

# Meal Planning for a Healthy Heart



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# February is Heart Month

- Heart disease kills more people every year than all cancers combined
- One in 4 deaths in US is from heart disease
- In US someone has a heart attack every 40 seconds
- Risk factors for heart disease:
  - Diabetes, high blood pressure, high cholesterol
  - Unhealthy diet
  - Lack of activity
  - Obesity/overweight
  - Smoking
  - Excess alcohol



# Heart Disease is #1 killer of women & men

- **G: GET YOUR NUMBERS**
- Talk to your doctor & dietitian
- **O: OWN YOUR LIFESTYLE**
- Stop smoking, lose weight, exercise, and eat healthy.
- Cut out the foods that cause the problem: meat, eggs, dairy, processed
- It's up to you. No one can do it for you.
- Don't just put duct tape on the problem.
- **R: REALIZE YOUR RISK**
- We think it won't happen to us, but heart disease kills one of three women.
- **E: EDUCATE YOUR FAMILY**
- Make healthy food choices for you and your family.
- Teach your kids the importance of staying active.
- **D: DON'T BE SILENT**
- Tell every woman you know that heart disease is our No. 1 killer.



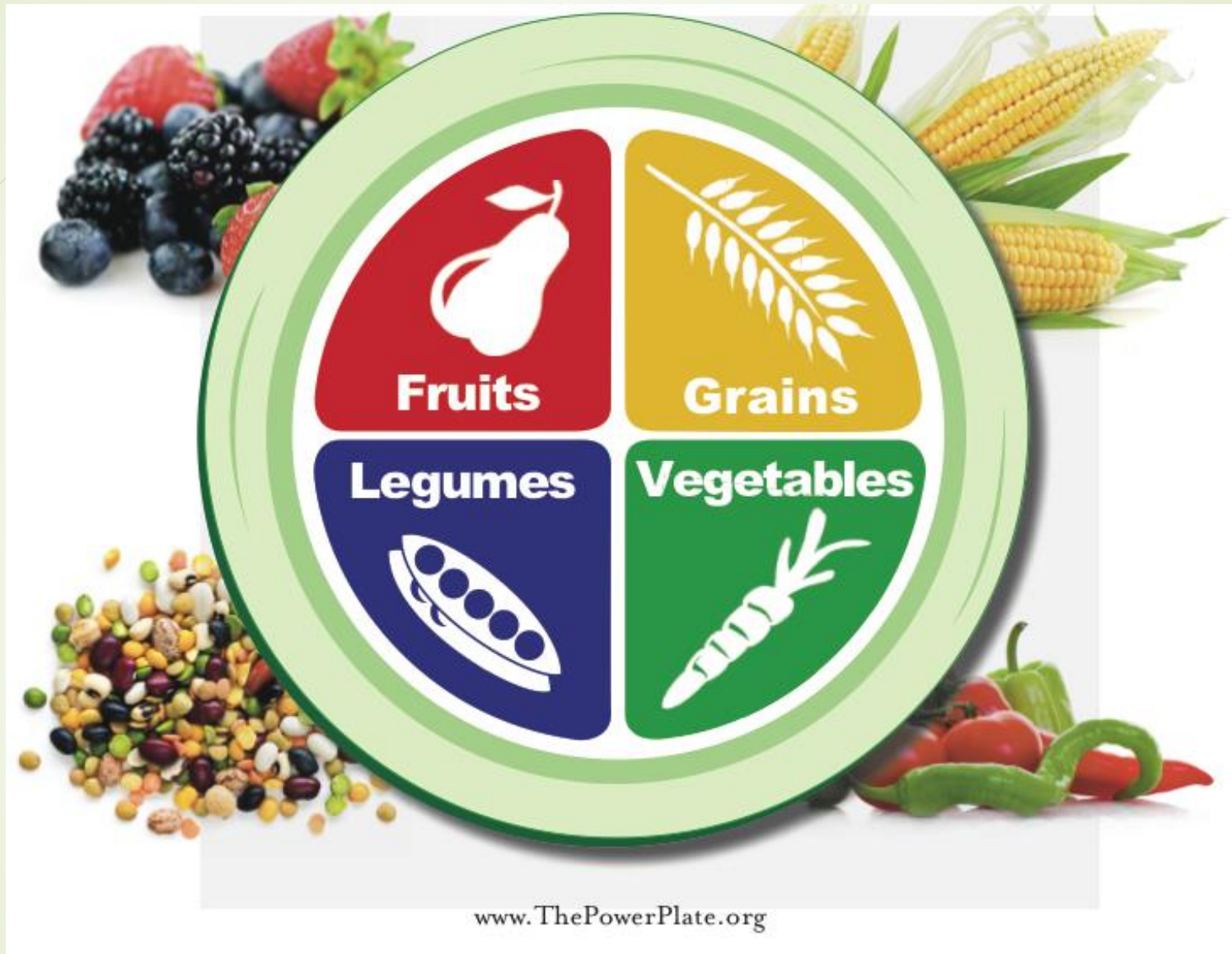




## Prevent and Reverse Heart Disease

**By Eating  
Whole Food Plant Based**





[www.ThePowerPlate.org](http://www.ThePowerPlate.org)

# Whole food plant-based eating for heart health

1. **Aim for at least 4-5 cups fruits & veggies daily** - every color, organic when you can

2. **Dump refined carbs** – sugar and starch

We rarely eat a bowl of white flour – usually have oil, sugar or salt added

3. **Boost fiber** – aim for 15 grams/meal

Choose soluble (viscous) fiber as much as possible (oats, beans, barley)

