

# sanoMidLife♀

## Plant-Based Low Sodium Cholesterol-Free Meal Plan - 7 Days

Created by sanoMidLife



# Plant-Based Low Sodium Cholesterol-Free Meal Plan - 7 Days

sanoMidLife

## Overview:

---

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:

---

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 13 grams per day and is cholesterol-free. Monounsaturated fats are added from olive oil, avocado, almond butter, 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 1,200 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 60 grams. Soluble fibre found in foods like oats, bananas, berries, and beans 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.

## Plant-Based Low Sodium Cholesterol-Free Meal Plan - 7 Days

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Cinnamon Pear Oatmeal	Cinnamon Pear Oatmeal	Cinnamon Pear Oatmeal	Toast with Nut Butter, Banana & Hemp Seeds	Toast with Nut Butter, Banana & Hemp Seeds	Blackberry & Pear Oat Smoothie	Blackberry & Pear Oat Smoothie
						Almond Butter Stuffed Dates	Almond Butter Stuffed Dates
Snack 1	Stacked Veggie Sandwich	Rice Cakes with Almond Butter & Banana	Vanilla Date Smoothie	Rice Cakes with Almond Butter	Vanilla Date Smoothie	Tahini & Pear Toast	Avocado Rice Cake
Lunch	Roasted Carrot & Tomato Pasta	Marinated Mixed Bean Salad	Roasted Carrot & Tomato Pasta	Pesto Tofu Bites	Creamy Lemon Garlic Pasta	Carrot & Mixed Bean Salad with Tahini Dressing	Pesto Barley & Tofu Bowl
		Barley		Garlicky Green Beans			
Snack 2	Rice Cakes with Almond Butter & Banana	Stacked Veggie Sandwich	Rice Cakes with Almond Butter	Vanilla Date Smoothie	Pear with Tahini & Raisins	Avocado Rice Cake	Tahini & Pear Toast
			Blackberries				
Dinner	Marinated Mixed Bean Salad	Roasted Carrot & Tomato Pasta	Pesto Tofu Bites	Creamy Lemon Garlic Pasta	Carrot & Mixed Bean Salad with Tahini Dressing	Pesto Barley & Tofu Bowl	Carrot & Mixed Bean Salad with Tahini Dressing
	Barley		Garlicky Green Beans				

# Plant-Based Low Sodium Cholesterol-Free Meal Plan - 7 Days

45 items

## Fruits

---

- ☐ 1 3/4 Avocado
- ☐ 5 Banana
- ☐ 2 cups Blackberries
- ☐ 3/4 Lemon
- ☐ 2 1/4 tsps Lemon Juice
- ☐ 5 1/2 Pear

## Breakfast

---

- ☐ 1 1/16 cups Almond Butter
- ☐ 3 tbsps Maple Syrup
- ☐ 8 Plain Rice Cake

## Seeds, Nuts & Spices

---

- ☐ 1/8 tsp Cardamom
- ☐ 2/3 tsp Cinnamon
- ☐ 2 tbsps Hemp Seeds
- ☐ 1 1/2 tsps Italian Seasoning
- ☐ 1/3 cup Pecans
- ☐ 3/4 tsp Red Pepper Flakes
- ☐ 1/4 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper

## Frozen

---

- ☐ 9 Ice Cubes

## Vegetables

---

- ☐ 2 cups Broccoli
- ☐ 4 Carrot
- ☐ 1 1/2 stalks Celery
- ☐ 1/4 cup Chives
- ☐ 2 1/8 Garlic
- ☐ 3 cups Green Beans
- ☐ 1/16 head Green Lettuce
- ☐ 2/3 stalk Green Onion
- ☐ 1/2 cup Radishes
- ☐ 2 tbsps Red Onion
- ☐ 6 1/2 Tomato

## Boxed & Canned

---

- ☐ 4 cups Brown Rice Fusilli
- ☐ 3 1/2 cups Mixed Beans
- ☐ 1 1/3 cups Pearl Barley

