



Heart Healthy Daily Meal Plan



Meal Plan

BREAKFAST

Papaya Boat with
Yoghurt & Kiwi



LUNCH

Potato & Black Bean
Shakshuka



SNACK

Strawberry & Peanut
Butter Smoothie



DINNER

Salmon & Spinach
Pesto Pasta



Papaya Boat with Coconut Yoghurt



Papaya Boat with Coconut Yoghurt



MAKES: 1



COOK: 10 MIN



INGREDIENTS

- 1/2 Papaya
- 1/2 cup Coconut Yoghurt
- 1 Kiwi, peeled off & sliced
- 1/4 cup Flaked Almonds
- 1 tsp Chia Seeds

METHOD

1. With a spoon scoop the seeds out of the papaya. Fill the middle of the papaya with the coconut yoghurt.
2. Top with sliced kiwi, almond flakes and chia seeds.



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Tips

- You can mix up your toppings with other fruits, nuts and seeds.

Potato & Black Bean Shakshuka



Potato & Black Bean Shakshuka



MAKES: 1



COOK: 45 MIN



INGREDIENTS

- 5 Mini Potatoes (quartered)
- 1 Brown Onion (medium, chopped into wedges)
- 1 tbsp Extra Virgin Olive Oil
- 2 tsps Mingles Taco Seasoning
- 1 tin Black Beans (drained)
- 4 Eggs
- 1 Avocado (medium, sliced)
- 2 tsps Coriander (chopped fine, for garnish, optional)

METHOD

1. Preheat the oven to 220°C.
2. Place the potatoes and onion in a large oven-safe pan and toss with the oil and taco seasoning. Season with salt and pepper. Transfer the pan to the oven and bake for 30 to 35 minutes, until the potatoes are cooked through.
3. Remove the pan from the oven and reduce the oven to 180°C.
4. Add the beans to the pan and stir to combine. Make small wells in the pan and crack the eggs into them. Season with salt and pepper. Return to the oven and bake for 7-8 minutes or until the whites of the eggs are set and the yolks are cooked to your desired doneness.
5. Remove from the oven, top with avocado slices and coriander.

Strawberry Peanut Butter Smoothie



Strawberry Peanut Butter Smoothie



MAKES: 1



INGREDIENTS

- 1 cup Unsweetened Almond Milk
- 1 cup Frozen Strawberries
- 1/2 cup Frozen Cauliflower
- 1 Banana
- 1 tbsps All Natural Peanut Butter

OPTIONAL

- 60g Vanilla Protein

METHOD

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

Spinach Pesto Spaghetti & Salmon



Spinach Pesto Spaghetti & Salmon



MAKES: 2



COOK: 30MIN



INGREDIENTS

- 2 Salmon Fillets
- 1/3 packet Brown Rice Spaghetti
- 120g Baby Spinach
- 1 Garlic Cloves
- Juice of 1/2 Lemon
- 1/3 cup Walnuts
- 1/3 cup Parmigiano, grated
- 1/3 cup Extra Virgin Olive Oil

METHOD

1. Preheat the oven to 200c and line a baking tray with baking paper. Place the salmon fillets on the tray, season with salt and pepper and bake for 12-15min or until cooked through
2. Meanwhile, cook the pasta according to the package instructions.
3. While the pasta cooks, make the pesto. In a blender add the baby spinach, garlic, lemon juice, walnuts, parmesan, salt and pepper. While the blender is running, slowly add the oil through the top of the lid until fully emulsified.
4. Toss the cooked pasta with spinach pesto. Serve with Salmon fillets and enjoy!

HEART HEALTHY FOODS



HEALTHY FATS

Healthy Fats, such as those found in avocado's, nuts, seeds and oily fish, contain Omega-3 fatty acids which help reduce inflammation. They have also been found to improve cholesterol levels and support overall heart health.



BEANS & LEGUMES

Beans and legumes are full of soluble fibre which has been proven to help lower cholesterol levels. They also contain various nutrients like potassium, magnesium and folate that all help support heart function and regulate blood pressure.



BERRIES

Berries are jam packed full of antioxidants, vitamins and fibre that support heart health and help reduce inflammation. Try to have a handful of berries each day.



DARK LEAFY GREENS

Dark leafy greens, such as kale, spinach, collard, asian broccoli etc, are full of antioxidants, phytonutrients, vitamins and minerals - making them some of the most nutrients dense foods. They are crucial in a heart healthy diet.



ANA ROBINSON: Certified Nutritionist & Wellness Coach



Hello@nourishus.com.au



[@nourish_us](https://www.instagram.com/nourish_us)



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