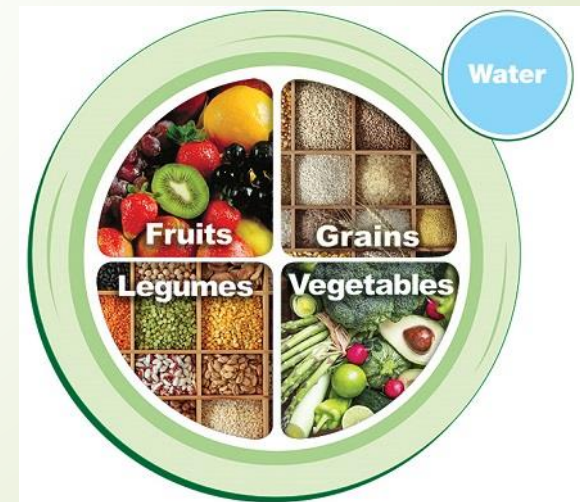
4. **Aim for low glycemic carbs**

Non-starchy veggies and legumes

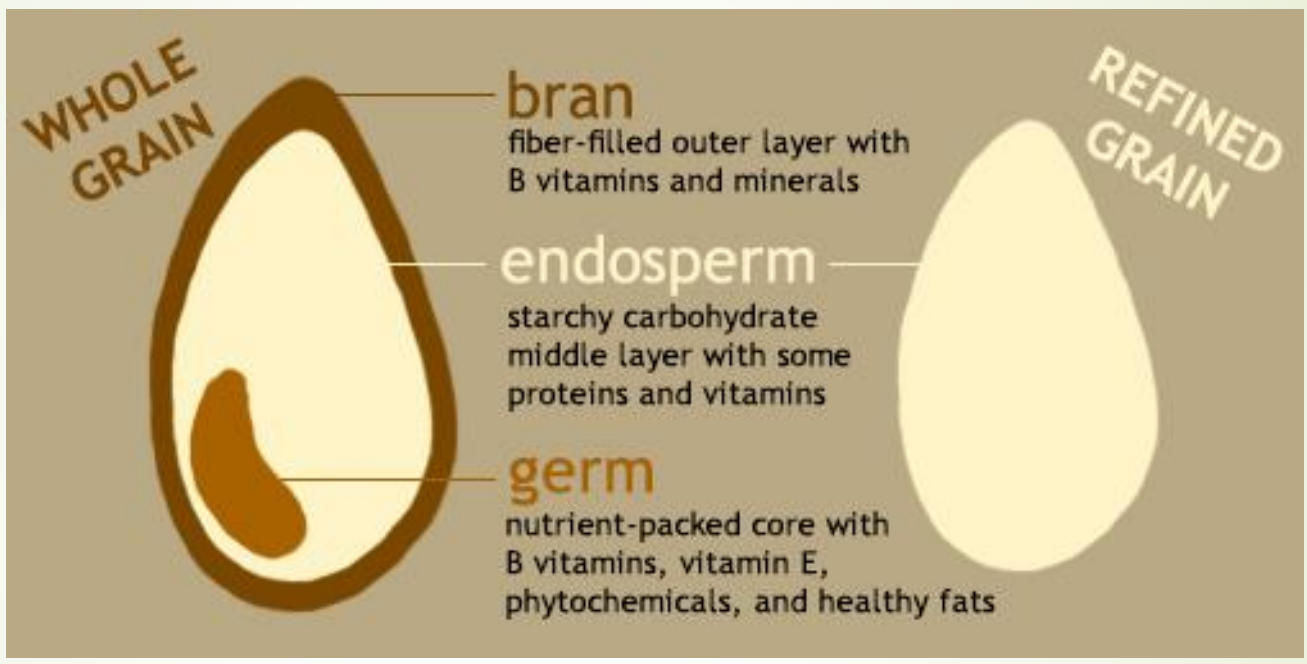
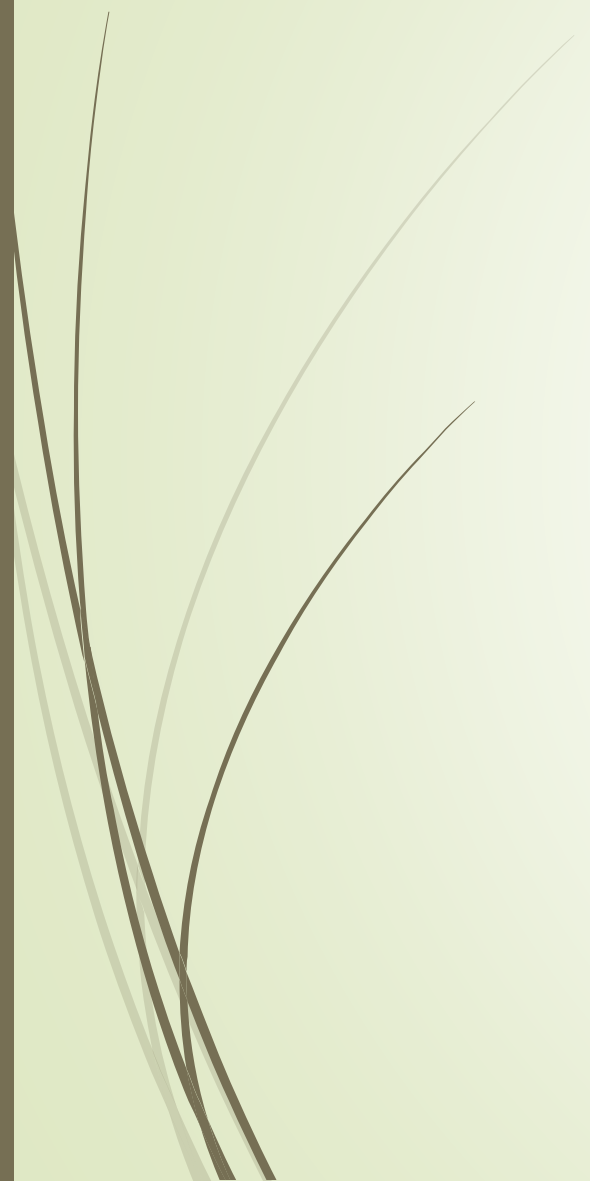
Carefully select grains