## Baking

---

- ☐ 2 cups Oats
- ☐ 1 1/4 cups Pitted Dates
- ☐ 2 tbsps Raisins
- ☐ 1 tbsp Vanilla Extract

## Bread, Fish, Meat & Cheese

---

- ☐ 805 grams Tofu
- ☐ 10 slices Whole Grain Bread

## Condiments & Oils

---

- ☐ 3 1/4 tbsps Apple Cider Vinegar
- ☐ 1/2 cup Extra Virgin Olive Oil
- ☐ 1/2 cup Pesto
- ☐ 2/3 cup Tahini

## Cold

---

- ☐ 2/3 cup Hummus
- ☐ 3 1/2 cups Oat Milk

## Other

---

- ☐ 5 3/4 cups Water



# Cinnamon Pear Oatmeal

6 ingredients · 15 minutes · 3 servings



## Directions

1. Heat a small non-stick pan over medium heat. Once warm, add the pear and cinnamon. Cook, stirring often until softened and cooked through, about 5 to 7 minutes. Remove the pears and set aside.
2. Meanwhile, add the oats and water to a small saucepan and cook over medium heat, stirring often until gently boiling. Reduce the heat and simmer until cooked through, about 5 to 7 minutes.
3. Add the oats to a bowl and top with pears. Add the pecans and almond butter, if using. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days. Reheat with a splash of water or oat milk or eat cold.

### Nut-Free

Use pumpkin seeds instead of pecans. Omit the almond butter or use tahini instead.

### More Flavor

Add a splash of oat milk and/or vanilla. Cook the pear in coconut oil.

### Additional Toppings

Sweeten with a drizzle of maple syrup.

## Ingredients

- 1 1/2 Pear (sliced)
- 1/3 tsp Cinnamon
- 1 1/2 cups Oats (rolled)
- 3 cups Water
- 1/3 cup Pecans (roughly chopped, optional)
- 3 tbsps Almond Butter (optional)

# Toast with Nut Butter, Banana & Hemp Seeds

5 ingredients · 5 minutes · 1 serving



## Directions

1. Spread the almond butter onto the toast and top with sliced banana, hemp seeds and cinnamon. Enjoy!

## Notes

### No Hemp Seeds

Omit or use sunflower seeds or pumpkin seeds instead.

### Gluten-Free

Use a certified gluten-free bread.

### Nut-Free

Use sunflower seed butter instead.

## Ingredients

**2 slices** Whole Grain Bread (toasted)

**2 tbsps** Almond Butter

**1/2** Banana (sliced)

**1 tbsp** Hemp Seeds

**1/8 tsp** Cinnamon

# Blackberry & Pear Oat Smoothie

4 ingredients · 5 minutes · 1 serving



## Directions

---

1. Add all of the ingredients to a blender and blend until smooth. Pour into glasses and enjoy!

## Notes

---

### Leftovers

Best enjoyed immediately.

### Serving Size

One serving is equal to two cups.

## Ingredients

---

**1** Pear (cored and chopped)

**1/2 cup** Blackberries (fresh or frozen)

**3/4 cup** Oat Milk

**1/4 cup** Oats (rolled)



# Almond Butter Stuffed Dates

2 ingredients · 5 minutes · 1 serving



## Directions

---

1. Spoon an even amount of nut butter into the centre of each date. Enjoy!

## Notes

---

### Serving Size

One serving is equal to approximately three large stuffed dates.

### Nut-Free

Use sunflower seed butter or tahini instead of almond butter.

### Dress Them Up

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

## Ingredients

---

**1/4 cup** Pitted Dates

**2 tbsps** Almond Butter



# Stacked Veggie Sandwich

7 ingredients · 5 minutes · 1 serving



## Directions

1. Spread the hummus on the bread. Add the remaining sandwich toppings. Close the sandwich and enjoy!

## Notes

### Leftovers

Best enjoyed the same day but can be refrigerated in an airtight container for up to two days.

### Gluten-Free

Use gluten-free bread.

