



# Heart Health

## Low Sodium *Diet Plan*

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# Plan 1 week

## Key Features of This Plan

- **Low sodium** – No processed or high-sodium foods
- **Heart-healthy fats** – Avocados, olive oil, nuts, and seeds
- **High fiber** – Whole grains, legumes, and vegetables
- **Lean proteins** – Fish, chicken, tofu, and beans



Day 1

**Breakfast:** Oatmeal with fresh berries, chia seeds, and unsalted almonds

**Snack:** Apple slices with unsalted peanut butter

**Lunch:** Grilled salmon with quinoa and steamed spinach

**Snack:** Carrot and cucumber sticks with homemade hummus (no added salt)

**Dinner:** Baked chicken breast with roasted sweet potatoes and sautéed kale



Day 2

**Breakfast:** Greek yogurt with flaxseeds, walnuts, and sliced banana

**Snack:** Handful of unsalted mixed nuts

**Lunch:** Lentil soup with whole-grain crackers and a side of mixed greens

**Snack:** Fresh grapes with cottage cheese (low sodium)

**Dinner:** Grilled cod with brown rice and steamed broccoli



Day 3

**Breakfast:** Scrambled eggs with tomatoes and whole-grain toast

**Snack:** Celery sticks with almond butter

**Lunch:** Quinoa and black bean salad with avocado and olive oil dressing

**Snack:** Unsalted sunflower seeds and a mandarin orange

**Dinner:** Baked tofu stir-fry with bell peppers, zucchini, and brown rice



Day 4

**Breakfast:** Chia seed pudding with unsweetened almond milk and berries

**Snack:** Raw carrots with homemade guacamole

**Lunch:** Grilled chicken and spinach wrap (whole wheat) with avocado

**Snack:** Low-sodium cheese with whole-grain crackers

**Dinner:** Roasted turkey breast with mashed cauliflower and sautéed green beans



Day 5

**Breakfast:** Egg and spinach omelet with whole-grain toast

**Snack:** A handful of walnuts and a pear

**Lunch:** Mixed greens with chickpeas, cucumbers, and olive oil dressing

**Snack:** Hummus with red bell pepper slices

**Dinner:** Baked salmon with quinoa and roasted Brussels



Day 6

**Breakfast:** Whole-wheat pancakes with almond butter and banana slices

**Snack:** Unsalted almonds and a handful of blueberries

**Lunch:** Lentil and vegetable stew with whole-grain bread

**Snack:** Apple slices with Greek yogurt dip

**Dinner:** Baked tilapia with wild rice and steamed asparagus



Day 7

**Breakfast:** Scrambled eggs with sautéed mushrooms and whole-grain toast

**Snack:** Handful of unsalted pistachios

**Lunch:** Quinoa bowl with roasted sweet potatoes, black beans, and avocado

**Snack:** Cucumber slices with olive oil and lemon

**Dinner:** Grilled chicken with roasted butternut squash and steamed kale



# Heart Health Low Sodium Diet





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## Low Sodium Grocery List



### Vegetables (High Fiber, Low Sodium)

- Leafy greens (spinach, kale, Swiss chard, arugula)
- Broccoli, cauliflower, Brussels sprouts
- Bell peppers (red, yellow, green)
- Carrots, celery, cucumbers
- Sweet potatoes
- Garlic, onions
- Tomatoes (fresh or no-salt-added canned)
- Mushrooms, asparagus, zucchini



### Healthy Fats (Reduce Bad Cholesterol, Increase Good Cholesterol)

- Extra virgin olive oil
- Avocados
- Nuts (almonds, walnuts, cashews - unsalted)
- Seeds (flaxseeds, chia seeds, sunflower)
- Peanut butter & almond butter (unsalted, no added sugar)
- Fatty fish (salmon, sardines, mackerel - high in omega-3s)



### Lean Proteins (Low Sodium, Heart-Healthy)

- Skinless chicken breast or thighs
- Lean cuts of beef (sirloin, tenderloin)
- Turkey breast
- Fish (salmon, cod, tilapia, sardines - rich in omega-3)
- Shellfish (shrimp, scallops - opt for fresh or low-sodium frozen)
- Tofu & tempeh (great plant-based protein)
- Dried or low-sodium canned beans (black beans, lentils, chickpeas)
- Eggs (limit yolks if cholesterol is a concern)



### Dairy & Dairy Alternatives (Low-Fat, Low Sodium)

- Greek yogurt (unsweetened, low-fat)
- Cottage cheese (low sodium)
- Low-fat milk or unsweetened almond milk
- Cheese (low sodium options like Swiss or mozzarella)



### Fruits (Rich in Antioxidants & Fiber)

- Berries (strawberries, blueberries, raspberries)
- Apples & pears
- Citrus fruits (oranges, grapefruits, lemons)
- Bananas
- Avocados (great for healthy fats & potassium)
- Watermelon, cantaloupe



### Whole Grains (High Fiber, Heart-Friendly)

- Oats (steel-cut or rolled)
- Quinoa
- Brown rice
- Whole wheat bread (low sodium, sprouted grain if possible)
- Whole wheat pasta
- Barley
- Bulgur



### Pantry Staples & Low-Sodium Condiments

- No-salt-added canned tomatoes & beans
- Low-sodium vegetable & chicken broth
- Herbs & spices (garlic powder, turmeric, cinnamon, basil, oregano)
- Apple cider vinegar & balsamic vinegar
- Unsweetened cocoa powder
- Olive oil & balsamic vinaigrette
- Mustard (low sodium)
- Hummus (low sodium)
- No-salt-added salsa







# Heart Health & Low Sodium meal prep *Guide*

## Step 1

### Plan Balanced Meals for the Week

Each meal should include:

- Lean protein (chicken, fish, tofu, beans)
- Fiber-rich carbs (quinoa, brown rice, whole grains)
- Healthy fats (avocados, nuts, olive oil) Plenty of vegetables (fresh & colorful)

## Step 2

### Meal Prep Ideas

#### Breakfast Options (Make Ahead & Easy to Grab)

- Oatmeal with flaxseeds & berries (cooked in almond milk, topped with walnuts)
- Avocado toast on whole wheat bread with poached eggs
- Greek yogurt with chia seeds & unsalted almonds
- Banana & peanut butter smoothie (unsweetened almond milk, banana, peanut butter)

#### Lunch/Dinner (Batch Cook & Store in Containers)

- Grilled salmon with quinoa & roasted Brussels sprouts
- Baked chicken with sweet potato & steamed broccoli
- Vegetable stir-fry with tofu & brown rice (low-sodium soy sauce or coconut aminos)
- Lentil soup with whole-grain toast
- Mediterranean chickpea salad (chickpeas, cucumbers, tomatoes, olive oil)

#### Snack Ideas (Low Sodium & Heart-Healthy)

- Hummus with raw veggies (carrots, celery, bell peppers)
- Unsalted nuts (almonds, walnuts)
- Apple slices with peanut butter (unsweetened)
- Greek yogurt with cinnamon & flaxseeds
- Dark chocolate (85% cocoa or higher)

## Step 3

### Meal Prep & Storage Tips

- Pre-cook proteins (grill chicken, salmon, or tofu ahead of time)
- Chop veggies (store in airtight containers for easy salads & sides)
- Batch-cook grains (quinoa, brown rice, oats)
- Prepare dressings & sauces (olive oil-based vinaigrettes, hummus)
- Use portioned containers for grab-and-go meals

