

How to Build Heart Healthy Meals

1. Choose one or more non-starchy vegetables

Non-Starchy Vegetables

Artichoke, asparagus, **beets**, broccoli, Brussels sprouts, **celery**, **dark leafy greens**, **endives**, **fennel**, leeks, **Napa cabbage**, **tomatoes**, etc.

2. Choose a protein

Quality Proteins

Wild **salmon**, **sardines**, **herring**, **mackerel**, shrimp, scallops, clams, oysters, and other fish
Organic, non GMO whole soy foods: **tofu**, **tempeh**, **edamame***
Beans and lentils*
Pasture-raised poultry and eggs
Wild game meats
Grass fed beef & pasture-raised pork (lean cuts)
Grass fed, organic dairy*: **plain Greek yogurt**, cottage cheese, **plain kefir**

*also contains carbohydrates

3. Choose a carbohydrate

Nutrient Dense Carbohydrates

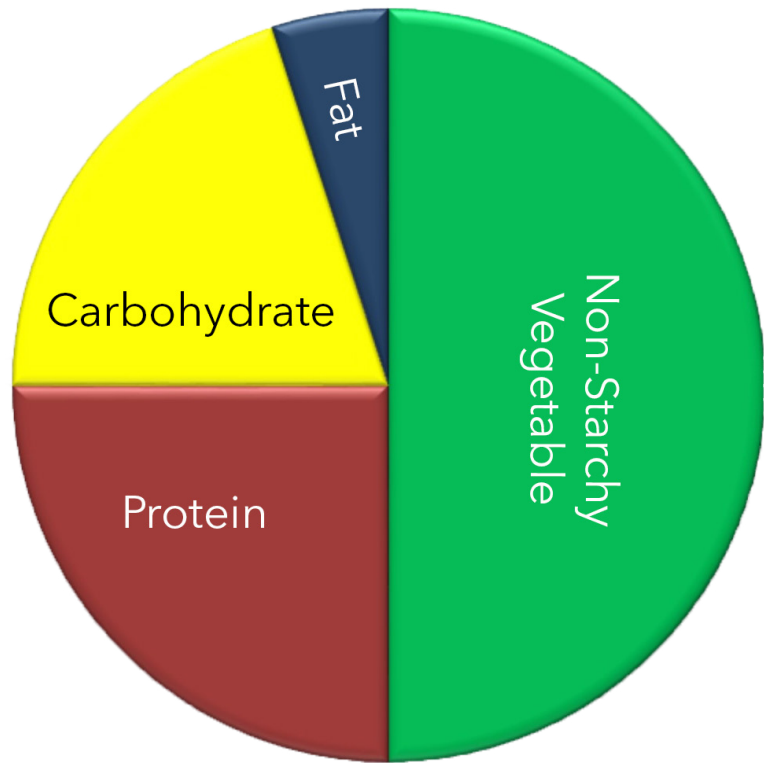
Whole intact grains (**steel cut oats**, **barley**, quinoa, amaranth, brown rice, sorghum, etc.)
Potatoes (sweet, purple, Yukon gold, etc.)
Winter squash, plantains, parsnips, turnips
Whole fruit (**pomegranate seeds**, **blueberries**, etc.)
Beans and lentils
Grass fed, organic dairy

4. Choose a fat

Healthy Fats

Raw nuts and seeds (**almonds**, **Brazil nuts**, **chia**, **cashews**, **hemp**, **flax**, **pecans**, **pistachios**, etc.)
Natural nut butters (no added sugar)
Avocado, **avocado oil**
Olives, **extra virgin olive oil**
Organic virgin coconut oil (small amounts)
Grass fed butter and ghee (small amounts)

5. Portion Your Plate



Tips to Live By

- Eat the colors of the rainbow every day: **ROY G BIV**.
- Choose whole and minimally processed foods.
- Limit added sugar.
- Eliminate sweetened and artificially sweetened drinks.
- Anchor every meal and snack with adequate protein and healthy fat.
- Stay hydrated with plenty of water.

Herbs and Spices

Cinnamon, **fenugreek**, **garlic**, **ginger**, **parsley**, **rosemary**, **scallions**, **turmeric**, etc.

**Preferred therapeutic foods are in bold

How to Build Heart Healthy Snacks

Portions and the need for snack(s) will vary based on individual needs.

1. Choose an Anchor

Quality Protein

Beans, ½ cup
Edamame, ¼ cup shelled
 Hard-boiled egg, 1
 Hummus, ¼ cup
 Natural deli meats, 2-3 slices
 Tuna, 1½ oz
 Unsweetened, clean jerky
 Unsweetened protein powder, 2 Tbsp

Grass Fed, Organic Dairy

Cottage cheese, ½ cup
 Pure cheese, ¾-1 oz
Plain Greek yogurt, 4-6 oz

Healthy Fat

Raw Nuts and Seeds

Almonds, cashews, hazelnuts, pecans, 10
Brazil nuts, 2-3
Pistachios, peanuts, 20
 Pumpkin or sunflower seeds, 2 Tbsp
Chia, flax or hemp seeds, 2 Tbsp

Natural Nut or Seed Butter

Almond butter, 1 Tbsp
Cashew butter, 1 Tbsp
 Peanut butter, 1 Tbsp
 Sunflower seed butter, 1 Tbsp

Avocado, ¼

Guacamole, ¼ cup
Olives, 6-8
 Tahini, ¼ cup

2. Choose a Fuel (optional)

Nutrient Dense Carbohydrate

Fruits

(¼ cup dried, ½ cup fresh/frozen or 1 piece)

| | |
|--------------------|--------------------------|
| Apple | Grapes |
| Banana | Pear |
| Blackberries | Pomegranate seeds |
| Blueberries | Raspberries |
| Cherries | Strawberries |

Vegetables

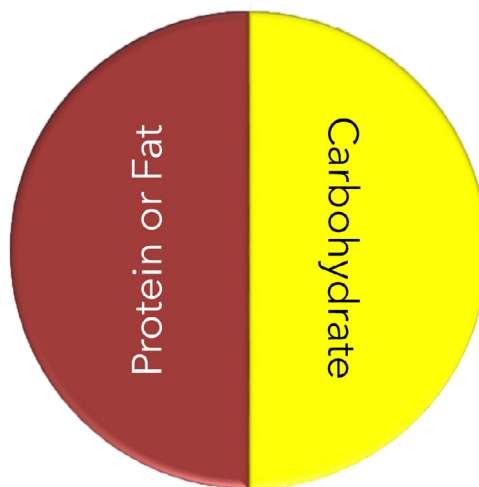
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|--------------|-----------------|
| Bell peppers | Celery |
| Broccoli | Radishes |
| Carrots | Snap peas |
| Cauliflower | Tomatoes |

Grains and Starches

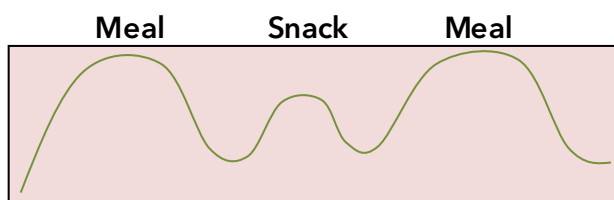
Sweet potato, 4 oz (size of computer mouse)
 Baked potato, 4 oz (size of computer mouse)
 Beans, ½ cup
 Air-popped popcorn, 3 cups
 Steel cut oats, ½ cup cooked

Dairy

Milk, 1 cup
Plain kefir, 1 cup



****Preferred therapeutic foods are in bold**



Preferred
 Glucose &
 Energy
 Zone