### More Flavor

Season with salt and pepper to taste. Use flavored hummus or your favorite dressing instead.

### Additional Toppings

Sliced bell peppers, green onions, fresh herbs, or sprouts.

## Ingredients

**2 tbsps** Hummus

**2 slices** Whole Grain Bread

**1/16 head** Green Lettuce (leaves separated)

**1/4** Tomato (medium, sliced)

**1/4 cup** Radishes (trimmed, sliced)

**1 tbsps** Red Onion (sliced)

**1/2** Carrot (small, shredded)

# Rice Cakes with Almond Butter & Banana

3 ingredients · 5 minutes · 1 serving



## Directions

---

1. Spread almond butter on the rice cake and top with sliced banana. Enjoy!

## Notes

---

### No Almond Butter

Use peanut, cashew or sunflower seed butter instead.

### More Flavor

Top each rice cake with a drizzle of honey, maple syrup or a pinch of cinnamon.

### More Fiber

Add hemp seeds, chia seeds, ground flax seed or fresh berries.

## Ingredients

---

1 Plain Rice Cake

1 **tbsp** Almond Butter

1/2 Banana (medium, sliced)

# Vanilla Date Smoothie

6 ingredients · 5 minutes · 1 serving



## Directions

---

1. In a blender, combine all ingredients and blend until smooth. Serve immediately and enjoy!

## Notes

---

### Leftovers

Best enjoyed immediately.

### Serving Size

One serving is equal to approximately 1 1/2 cups.

### More Flavor

Add cacao powder for a chocolatey twist.

## Ingredients

---

**130 grams** Tofu (soft)

**1** Banana (medium)

**2/3 cup** Oat Milk

**1/4 cup** Pitted Dates

**1 tsp** Vanilla Extract

**3** Ice Cubes



# Rice Cakes with Almond Butter

2 ingredients · 5 minutes · 1 serving



## Directions

---

1. Spread almond butter across the rice cakes and enjoy!

## Notes

---

### No Almond Butter

Use any type of nut or seed butter instead.

### Likes it Sweet

Add honey, jam, sliced bananas or berries.

## Ingredients

---

2 Plain Rice Cake

2 tbsps Almond Butter

# Tahini & Pear Toast

4 ingredients · 5 minutes · 1 serving



## Directions

---

1. Spread tahini over the bread and top with pear slices. Drizzle the maple syrup on top (optional) and enjoy!

## Notes

---

### Leftovers

For best results, enjoy freshly made. Refrigerate for up to one day.

### Gluten-Free

Use gluten-free bread instead of whole grain bread.

### More Flavor

Add cinnamon and cardamom.

### Additional Toppings

Chopped dates, sliced almonds, sesame seeds, shredded coconut, or hemp seeds.

## Ingredients

---

**1 tbsp** Tahini

**1 slice** Whole Grain Bread (toasted)

**1/2** Pear (medium, sliced)

**1 tbsp** Maple Syrup (optional)

# Avocado Rice Cake

2 ingredients · 5 minutes · 1 serving



## Directions

---

1. Mash the avocado with a fork and spread over the rice cake. Enjoy!

## Notes

---

### Leftovers

Refrigerate in an airtight container for up to three days. For best results, assemble the rice cake just before serving.

### No Plain Rice Cake

Use brown rice cakes or crackers instead.

## Ingredients

---

1/2 Avocado

1 Plain Rice Cake



# Roasted Carrot & Tomato Pasta

8 ingredients · 1 hour 5 minutes · 3 servings



## Directions

---

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Place the carrots and tomato onto the lined baking sheet and drizzle with 1/5 of the olive oil and season with salt and pepper. Transfer to the oven and bake for 45 to 55 minutes, until the tomatoes have burst and the carrots are soft.
3. Transfer the carrots and tomato to a blender along with the water, remaining oil, and lemon juice. Season with salt and pepper. Blend on high until very smooth.
4. Meanwhile, cook the pasta according to package directions, reserving some of the pasta water.
5. Toss the cooked pasta with the sauce, adding pasta water as needed to thin. Add the chili flakes and season with salt and pepper if needed. Divide onto plates and enjoy!

