



## Low Sodium & Low Cholesterol Meal Plan - 7 Days

Created by sanoMidLife



# Low Sodium & Low Cholesterol Meal Plan - 7 Days

sanoMidLife

## Overview:

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This 7-day meal plan is designed to inspire you. Feel free to make adjustments based on your dietary needs, preferences and/or what works best for your lifestyle.

Here's a brief overview to help you navigate this resource:

- This meal plan includes a calendar with an overview of meals and snacks for the week.
- A grocery list is provided, outlining the supplies and quantities needed to prepare all the meals and snacks.
- Each recipe includes directions, ingredients, helpful notes, and nutritional details per serving.
- Meals and snacks highlighted in grey represent leftovers, meaning you won't need to cook again - there will be enough prepared from the original dish for future meals.

By making intentional and informed choices about your nutrition, you can feel strong and healthy during midlife. Stay consistent, listen to your body, and celebrate your progress!

## Evidence:

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This meal plan was created with the following key considerations:

### Low Saturated Fat & Cholesterol:

Limiting saturated fat and dietary cholesterol is shown to reduce the risk of cardiovascular disease. This program limits saturated fat to less than 15 grams per day and limits cholesterol to less than 200 milligrams per day. Monounsaturated fats are added from olive and avocado oils, sunflower seed butter, chia seeds, and hemp seeds.

### Low Sodium:

Guidelines recommend restricting sodium to less than 2,000 milligrams per day to prevent or treat hypertension and reduce the risk of stroke and cardiovascular disease. This program provides less than 1,300 milligrams of sodium daily.

### Fibre:

This program is rich in fruit, vegetables, and whole grains to provide a daily total fibre amount of up to 35 grams. Soluble fibre found in foods like oats, bananas, berries, and sweet potatoes is incorporated into the plan and has been shown to improve glycemic control and lower cholesterol levels.

### Plant Sterols:

Plant sterols can help lower cholesterol by blocking the absorption of some of the cholesterol in food. This program contains naturally occurring plant sterols found in plant-based foods such as fruits, vegetables, and seeds.

## Low Sodium & Low Cholesterol Meal Plan - 7 Days

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Breakfast</b>	Sunflower Seed Butter & Strawberry Sandwich	Sunflower Seed Butter & Strawberry Sandwich	Asparagus Egg White Omelette with Plantain	Asparagus Egg White Omelette with Plantain	Asparagus Egg White Omelette with Plantain	Chocolate Protein Oats with Berries	Chocolate Protein Oats with Berries
<b>Snack 1</b>	Greek Yogurt	Banana Chocolate Protein Smoothie	Toast with Sunflower Seed Butter & Peaches	Sunflower Seed Butter Stuffed Dates	Toast with Sunflower Seed Butter & Peaches	Granola, Yogurt & Berry Snack Box	Sunflower Seed Butter Banana Sushi
	Peach			Raspberries			
<b>Lunch</b>	One Pan Cod, Sweet Potatoes & Green Beans	Stuffed Plantains	One Pan Cod, Sweet Potatoes & Green Beans	Rice, Beef & Spinach	One Pan Paleo Plate	Balsamic Cod & Cauliflower Mash	Turmeric Chicken Strips
							Asparagus & Rice
<b>Snack 2</b>	Banana Chocolate Protein Smoothie	Greek Yogurt	Banana Chocolate Protein Smoothie	Toast with Sunflower Seed Butter & Peaches	Sunflower Seed Butter Stuffed Dates	Sunflower Seed Butter Banana Sushi	Granola, Yogurt & Berry Snack Box
		Peach			Raspberries		
<b>Dinner</b>	Stuffed Plantains	One Pan Cod, Sweet Potatoes & Green Beans	Rice, Beef & Spinach	One Pan Paleo Plate	Balsamic Cod & Cauliflower Mash	Turmeric Chicken Strips	Balsamic Cod & Cauliflower Mash
						Asparagus & Rice	

