add sliced onion, peppers or roasted vegetables such as sweet potato.

Jessica McAllister, RD
REGISTERED DIETITIAN

Day		Task	Notes
0 Sun		Grocery shop.	Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have.
		Freeze the chicken breasts and half of the salmon fillets.	This guide will remind you to thaw them later in the week.
		Make Penne with Bursting Cherry Tomato Sauce.	Divide between containers and store them in the fridge.
		Make Blueberry Buckwheat Parfait.	Divide between containers and store them in the fridge for snacks. Add toppings just before serving.
		Portion out almonds, walnuts, and almond butter for the week.	Divide between small containers and store in the fridge for snacks this week.
1 Mon		Make Creamy Apple Pie Smoothie for breakfast.	Pour into a glass or a portable cup if you're on-the-go.
		Pack your meals if you are on-the-go.	Creamy Apple Pie Smoothie, Almonds, Penne with Bursting Cherry Tomato Sauce, and Blueberry Buckwheat Parfait.

Jessica McAllister, RD
REGISTERED DIETITIAN

		Make Arugula Salad with Salmon for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
2 Tue		Make Creamy Apple Pie Smoothie for breakfast.	Pour into a glass or a portable cup if you're on-the-go.
		Pack your meals if you are on-the-go.	Creamy Apple Pie Smoothie, Blueberry Buckwheat Parfait, Arugula Salad with Salmon, and Pear & Walnuts.
		Enjoy leftover Penne with Bursting Cherry Tomato Sauce for dinner.	Reheat in the microwave or in a pan.
		Take the chicken breast out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
		Make Caramelized Banana & Almond Oatmeal for breakfasts.	Divide between containers and store them in the fridge. Reheat and add toppings just before serving.
3 Wed		Pack your meals if you are on-the-go.	Caramelized Banana & Almond Oatmeal, Almonds, Penne with Bursting Cherry Tomato Sauce, and Blueberry Buckwheat Parfait.
		Make One Pan Roasted Chicken, Broccoli & Sweet Potato for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.

Jessica McAllister, RD
 REGISTERED DIETITIAN

4 Thu		Pack your meals if you are on-the-go.	Caramelized Banana & Almond Oatmeal, Apple with Almond Butter, One Pan Roasted Chicken, Broccoli & Sweet Potato, and Pear & Walnuts.
		Make Butternut Squash Buckwheat Bowl for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Take the salmon fillets out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
5 Fri		Pack your meals if you are on-the-go.	Caramelized Banana & Almond Oatmeal, Almonds, Butternut Squash Buckwheat Bowl, and Apple with Almond Butter.
		Make Grilled Honey Dijon Salmon with Zucchini & Quinoa for dinner.	Enjoy and store leftovers in the fridge.
		Make Apple Crisp Yogurt Bowls for breakfasts.	Divide between containers and store in the fridge.
6 Sat		Pack your meals if you are on-the-go.	Apple Crisp Yogurt Bowl, Banana with Almond Butter, Grilled Honey Dijon Salmon with Zucchini & Quinoa, and Pear & Walnuts.

Jessica McAllister, RD
 REGISTERED DIETITIAN

		Make Lemon Kale Salad with Chickpeas & Avocado for dinner.	Store leftovers in the fridge for lunch tomorrow.
7 Sun		Pack your meals if you are on-the-go.	Apple Crisp Yogurt Bowl, Toasted Walnuts, Lemon Kale Salad with Chickpeas & Avocado, and Banana with Almond Butter.
		Shop and prep for next week.	
		Enjoy leftover Grilled Honey Dijon Salmon with Zucchini & Quinoa for dinner.	Reheat in the microwave or in a pan.