Granola bar  $\neq$  oatmeal

Choose intact whole grains







# WHOLE GRAINS



WHEAT BERRIES



OATMEAL



QUINOA



BROWN RICE



BUCKWHEAT



CORN



BARLEY



AMARANTH



KANIWA



FREEKEH



WILD RICE



TRITICALE



SORGHUM



BULGUR



BLACK RICE



SPELT



## 10 diet tips (con't)

5. **Eliminate animal products** (or at least processed and red meats)
6. **Eat beans/legumes** every day
7. **Stick to whole foods**
  - Fat = olives, soy beans, nuts, seeds
8. **Maximize antioxidants & anti-inflammatory foods**
  - Fruits and veggies
  - Sprouts (50-100x the antioxidant power)
  - Herbs & spices
9. **Minimize diet pro-oxidants**
  - Oxidized fats (ie. fried foods)
10. Achieve and maintain a **healthy body weight**

# Protein power from plants

- Beans and legumes
  - 7-9 grams/1/2 cup serving
  - Cooked, dried beans (canned okay)
  - Lentils
  - Soy beans
  - Split peas
- Nuts & Seeds
  - 5-8 grams/1/4 cup serving
  - Nut butters (2 Tbsp serving)
  - Flax/Hemp/Sesame/Sunflower seeds



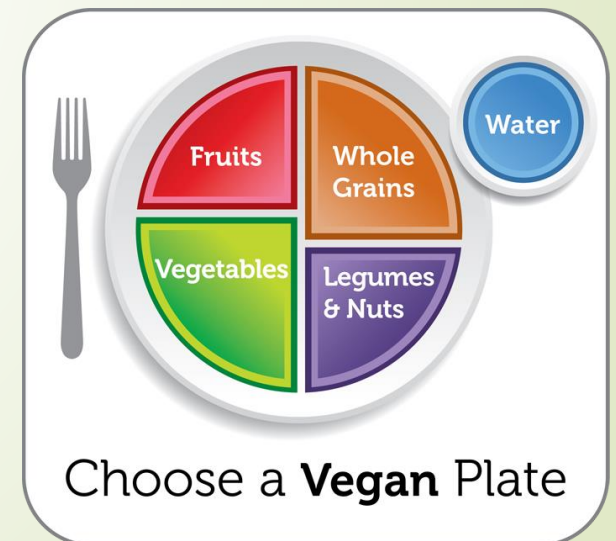
# Resources & recipes

- Google
- Cookbooks
- Websites/apps:
  - [ForksoverKnives.com](http://ForksoverKnives.com)
  - [Plantstrong.com](http://Plantstrong.com)
  - [Nutritionfacts.org](http://Nutritionfacts.org)
  - [PCRM.org](http://PCRM.org)
  - [Brandnewvegan.com](http://Brandnewvegan.com)
  - [Minimalistbaker.com](http://Minimalistbaker.com)



# Meal Planning with 4 food groups

- **Fruit (3/day) + Vegetable (4+/day)**
- **Aim for fruit &/or veg at every meal**
- A **whole grain (5/day)** or starch with every meal
- A **protein (3/day)** or with every meal