# Low Sodium & Low Cholesterol Meal Plan - 7 Days

41 items

## Fruits

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- ☐ 5 Banana
- ☐ 1/2 cup Blueberries
- ☐ 3 1/2 Peach
- ☐ 3 1/2 Plantain
- ☐ 2 1/2 cups Raspberries
- ☐ 2 1/2 cups Strawberries

## Breakfast

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- ☐ 2/3 cup Granola
- ☐ 1/3 cup Maple Syrup

## Seeds, Nuts & Spices

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- ☐ 3 tbsps Chia Seeds
- ☐ 3/4 tsp Dried Dill
- ☐ 1 1/2 tsps Garlic Powder
- ☐ 1/2 cup Hemp Seeds
- ☐ 1/2 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2 tsps Smoked Paprika
- ☐ 1 tbsp Turmeric

## Vegetables

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- ☐ 5 cups Asparagus
- ☐ 2 cups Baby Spinach
- ☐ 5 cups Brussels Sprouts
- ☐ 3/4 head Cauliflower
- ☐ 4 1/2 Garlic
- ☐ 3 cups Green Beans
- ☐ 2/3 Green Bell Pepper
- ☐ 2 1/2 Sweet Potato

## Boxed & Canned

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- ☐ 1 cup Jasmine Rice

## Baking

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- ☐ 1/3 cup Cocoa Powder
- ☐ 2 1/4 cups Oats
- ☐ 1 cup Pitted Dates

## Bread, Fish, Meat & Cheese

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- ☐ 454 grams Chicken Breast
- ☐ 3 Cod Fillet
- ☐ 378 grams Extra Lean Ground Beef
- ☐ 7 slices Gluten-Free Bread

## Condiments & Oils

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- ☐ 1 1/3 tsps Avocado Oil
- ☐ 3 tbsps Balsamic Vinegar
- ☐ 3/4 cup Extra Virgin Olive Oil
- ☐ 1 1/8 cups Sunflower Seed Butter
- ☐ 1 1/2 tsps Tamari

## Cold

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- ☐ 2 cups Egg Whites
- ☐ 2 3/4 cups Plain Greek Yogurt
- ☐ 4 cups Unsweetened Almond Milk

## Other

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- ☐ 1 1/2 cups Water



# Sunflower Seed Butter & Strawberry Sandwich

3 ingredients · 5 minutes · 2 servings



## Directions

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1. Toast the bread (optional). Spread the sunflower seed butter onto the bread and top with sliced strawberries. Close the sandwich and slice. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to two days.

### Additional Toppings

Maple syrup, honey, hemp seeds, chia seeds or crushed nuts.

## Ingredients

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**4 slices** Gluten-Free Bread

**1/4 cup** Sunflower Seed Butter

**1/2 cup** Strawberries (stems removed, sliced)

# Asparagus Egg White Omelette with Plantain

5 ingredients · 15 minutes · 3 servings



## Directions

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1. Heat half of the oil in a skillet over medium heat. Add the plantains, cooking for two to three minutes per side or until browned, adding more oil if needed. Smash with a fork and set aside on a paper towel-lined plate.
2. Heat the remaining oil in the same skillet over medium heat. Cook the asparagus for three to four minutes. Add the egg whites, season with salt, and cook until set.
3. Transfer the plantain and asparagus omelette onto plate(s). Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### More Flavor

Add garlic powder and onion powder to the egg white omelette.

### Additional Toppings

Top with fresh herbs, avocado, sauerkraut, or other pickled veggies.

