

# A HEART UK 7-day Meal Plan

Try this 7-day meal plan, or use it as a guide, to help manage your cholesterol while enjoying delicious, nutritious meals and snacks.



- ✓ Average 2000kcal a day\*
- ✓ At least 5-a-day
- ✓ Low in saturated fat
- ✓ Great source of fibre
- ✓ Keeps your salt intake down
- ✓ Your daily cholesterol lowering dose of plant stanols\*\*



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Highlighted recipes can be found in our tasty recipes online [www.heartuk.org.uk/tasty-recipes/explore-our-recipes](http://www.heartuk.org.uk/tasty-recipes/explore-our-recipes)




	DAY 1	DAY 2	DAY 3	DAY 4
<b>Breakfast</b>	<b>Peanut (or other nut) butter and banana on toast:</b> 2 slices wholemeal toast topped with 2 tbsp peanut butter and 1 sliced banana. Plus <b>1 bottle of Benecol Raspberry Yogurt Drink.</b>	<b>Fruit, nut and oat breakfast bowl:</b> Fruit salad made from 1 satsuma (segmented), 1 chopped apple and 1 slice cantaloupe melon topped with 150g low-fat plain yogurt, 4 tbsp toasted oats and 30g mixed nuts.	<b>Banana branflakes:</b> 6 tbsp branflakes with semi-skimmed milk and 1 sliced banana. Plus <b>1 pot Benecol Strawberry Yogurt.</b>	<b>Oat pot:</b> 1 serving of <a href="#">Overnight oats</a> . Plus 1 cappuccino made with 200ml unsweetened fortified soya drink or low fat milk. 
<b>Lunch</b>	<b>Tuna and sweetcorn jacket potato:</b> 1 large jacket potato topped with 1 small can tuna in water (drained) mixed with 3 tbsp sweetcorn, 3 sliced spring onions, 1 tbsp light mayo, lemon juice and zest, and black pepper. Serve with salad.	<b>Lentil soup and roll:</b> 1 serving of <a href="#">Red Lentil Dhal Soup with Indian Spiced Broccoli</a> with 1 large wholemeal roll topped with <b>2 tsp Benecol Light Spread</b> . Plus 2 handfuls (around 16) grapes. 	<b>Chicken pasta, pesto and sweetcorn salad:</b> Salad made from 200g cooked wholewheat pasta, 1 small cooked skinless chicken breast (sliced), 1 chopped tomato, ½ thinly sliced red onion, 3 tbsp sweetcorn and 2 tbsp red or green pesto.	<b>Italian sardines on toast:</b> 2 thick slices wholemeal toast rubbed with garlic and topped with 2 sliced tomatoes, 120g can sardines in olive oil (drained), ½ sliced red onion, lemon zest and basil, drizzled with 2 tsp of the oil from the can. Plus 1 satsuma.
<b>Dinner</b>	<b>Roasted Mediterranean veg with couscous:</b> Chop and roast a handful of cherry tomatoes, ½ red onion, ½ red and green pepper, ½ courgette, ½ small aubergine and garlic to taste with 1 tbsp olive oil. Mix with 200g prepared couscous (made with reduced-salt veg stock), ½ large can chickpeas in water (drained), lemon zest and juice, fresh herbs and black pepper.	<b>Beef and barley stew:</b> Put 120g lean beef, 50g pearl barley, 1 sliced carrot, ½ sliced leek, 1 sliced small onion, crushed garlic to taste, black pepper, a bay leaf and enough reduced-salt stock to cover in a small ovenproof dish. Cover and place in a preheated oven until cooked through. Serve with 220g potato mashed with <b>2 tsp Benecol Light Spread</b> and steamed green beans.	<b>Tofu/Quorn, vegetable and cashew nut stir fry:</b> Fry 150g tofu or Quorn chunks in 1 tbsp vegetable oil with crushed garlic, grated fresh ginger and finely chopped chilli to taste, and ½ pack stir-fry veg. Add 1 individual pack of wok-ready wholewheat noodles, 2 tsp reduced-salt soy sauce and 2 tbsp toasted unsalted cashew nuts and heat through.	<b>Veggie chilli:</b> Fry ½ sliced onion, ½ chopped red and green pepper, and crushed garlic and finely chopped chilli to taste in 1 tbsp vegetable oil, until softened. Add 150g meat-free mince and cook through. Add ½ large can kidney beans in water (drained), ½ can chopped tomatoes, 1 tbsp tomato puree and 200ml reduced-salt vegetable stock. Simmer until thickened and serve with 200g cooked brown rice.
<b>Snacks</b>	<b>Avo oatcakes:</b> 3 oatcakes topped with ½ avocado.	<b>Cheese and crackers:</b> 4 rye crackers with 100g reduced-fat cottage cheese, 1 tomato and sliced cucumber. Plus a latte made with 200ml unsweetened fortified soya drink or low fat milk.	<b>Tzatziki with pitta and peppers:</b> Tzatziki made from 150g low-fat plain yogurt mixed with crushed garlic, lemon juice, grated cucumber and chopped mint to taste, with ½ sliced red pepper and 1 wholemeal pitta.	<b>Jam scone:</b> 1 fruit scone with <b>2 tsp Benecol Light Spread</b> and 2 tsp reduced sugar jam, plus 2 handfuls of raspberries (defrosted if frozen)



Stay hydrated. Drink 6 to 8 cups or glasses a day. Water, unsweetened herbal and fruit infusions, tea/coffee with lower fat milk, or 'no-added sugar' or 'sugar-free' drinks all count.