# Sample meals

## ► **Breakfast**

- Fruit + Grain + Protein/Dairy sub

## ► **Lunch**

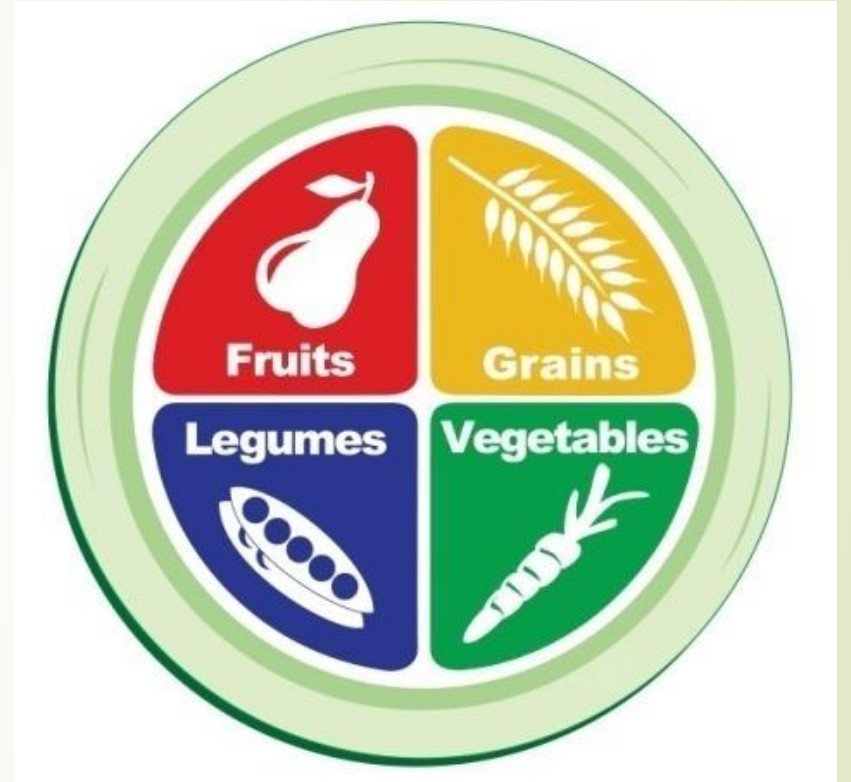
- Vegetable + Grain + Protein

## ► **Dinner**

- Vegetable + Grain + Protein + Fruit

## ► **Snack(s)**

- Fruit or veggie or protein or healthy fat
- Snacks appropriate if hungry or will be long time until next meal



# How do I plan meals?

WEEKLY MENU PLANNER ISS88H78.COM

	BREAKFAST	LUNCH	DINNER	SNACKS
SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				

weekly meal plan

monday:

tuesday:

wednesday:

thursday:

friday:

saturday:

sunday:

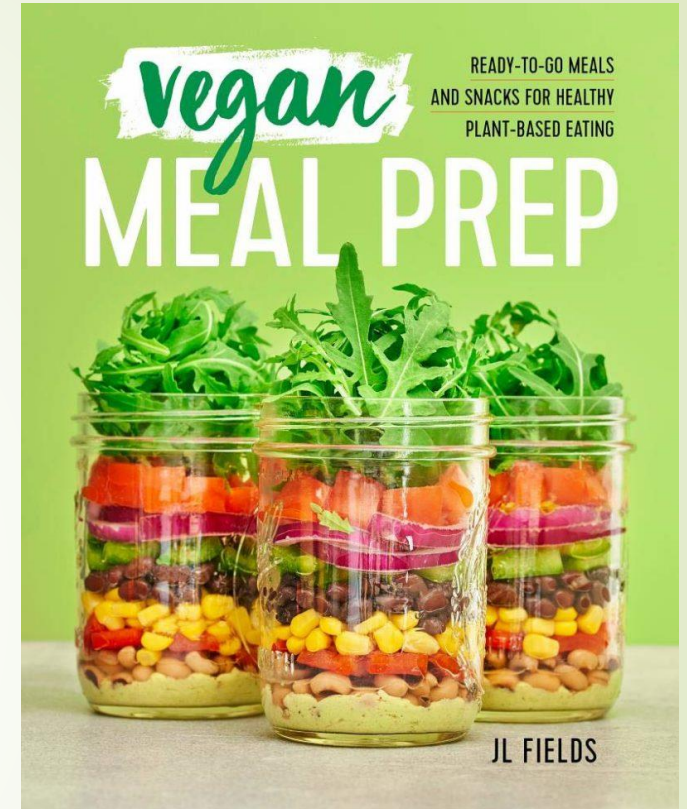
shopping list:

christinawilliams.etsy.com



# Tips for Meal Planning

- What's in season?
- What is your week going to be like?
- Pick out a few recipes
- Make a menu
- Make a shopping list
- Get to know your store/farmers' market
- Stock the pantry
- Prep foods for the week
- Make your meal components that you can recycle into other items
- Batch cook



# What's in season now?



# What can I prep for the week?

- Oats – overnight or one big batch
- Grains/rice/quinoa/pasta
- Beans/Lentils
- Tofu/tempeh – baked, scrambled
- Baked or roasted potatoes
- Soups/stews
- Chop veggies/fruits for the week's recipes:
  - Diced, sliced, wedges, chopped
  - Roast some, leave some raw for recipes
- Prep quick-grab fruits and veggies



# Cook up a pot of ...quinoa

- ▶ Serve as side dish with your meal
- ▶ Heat left overs up for breakfast – add a little sweetener, milk, fruit (just like oatmeal)
- ▶ Take cold leftovers and add chopped veggies and vinaigrette
- ▶ Take cold leftovers and add fruit and sweet vinaigrette
- ▶ Throw leftovers into soup, stew, on top of salad



# Whip up a batch of ....Lentils



## BATCH COOKING & HEALTHY FOOD SWAPS WITH LENTILS

*1 week of meals from one batch of lentils*

**SUNDAY** Cook a large batch of lentils



2 CUPS (500 ML) DRY LENTILS (whole green or split red) + 6 CUPS (1.5 L) WATER (OR STOCK) = YIELDS 4 CUPS (1 L) PREPARED LENTILS

Cook time: 15-20 minutes for whole lentils, 5-7 minutes for split lentils  
 Portion lentils into ½ cup or 1 cup service size containers.  
 Refrigerate for up to 1 week or freeze for up to 3 months.

MON	Add ½ cup cooked lentils to your morning smoothing for a protein/fiber boost	½ CUP LENTILS		
TUES	Use 1 cup cooked lentils in taco or burrito filling	1 CUP LENTILS		
WED	Add 1 cup cooking lentils to pasta sauce for a hearty, meaty texture.	1 CUP LENTILS		
THUR	Add 1 cup cooked lentils as a protein-rich topper to your lunch salad	½ CUP LENTILS		
FRI	Use ½ cup lentils in a homemade veggie pattie recipe	½ CUP LENTILS		
SAT	Add ½ cup lentils to your tofu scramble.	½ CUP LENTILS		
BONUS	Try puréeing your cooked lentils and swapping into baked goods. You can replace butter or oil used in baking with pureed lentils.	½ CUP LENTILS		

To Make Lentil Purée, place cooked lentils into a food processor or blender. For every 1 cup of lentils, add ¼ cup water. Blend to a smooth purée with a consistency resembling canned pumpkin.

# Make a batch of.... soup

- ▶ **Serve over different grains.**
  - ▶ Try farro, quinoa, barley, bulgur or brown rice.
- ▶ **Add a big handful of green leafys!**
  - ▶ Instead of having your salad on the side, heat up your soup with a generous serving of baby kale, spinach or arugula.
- ▶ **Try a potato.**
  - ▶ Put a baked potato or sweet potato in the bottom of your bowl
- ▶ **Make a pita or burrito!**
  - ▶ If thick enough, add leftover soup to a whole wheat pita or tortilla. Drain off a little of the liquid if needed then add in lots of greens and other vegetables.