## Ingredients

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**1/3 cup** Extra Virgin Olive Oil (divided)

**1 1/2** Plantain (ripe, sliced)

**3 cups** Asparagus (ends trimmed)

**1 1/2 cups** Egg Whites

**1/3 tsp** Sea Salt (to taste)



# Chocolate Protein Oats with Berries

8 ingredients · 15 minutes · 2 servings



## Directions

1. In a small pot over medium-high heat, add the oats, water and almond milk. Bring to a gentle boil then reduce heat to low and simmer for 10 to 12 minutes or until the oats are tender. Stir occasionally to prevent burning.
2. Add in the cocoa powder and maple syrup. Whisk until combined.
3. Slowly add in the egg whites. Whisk continuously for 2 minutes until oatmeal is thick and creamy.
4. Remove the pot from the heat, transfer oats to a bowl and top with berries. Enjoy!

## Notes

### No Almond Milk

Use coconut milk instead.

### No Maple Syrup

Use honey instead.

### No Berries

Use banana instead.

## Ingredients

- 1 cup Oats (rolled)
- 1 1/2 cups Water
- 1 cup Unsweetened Almond Milk
- 3 tbsps Cocoa Powder
- 2 tbsps Maple Syrup
- 1/2 cup Egg Whites
- 1/2 cup Blueberries
- 1/2 cup Raspberries

# Greek Yogurt

1 ingredient · 5 minutes · 2 servings



## Directions

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1. Scoop into a bowl and enjoy!

## Notes

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### Toppings

Fresh or frozen fruit, granola, bee pollen, nuts, coconut, honey or maple syrup.

### Dairy-Free

Use coconut, almond or cashew yogurt instead.

## Ingredients

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**1 cup** Plain Greek Yogurt



# Peach

1 ingredient · 5 minutes · 2 servings



## Directions

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1. Wash and enjoy whole or sliced.

## Ingredients

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2 Peach

# Banana Chocolate Protein Smoothie

8 ingredients · 5 minutes · 1 serving



## Directions

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

## Notes

### Pitted Dates

One serving is equal to approximately two to three dates.

### Gluten-Free

Use Gluten-Free oats.

### Dairy-Free

Use coconut yogurt instead.

### Nut-Free

Use coconut or oat milk instead of almond milk.

### More Flavor

Add a pinch of cinnamon.

### Make it Vegan

Use a vegan yogurt.

## Ingredients

**1 cup** Unsweetened Almond Milk

**1/4 cup** Plain Greek Yogurt

**1 tbsp** Chia Seeds

**2 tbsps** Hemp Seeds

**1/4 cup** Oats

**1 tbsp** Cocoa Powder

**1** Banana (frozen)

**2 tbsps** Pitted Dates

# Toast with Sunflower Seed Butter & Peaches

4 ingredients · 5 minutes · 1 serving



## Directions

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1. Spread the sunflower seed butter on top of the toasted bread. Add the sliced peaches and hemp seeds. Enjoy!

## Notes

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### Leftovers

Best enjoyed immediately.

### Additional Toppings

Chia seeds, shredded coconut, raw honey, or maple syrup.

### No Sunflower Seed Butter

Use peanut butter, cashew butter, or almond butter instead.

## Ingredients

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- 2 **tbps** Sunflower Seed Butter
- 1 **slice** Gluten-Free Bread (toasted)
- 1/2 Peach (pitted, sliced)
- 1 **tsp** Hemp Seeds



# Sunflower Seed Butter Stuffed Dates

2 ingredients · 5 minutes · 2 servings



## Directions

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1. Use a knife to make a slit in each date and open the date slightly.
2. Spoon an even amount of sunflower seed butter into the center of each date. Enjoy!

## Notes

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### Serving Size

One serving is equal to approximately four to five stuffed dates.

### Additional Toppings

Sprinkle with coconut flakes, cacao nibs, or hemp seeds.

## Ingredients

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**1/2 cup** Pitted Dates

**1/4 cup** Sunflower Seed Butter

# Raspberries

1 ingredient · 3 minutes · 2 servings



## Directions

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1. Wash berries and enjoy!

## Notes

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### Tip

Do not wash until ready to eat, as washed berries spoil more quickly.