## Notes

---

### Leftovers

Refrigerate in a sealed container for up to three days.

### Serving Size

One serving is about 1 1/2 cups of pasta.

### Additional Toppings

Top with chopped basil.

## Ingredients

---

- 2 1/4 Carrot (medium, peeled, and chopped into chunks)
- 3 Tomato (large, quartered)
- 3 3/4 tbsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Water
- 2 1/4 tsps Lemon Juice
- 2 1/4 cups Brown Rice Fusilli (dry, uncooked)
- 3/4 tsp Red Pepper Flakes

# Blackberries

1 ingredient · 5 minutes · 1 serving



## Directions

---

1. Wash and enjoy!

## Ingredients

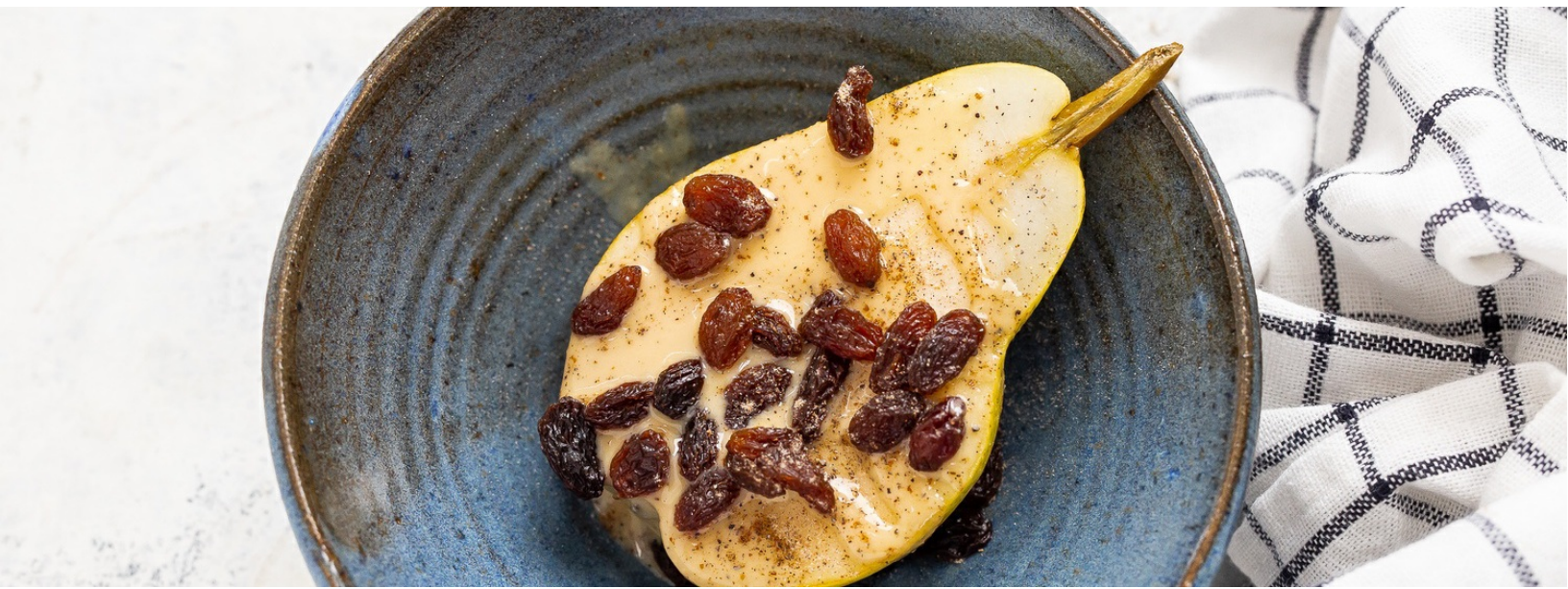
---

1 cup Blackberries



# Pear with Tahini & Raisins

4 ingredients · 5 minutes · 1 serving



## Directions

---

1. Top the pear with tahini, raisins, and cardamom. Enjoy!

## Notes

---

### Leftovers

Refrigerate in an airtight container for up to three days.

