Eating a heart-healthy diet is one strategy that can help you lower your risk for heart disease. This means it focuses on keeping saturated and trans fats to a minimum, while including healthier monounsaturated and polyunsaturated fats from foods like avocados, nuts, and seeds. It also means getting plenty of fiber — especially soluble fiber from foods like oats, produce, and beans — abundant fruits and vegetables, regular doses of fish, and a limited amount of sodium.

Did you notice? A heart-healthy diet also happens to be vibrant, varied, and simply delicious. Enjoy these single-serving meals as you improve your heart health!

This 1-day plan totals 1350 calories. Adjust serving sizes to meet your individual goals.
1-Day Meal Plan for Managing Cholesterol

**BREAKFAST: ZUCCHINI BREAD OATMEAL**

**Ingredients**
- ¼ cup rolled oats
- ½ cup shredded zucchini
- ½ banana, mashed
- ¼ tsp vanilla extract
- ½ tsp ground cinnamon
- Pinch of ground nutmeg
- ¼ cup chopped walnuts

**Preparation**
Prepare rolled oats with water. Stir in shredded zucchini and mashed banana. Add vanilla extract, ground cinnamon, and ground nutmeg. Top with chopped walnuts.

Calories: 391; Fat: 22.3 g; Saturated Fat: 2.9 g; Sodium: 4.7 mg; Carbs: 38.1 g; Fiber: 8.5 g; Protein: 9.4 g

**LUNCH: SALMON AND HERB CHOPPED SALAD**

**Ingredients**
- Tomato, medium, chopped
- Cucumber, medium, chopped
- ¼ red onion, small
- ¼ cup chopped dill
- ¼ cup chopped parsley
- ¼ cup low-sodium canned chickpeas (drained and rinsed)
- 3 oz flaked salmon (fresh or canned and boneless/skinless)
- 1 Tbsp olive oil
- 2 tsp red wine vinegar

**Preparation**
In a bowl, mix together tomato, cucumber, red onion, dill, parsley, chickpeas, and flaked salmon. Toss with olive oil and red wine vinegar.

Calories: 436; Fat: 22.7 g; Saturated Fat: 2.0 g; Sodium: 172.1 mg; Carbs: 27.9 g; Fiber: 7.3 g; Protein: 29.9 g

**Vegetarian option:** Skip the salmon; use ½ cup chickpeas and add 2 Tbsp sunflower seeds.

You can find more healthy meal plans and recipes at livongo.zendesk.com.
1-Day Meal Plan for Managing Cholesterol

**DINNER: CILANTRO LIME CAULIFLOWER RICE WITH CHICKEN**

**Ingredients**
- 1 tsp olive oil
- 2 cups cauliflower rice, frozen
- 1 Tbsp lime juice
- ½ tsp onion powder
- ¼ tsp garlic powder
- ¼ cup chopped cilantro
- 4 oz chicken, grilled
- ⅓ cup frozen corn kernels, warmed in microwave
- 2 Tbsp salsa

**Preparation**
In a medium pan over a low flame, heat olive oil. Add the frozen cauliflower rice. Turn up the flame and stir-fry until rice is heated thoroughly and beginning to brown. Add lime juice, onion powder, and garlic powder. Turn off heat and mix in chopped cilantro. Serve “rice” alongside corn and 3 oz of grilled chicken topped with salsa.

Calories: 334; Fat: 9.2 g; Saturated Fat: 1.2 g; Sodium: 333.1 mg; Carbs: 20.1 g; Fiber: 4.3 g; Protein: 42.2 g

**Vegetarian option:** Use tofu instead of chicken.

**SNACK: YOGURT BERRY CRUNCH**

**Ingredients**
- 1 cup lowfat Greek yogurt
- ½ cup blueberries
- 2 Tbsp sliced almonds
- 2 Tbsp bran cereal
- Dash of cinnamon

**Preparation**
Add yogurt to a bowl and top with remaining ingredients.

Calories: 189; Fat: 7.3 g; Saturated Fat: 1.1 g; Sodium: 38.1 mg; Carbs: 21.8 g; Fiber: 6.1 g; Protein: 9 g

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