## Ingredients

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**2 cups** Raspberries

# Granola, Yogurt & Berry Snack Box

3 ingredients · 5 minutes · 2 servings



## Directions

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1. Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

## Notes

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### Storage

Refrigerate in an airtight container up to 3 days.

### Gluten-Free

Ensure a gluten-free granola is used.

### Dairy-Free & Vegan

Use a dairy-free yogurt.

## Ingredients

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**1 cup** Plain Greek Yogurt

**2 cups** Strawberries (sliced)

**2/3 cup** Granola



# Sunflower Seed Butter Banana Sushi

3 ingredients · 5 minutes · 1 serving



## Directions

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1. Spread sunflower seed butter onto a banana.
2. Sprinkle hemp seeds over top.
3. Slice and enjoy!

## Notes

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### Leftovers

Best enjoyed immediately.

### More Flavor

Add a dash of cinnamon and/or sea salt.

## Ingredients

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**2 tbsps** Sunflower Seed Butter

**1** Banana (peeled)

**1 tbsp** Hemp Seeds

# One Pan Cod, Sweet Potatoes & Green Beans

7 ingredients · 40 minutes · 3 servings



## Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Place the sweet potatoes on one side of the baking sheet and the green beans on the other side, leaving room for the cod fillets in the middle.
3. Toss the potatoes and green beans in half of the oil, half the garlic powder, and salt and pepper. Bake for 15 minutes.
4. Remove the baking sheet from the oven and add the cod fillets. Brush the remaining oil onto the fillets. Top with the remaining garlic powder, dill, salt, and pepper. Place back in the oven for 15 minutes or until the sweet potatoes are soft and the fish is cooked through.
5. Divide evenly between plates and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Fillet Size

One cod fillet is equal to 231 grams or eight ounces.

### More Flavor

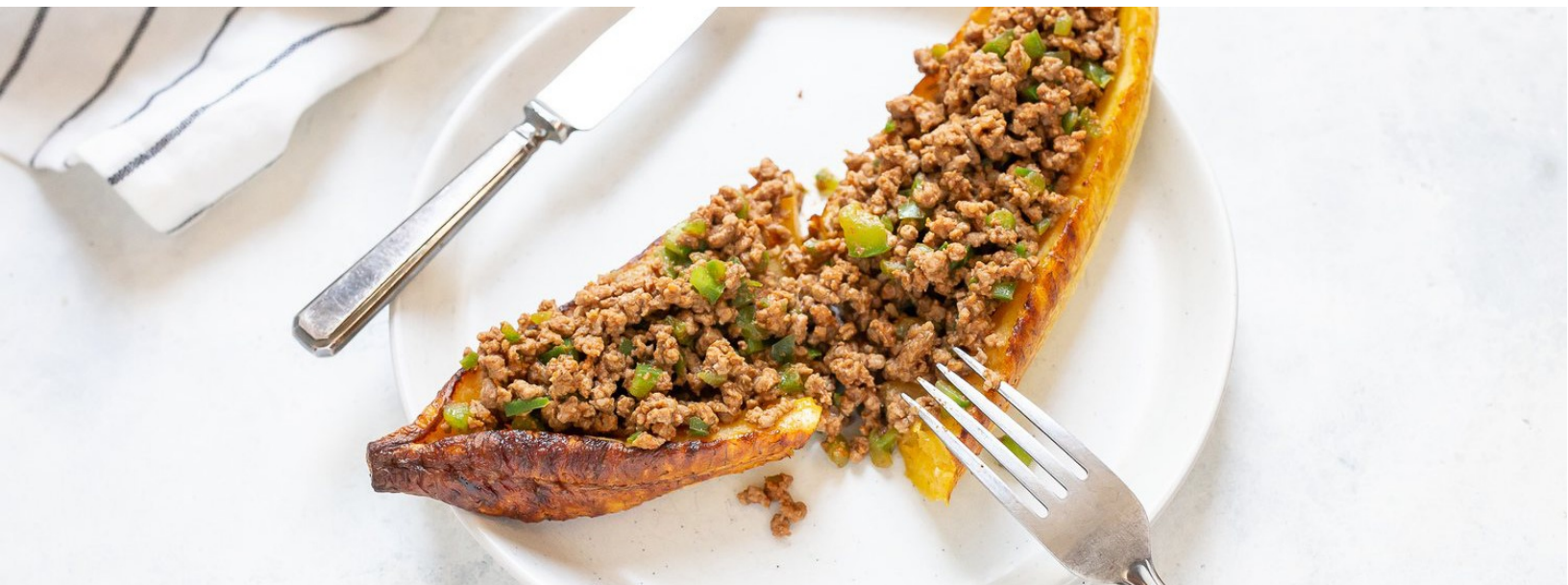
Squeeze fresh lemon on top when ready to serve.