### Additional Toppings

Maple syrup or honey.

## Ingredients

---

**1** Pear (medium, sliced in half, cored)

**2 tbsps** Tahini

**2 tbsps** Raisins

**1/8 tsp** Cardamom (ground)



# Marinated Mixed Bean Salad

8 ingredients · 15 minutes · 2 servings



## Directions

1. Bring a medium-sized pot of salted water to a boil. Drop in the green beans and simmer for 3 to 5 minutes. Drain and rinse with cold water until cool.
2. Combine all ingredients together in a large mixing bowl. Toss well and enjoy right away, or let marinate in the fridge overnight for more flavour.

## Notes

### No Mixed Beans

Use equal parts chickpeas, kidney beans, white beans, lima beans, pinto beans, romano beans, or any combination of beans.

### Leftovers

Keeps well covered in the fridge up to 4 to 5 days.

## Ingredients

- 1 cup** Green Beans (fresh or frozen)
- 2 cups** Mixed Beans (cooked)
- 2 tbsps** Extra Virgin Olive Oil
- 1 tbsp** Apple Cider Vinegar
- 1 1/2 tps** Italian Seasoning
- 1/2** Garlic (clove, minced)
- 1/2** Lemon (juiced)
- Sea Salt & Black Pepper (to taste)

# Barley

2 ingredients · 30 minutes · 2 servings



## Directions

---

1. Combine the barley and water in a pot and bring to a boil over high heat. Watch closely as the initial foam may boil over.
2. Lower the heat to a simmer and cook for at least 25 minutes, or until the barley is soft but chewy. Add more water if needed.
3. Once cooked, drain any excess liquid. Fluff the barley with a fork to separate the grains before serving. Enjoy!

## Notes

---

### Serving Size

One serving is equal to approximately one cup of cooked barley.

### Serve it With

Soup, salad or as a side dish.

### More Flavor

Use broth instead of water.

### More Fiber

Use hulled barley instead of pearl barley. Cook for at least 40 minutes, or until soft but chewy. Add more water if needed.

### Storage

Refrigerate in an airtight container up to 3 to 5 days, or freeze up to 1 month.

## Ingredients

---

**2/3 cup** Pearl Barley (dry/uncooked, rinsed and drained)

**2 cups** Water



# Pesto Tofu Bites

3 ingredients · 30 minutes · 2 servings



## Directions

---

1. Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. Add the tofu cubes to a bowl and gently toss with the pesto and salt. Transfer to the baking sheet, and bake for 25 to 30 minutes, flipping halfway through. Enjoy!

## Notes

---

### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

One serving is approximately 1 cup cubed tofu.

### Extra Firm Tofu

To press the tofu, wrap in paper towel, place a plate or cutting board on top of the block of tofu. Place a heavy pan or heavy object on the cutting board. Let the tofu rest like this for 15 to 30 minutes.

## Ingredients

---

**241 grams** Tofu (extra-firm, pressed and cubed)

**1/4 cup** Pesto

**1/4 tsp** Sea Salt



# Garlicky Green Beans

4 ingredients · 15 minutes · 2 servings



## Directions

---

1. Heat the oil in a pan over medium heat.
2. Add the beans, salt, and pepper and sauté for three to five minutes.
3. Add the garlic and sauté for another one to three minutes until the beans are tender-crisp or cooked to your liking.
4. Divide onto plates and enjoy!

## Notes

---

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is equal to approximately one cup.

### More Flavor

Add lemon juice, chili flakes, fresh herbs.