	DAY 5	DAY 6	DAY 7
<b>Breakfast</b>	<b>Poached egg and avocado on toast:</b> 1 toasted wholegrain bagel or a thick slice wholemeal bread with ½ mashed avocado, 1 poached egg and a handful of sliced cherry tomatoes. Plus <b>1 bottle of Benecol Peach &amp; Apricot Yogurt Drink.</b>	<b>Blueberry and almond porridge:</b> Bowl of porridge made from 4 tbsp oats and 275ml unsweetened fortified soya drink or low fat milk topped with 2 handfuls blueberries and 2 tbsp chopped almonds. Plus <b>1 bottle of Benecol Blueberry Yogurt Drink.</b>	<b>Egg, beans and mushrooms on toast:</b> 1 scrambled egg with ½ large can reduced-sugar, reduced-salt baked beans and 1 handful of sliced mushrooms fried in 1 tsp vegetable oil, served on 2 slices wholemeal toast with 2 tsp low fat olive oil spread.
<b>Lunch</b>	<b>Hummus, beetroot, carrot and pepper wrap:</b> 1 wholemeal wrap filled with 3 tbsp reduced-fat hummus, 1 small sliced cooked beetroot, ½ sliced red and green pepper, 1 grated carrot and a handful of rocket. Plus 1 apple.	<b>Cheat's veggie pizza:</b> Spread 1 plain flatbread with 2 tbsp red pesto and top with ½ sliced red onion, a handful of sliced mushrooms, ½ sliced red pepper, 3 tbsp sweetcorn and 30g grated mozzarella cheese. Bake until the cheese melts. Serve with salad.	<b>Greek salad:</b> Made from ¼ chopped cucumber, ½ chopped green pepper, 2 chopped tomatoes, ½ finely sliced red onion, 50g reduced-fat feta cheese (crumbled), ½ large can chickpeas (drained), 1 tbsp olive oil and white wine vinegar. Serve with 1 wholemeal pitta. Plus 2 handfuls of blueberries.
<b>Dinner</b>	<b>Fish and chips:</b> Cut 1 large potato into wedges, toss with 1 tbsp vegetable oil and bake until cooked through. Bake 1 chunky white haddock fillet. Serve the wedges and fish with 3 tbsp peas. Plus 2 handfuls raspberries (defrosted if frozen) layered in a glass with 150g plain low-fat yogurt and topped with 1 tsp mixed nuts.	<b>Fish pie:</b> 1 serving of <a href="#">Creamy Salmon and Potato Bake</a> served with 3 tbsp peas and steamed broccoli. Plus 1 apple. 	<b>Roast chicken:</b> 3 slices skinless roast chicken breast, 3 roast potatoes (roasted in vegetable oil), 1 small stuffing ball, steamed broccoli, carrots and cabbage, and gravy. Plus <b>1 pot Benecol Peach Yogurt.</b>
<b>Snacks</b>	<b>3 oatcakes topped with 100g reduced-fat cottage cheese and 1 banana.</b>	<b>Egg pitta and melon:</b> 1 wholemeal pitta filled with 1 sliced tomato and 1 boiled egg mashed with 2 tsp light mayo. Plus 1 slice cantaloupe melon.	<b>Chocolate treats:</b> 3 heaped tsp drinking chocolate mixed with 200ml warmed unsweetened soya drink or low fat milk and 2 chocolate coated oat biscuits.

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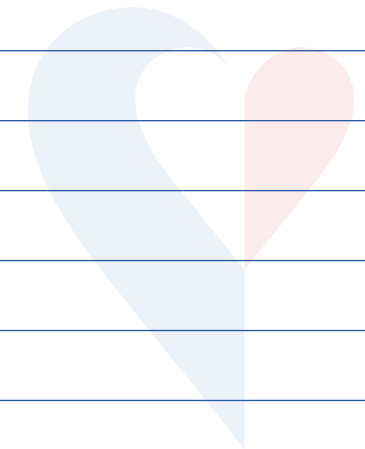
### IMPORTANT CONSIDERATIONS ABOUT THIS MEAL PLAN

- Before making significant changes to your diet, or if you have specific dietary needs, always speak to your healthcare professional to ensure this plan is appropriate for you.
- The meals and portion sizes in this plan are designed for one person. If you are cooking for more than one, adjust portion sizes accordingly.
- While there's no 'one-size' fits all, and everyone's goals are different, this plan shows you one way of meeting the dietary recommendations for managing your cholesterol.
- This plan includes foods fortified with plant stanols and as such is not suitable for pregnant nor breast feeding women.

The nutritional analysis was undertaken on Diet Plan v7 and was accurate as of December 2023.

*\*This meal plan is based on an average woman's requirements and provides an idea of what a week's worth of meals and snacks could look like. It is not intended to be followed long term. If you need more tailored support, talk to your Doctor who can advise or refer you to see a registered dietitian. \*\*Plant stanol ester has been shown to lower cholesterol as part of varied and healthy diet and lifestyle. High cholesterol is a risk factor in the development of coronary heart disease. The beneficial effect has been shown with a daily intake of 1.5-3.0g plant stanols. Each day provides the effective daily dose of plant stanols – anything from between 2g to 3g a day.*

### SHOPPING LIST



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