7-day cholesterol-lowering meal plan

A week of simple meals built on oats, beans, nuts, oily fish and olive oil, and low in saturated fat.

Heart Tracker
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Day	Breakfast	Lunch	Dinner	Snack
Mon	Porridge made with soy or skimmed milk, berries and a spoon of ground flaxseed	Lentil and vegetable soup, wholegrain roll	Baked salmon, new potatoes, broccoli and peas	Apple and a small handful of almonds
Tue	Wholegrain toast with mashed avocado and tomato	Chickpea, cucumber and bulgur salad with olive oil and lemon	Chilli with half lean mince, half kidney beans, brown rice	Low-fat Greek yogurt with berries
Wed	Overnight oats with grated apple, cinnamon and walnuts	Hummus and salad wholemeal wrap, a piece of fruit	Tofu and vegetable stir-fry in rapeseed oil, wholewheat noodles	Edamame beans
Thu	Bran or plain oat cereal with skimmed or soy milk, banana	Leftover chilli in a baked potato, side salad	Grilled skinless chicken, roasted aubergine, peppers and courgette, quinoa	Air-popped popcorn
Fri	Scrambled tofu or one egg on wholegrain toast, spinach	Sardines on rye crispbread, cherry tomatoes	Wholewheat pasta with tomato, white bean and spinach sauce, a little parmesan	Pear and a few walnuts
Sat	Oat pancakes with yogurt and berries	Barley and roasted vegetable salad with feta (small amount)	Homemade bean burger in a wholemeal bun, sweet potato wedges baked in olive oil	Carrot sticks and hummus
Sun	Porridge with peanut butter (1 tbsp) and sliced banana	Roast chicken (no skin), lots of vegetables, gravy made without dripping	Mackerel or salmon with a three-bean salad	Two squares of 70%+ dark chocolate

Each day, aim for

- ☐ Oats, barley or beans at two meals (soluble fibre)
- ☐ A small handful of nuts (about 30 g)
- ☐ Olive or rapeseed oil instead of butter
- ☐ Five portions of fruit and vegetables
- ☐ Oily fish twice a week

Keep saturated fat low

AHA: under 6% of calories, about 13 g a day on 2,000 calories.

NHS: no more than 30 g a day for men, 20 g for women.

Swap any meal for one you like with the same building blocks: wholegrains, beans or fish, vegetables and a healthy oil.

Shopping list

Oats, wholegrain bread, rye crispbread, brown rice, quinoa, barley, wholewheat pasta and noodles; lentils, chickpeas and beans; tofu, edamame, soy milk; salmon, mackerel, sardines, skinless chicken; nuts, flaxseed; olive and rapeseed oil; fruit, vegetables, low-fat yogurt.

General information, not medical advice. Portion sizes depend on your energy needs. If you have allergies, diabetes, kidney disease or another condition, or take medicines, check with your doctor or a dietitian. Re-test your cholesterol after 2 to 3 months of changes.

Log these meals and see your saturated fat in **Heart Tracker**
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