## Ingredients

---

**1 1/2 tsps** Extra Virgin Olive Oil

**2 cups** Green Beans (trimmed)

Sea Salt & Black Pepper (to taste)

**1** Garlic (cloves, minced)

# Creamy Lemon Garlic Pasta

7 ingredients · 15 minutes · 2 servings



## Directions

1. Cook the pasta according to the package directions. Reserve some of the starchy cooking liquid for later. Drain and set aside.
2. Heat the oil in a pan over medium heat. Add the green onion and cook for 2 to 3 minutes. Add the garlic and red pepper flakes, if using, and cook for a minute more until very fragrant.
3. Remove the pan from the heat and add the hummus and lemon juice. Stir to combine then stir in the reserved starchy cooking liquid one tablespoon at a time until your desired consistency is reached. Add the cooked pasta to the pan and toss until evenly coated. Season with salt if necessary.
4. Divide between plates and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days. Enjoy cold or reheat with a splash of water.

### Serving Size

One serving is about 1 1/2 cups of pasta.

### Additional Toppings

Lemon wedges, sliced green onion, red pepper flakes, fresh ground black pepper, nutritional yeast or fresh herbs.

### More Veggies

Serve with roasted vegetables or sautéed greens.

### No Fusilli

Use another short-cut pasta instead.

### Hummus

Classic or garlic flavor hummus works best for this recipe.

## Ingredients

**1 2/3 cups** Brown Rice Fusilli

**1 tsp** Extra Virgin Olive Oil

**2/3 stalk** Green Onion (sliced)

**2/3** Garlic (clove, minced)

**1/16 tsp** Red Pepper Flakes (optional, or to taste)

**1/3 cup** Hummus

**1/3** Lemon (juiced)

**No Green Onion**

Use red onion instead.



# Carrot & Mixed Bean Salad with Tahini Dressing

10 ingredients · 15 minutes · 3 servings



## Directions

1. In a jar, whisk together the tahini, maple syrup, vinegar, and water. Set aside.
2. Arrange the beans, celery, tomato, carrot, and avocado in a large salad bowl. Drizzle with the dressing and top with chives. Toss the salad before serving and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving equals approximately two cups.

### More Flavor

Add salt and pepper to taste.

## Ingredients

- 1/3 cup Tahini
- 1 tbsp Maple Syrup
- 2 1/4 tbsps Apple Cider Vinegar (to taste)
- 3 tbsps Water
- 1 1/2 cups Mixed Beans (cooked)
- 1 1/2 stalks Celery (sliced)
- 3 Tomato (small, chopped)
- 3/4 Carrot (large, shredded)
- 3/4 Avocado (chopped)
- 1/4 cup Chives (chopped, flowers optional)

# Pesto Barley & Tofu Bowl

6 ingredients · 35 minutes · 2 servings



## Directions

1. Cook the barley according to package directions until soft but chewy, approximately 25 to 30 minutes. Drain any excess liquid from the pot and fluff the barley with a fork.
2. Meanwhile, heat half of the oil in a pan. Brown the tofu pieces for three to five minutes per side until golden brown. Transfer to a plate, season with salt and pepper to taste and set aside.
3. Add the remaining oil to the same pan then add the chopped broccoli. Cook for eight to 10 minutes or until the broccoli is fork-tender.
4. Add the cooked barley and tofu to the pan with the broccoli and stir in the pesto. Cook for one to two minutes or until the tofu pieces are warmed through. Season with salt and pepper to taste. Divide between bowls and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately equal to 1 1/2 cups.

### Gluten-Free

Use brown rice instead of barley.

### More Flavor

Add fresh garlic, lemon juice, red pepper flakes, nutritional yeast, or parmesan cheese. Add more pesto to taste.

### No Broccoli

Use cauliflower, bell pepper, or zucchini instead.

### No Tofu

Use beans or lentils instead.

## Ingredients

**3/4 cup** Pearl Barley (dry, rinsed well)

**1 tbsp** Extra Virgin Olive Oil (divided)

**175 grams** Tofu (extra firm, pressed then cut into 1/2-inch cubes)

Sea Salt & Black Pepper (to taste)

**2 cups** Broccoli (finely chopped)

**1/4 cup** Pesto