## Ingredients

- 1 1/2 Sweet Potato (peeled, cubed)
- 3 cups Green Beans (trimmed)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 1 1/2 tsps Garlic Powder (divided)
- Sea Salt & Black Pepper (to taste)
- 1 1/2 Cod Fillet (cut in half)
- 3/4 tsp Dried Dill

# Stuffed Plantains

6 ingredients · 30 minutes · 2 servings



## Directions

1. Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
2. Arrange the plantain on the baking sheet and brush evenly with avocado oil. Bake for about 30 minutes or until brown and tender. (If the plantain is still firm, flip over and bake for another five to 10 minutes.)
3. Meanwhile, heat a pan over medium-high heat. Add the beef, paprika, bell pepper, salt, and pepper. Stir for eight to 10 minutes or until the beef is cooked through.
4. Remove the plantains from the oven and cut each one lengthwise about halfway. Stuff each plantain with the beef mixture. Divide onto plates and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving equals approximately one stuffed plantain.

### More Flavor

Add sautéed onions, tomato sauce, garlic, cayenne pepper, or chili powder.

### Additional Toppings

Top with cheese, yogurt, and fresh parsley.

## Ingredients

2 Plantain (very ripe, peeled)

1 1/3 **tsps** Avocado Oil

151 **grams** Extra Lean Ground Beef

2 **tsps** Smoked Paprika

2/3 Green Bell Pepper (small, seeds removed, diced)

Sea Salt & Black Pepper (to taste)



# Rice, Beef & Spinach

4 ingredients · 20 minutes · 2 servings



## Directions

1. Cook the rice according to the directions on the package.
2. Meanwhile, heat a large skillet over medium heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
3. Add the spinach to the beef and stir until the spinach has wilted. Add in the tamari and stir to combine.
4. Divide the rice between plates and top with the beef mixture. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### More Flavor

Add fresh garlic or ginger to the beef with the spinach.

### Additional Toppings

Hot sauce, sesame seeds, sliced green onions and/or cilantro.

### No Tamari

Use soy sauce or coconut aminos instead.

### No Beef

Use ground chicken, turkey or pork instead.

### No Jasmine Rice

Use brown rice, quinoa or cauliflower rice instead.

## Ingredients

**1/2 cup** Jasmine Rice

**227 grams** Extra Lean Ground Beef

**2 cups** Baby Spinach (packed)

**1 1/2 tsps** Tamari

# One Pan Paleo Plate

5 ingredients · 35 minutes · 2 servings



## Directions

1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Brush both sides of the chicken breast with olive oil and season with sea salt. Place on the baking sheet.
3. Toss your brussels sprouts in olive oil. Place on the baking sheet with the chicken.
4. Slice your sweet potatoes in half lengthwise and pierce the flesh multiple times with a fork all over to create holes. Brush the flesh of each half with olive oil. Place these on the baking sheet with the flesh facing up.
5. Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through. (Note: Sweet potato may need longer depending on size.)
6. Remove baking sheet from the oven and divide onto plates. Season with more salt if desired. Enjoy!