# Make a big salad

- Chop lots of dark greens
- Add other favorite chopped veggies
- Over the week, top with:
  - Leftover grains
  - Beans
  - Nuts/seeds
  - Fruit



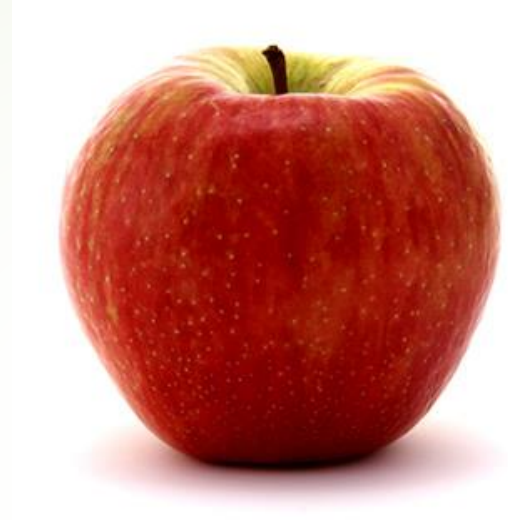
# Make a Buddha bowl with your prepped items





# Choose better snacks

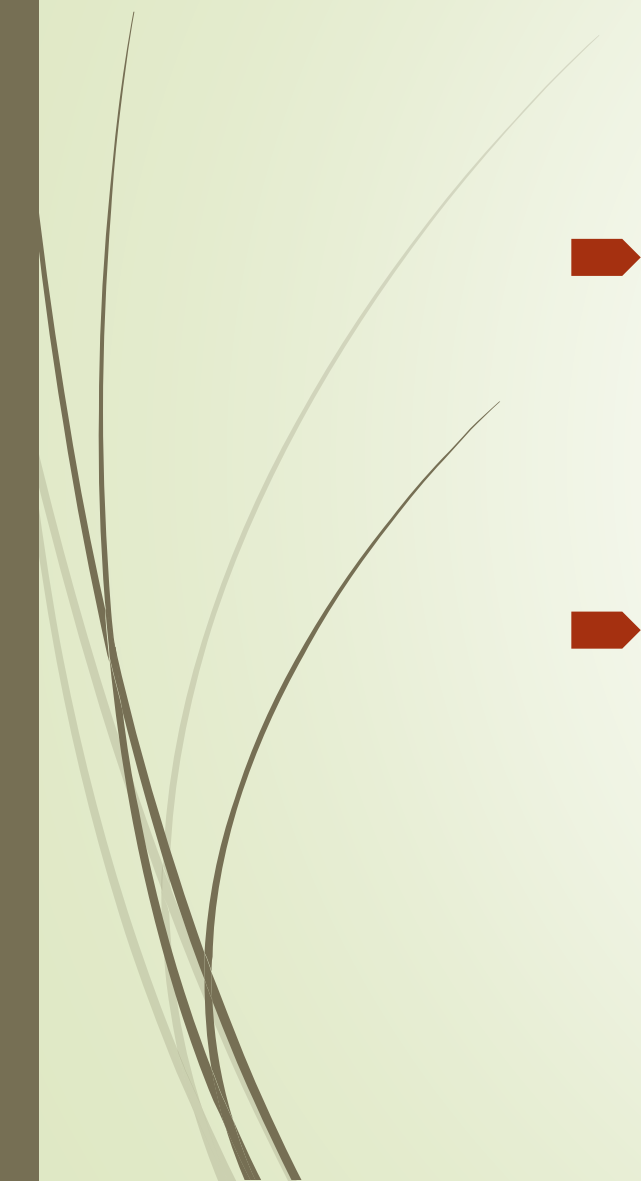

- Fresh fruit
- Nuts or seeds
- Fresh veggies



# What will you try this week?

- Pick a recipe or two you'd like to try this week
- What will be on your menu?
- What will be on your shopping list?
- When will you do some prep...and make your meals quick and easy for the week?





➤ “When you have your health, you have 1000 dreams....when you don’t, you have only one”

➤ Bob Breakey, MD

Eat as if your life depended on it!