## Notes

### No Brussels Sprouts

Use broccoli, cauliflower or green beans instead. Roasting times will vary.

### No Chicken Breast

Use turkey breast.

### Vegans and Vegetarians

Replace chicken with roasted chickpeas.

### Extra Time

Slice sweet potato into cubes or fries.

## Ingredients

**227 grams** Chicken Breast

**1/16 tsp** Sea Salt

**2 cups** Brussels Sprouts (washed, trimmed and halved)

**1 1/2 tsps** Extra Virgin Olive Oil (plus extra for brushing)

**1** Sweet Potato (washed and sliced in half)



# Balsamic Cod & Cauliflower Mash

8 ingredients · 25 minutes · 3 servings



## Directions

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1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. Steam the cauliflower until fork tender, about five to seven minutes. Mash with 1/2 of the oil and 1/3 of the garlic. Season with salt and pepper to taste.
3. Mix the balsamic vinegar, maple syrup, remaining oil, and remaining garlic in a large bowl.
4. Toss the Brussels sprouts in the balsamic marinade and spread them out on the baking sheet. Place the cod on the baking sheet and pour the remaining balsamic marinade on the cod, being sure to coat it well. Bake for 15 minutes, remove the cod and continue baking the Brussels sprouts for 10 minutes.
5. Divide the cod, mashed cauliflower and Brussels sprouts evenly between plates and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is half of a cod fillet, one cup of cauliflower mash, and one cup of Brussels sprouts.

### More Flavor

Add thyme to the marinade.

### Fillet Size

One cod fillet is equal to 231 grams or eight ounces.

## Ingredients

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**3/4 head** Cauliflower (large, cut into florets)

**3 tbsps** Extra Virgin Olive Oil (divided)

**4 1/2** Garlic (cloves, minced, divided)

Sea Salt & Black Pepper

**3 tbsps** Balsamic Vinegar

**3 tbsps** Maple Syrup

**1 1/2** Cod Fillet (cut in half)

**3 cups** Brussels Sprouts (trimmed and quartered)



# Turmeric Chicken Strips

5 ingredients · 40 minutes · 2 servings



## Directions

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1. Preheat the oven to 400°F (204°C) and line a large baking sheet with parchment paper.
2. In a food processor blend the rolled oats, turmeric, sea salt and black pepper until a flour-like consistency forms.
3. In a separate bowl, toss the chicken strips in olive oil until evenly distributed. Pour the oat mixture over the chicken and toss until the chicken is coated.
4. Place the chicken strips on the parchment-lined baking sheet and cook for 30 minutes.
5. Remove and allow the strips to cool slightly. Divide between plates and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is roughly three chicken strips.

### More Flavor

Add curry powder to the oat mixture. Dip in your favorite dipping sauce.

### Serve it With

Roasted vegetables, sweet potato fries, roasted potatoes, over a salad, or with rice.

## Ingredients

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**1/2 cup** Oats (rolled)

**1 tbsp** Turmeric

Sea Salt & Black Pepper (to taste)

**227 grams** Chicken Breast (cut into strips)

**1 tbsp** Extra Virgin Olive Oil

# Asparagus & Rice

2 ingredients · 25 minutes · 2 servings



## Directions

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1. Cook the jasmine rice according to the directions on the package.
2. Meanwhile, set the asparagus in a steaming basket over boiling water and cover. Steam for about 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus.
3. Divide rice and asparagus into bowls or containers. Enjoy!

## Notes

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### No Jasmine Rice

Use quinoa, brown rice, couscous, barley or cauliflower rice instead.

### Serving Size

One serving is equal to approximately 1 cup of asparagus, and 1.25 cups of cooked rice.

### Leftovers

Refrigerate in an airtight container up to 4 days.

## Ingredients

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**1/2 cup** Jasmine Rice (dry, rinsed)

**2 cups** Asparagus (woody ends trimmed, chopped in half)