

**7-DAY MEAL PLAN TO
IMPROVE ENDOTHELIAL BLOOD VESSEL HEALTH**

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Berry & Nut Breakfast Bowl	Carrot Cake Chia Pudding	Berry & Nut Breakfast Bowl	Carrot Cake Chia Pudding	Chocolate Avocado Smoothie	Berry & Nut Breakfast Bowl	Chocolate Avocado Smoothie
Snack 1	Apple with Almond Butter	Apple with Almond Butter	Hummus Dippers	Hummus Dippers	Apple with Almond Butter	Hummus Dippers	Pear & Walnuts
Lunch	One Pan Salmon with Green Beans & Roasted Tomato	Shrimp Asparagus Pesto Pasta	Cajun Chicken, Sweet Potatoes & Kale	One Pan Salmon with Green Beans & Roasted Tomato	Tuna Chickpea Salad	One Pan Salmon with Green Beans & Roasted Tomato	Tuna Chickpea Salad
	Quinoa			Quinoa		Quinoa	
Snack 2	Salt n' Vinegar Hard Boiled Eggs	Smoked Salmon Wrapped Avocado	Pear & Walnuts	Salt n' Vinegar Hard Boiled Eggs	Pear & Walnuts	Smoked Salmon Wrapped Avocado	Hummus Dippers
Dinner	Shrimp Asparagus Pesto Pasta	Cajun Chicken, Sweet Potatoes & Kale	One Pan Chicken, Golden Cauliflower & Carrot Fries	15 Minute Shrimp & Cabbage Stir Fry	One Pan Chicken, Golden Cauliflower & Carrot Fries	15 Minute Shrimp & Cabbage Stir Fry	One Pan Chicken, Golden Cauliflower & Carrot Fries
			Roasted Acorn Squash			Steamed Corn on the Cob	

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				Calories 1563		
				Fat 97g		
Calories 1791	Calories 1765	Calories 1592	Calories 1707	Carbs 112g	Calories 1741	Calories 1532
Fat 97g	Fat 106g	Fat 101g	Fat 88g	Fiber 35g	Fat 94g	Fat 90g
Carbs 132g	Carbs 128g	Carbs 117g	Carbs 128g	Protein 82g	Carbs 126g	Carbs 118g
Fiber 38g	Fiber 52g	Fiber 35g	Fiber 43g	Sodium 781mg	Fiber 40g	Fiber 35g
Protein 124g	Protein 106g	Protein 77g	Protein 123g	Vitamin C 122mg	Protein 122g	Protein 83g
Sodium 1365mg	Sodium 1503mg	Sodium 1098mg	Sodium 1641mg	Calcium 955mg	Sodium 1103mg	Sodium 1088mg
Vitamin C 109mg	Vitamin C 82mg	Vitamin C 293mg	Vitamin C 256mg	Iron 11mg	Vitamin C 322mg	Vitamin C 225mg
Calcium 732mg	Calcium 1307mg	Calcium 593mg	Calcium 1378mg	Vitamin D 121IU	Calcium 768mg	Calcium 962mg
Iron 21mg	Iron 20mg	Iron 13mg	Iron 17mg	Vitamin B6 2.3mg	Iron 14mg	Iron 14mg
Vitamin D 107IU	Vitamin D 444IU	Vitamin D 26IU	Vitamin D 183IU	Folate 447µg	Vitamin D 368IU	Vitamin D 121IU
Vitamin B6 2.3mg	Vitamin B6 1.6mg	Vitamin B6 3.0mg	Vitamin B6 2.7mg	Vitamin B12 5.4µg	Vitamin B6 3.0mg	Vitamin B6 2.7mg
Folate 413µg	Folate 271µg	Folate 353µg	Folate 452µg	Zinc 9mg	Folate 540µg	Folate 521µg
Vitamin B12 5.4µg	Vitamin B12 2.2µg	Vitamin B12 0.8µg	Vitamin B12 5.4µg	Vitamin B12 1.9µg	Vitamin B12 6.1µg	Vitamin B12 1.9µg
Zinc 11mg	Zinc 9mg	Zinc 8mg	Zinc 9mg	Zinc 7mg	Zinc 11mg	Zinc 7mg



Berry & Nut Breakfast Bowl

7 ingredients · 10 minutes · 1 serving

Directions

1. Add strawberries and blackberries to a bowl. Top with the nuts and seeds.
2. Pour the almond milk over top and enjoy!

Notes

Ingredients

1/2 cup Strawberries (chopped)

1/2 cup Blackberries (cut in half)

2 tbsps Walnuts (chopped)

2 tbsps Almonds (chopped)

1 tbsp Pumpkin Seeds

1 tbsp Hemp Seeds

1/4 cup

Unsweetened

Almond Milk

Nutrition Amount per serving

Calories	363	Calcium	219mg
Fat	29g	Iron	3mg
Carbs	20g	Vitamin D	25IU
Fiber	10g	Vitamin B6	0.2mg
Protein	13g	Folate	74µg
Sodium	43mg	Vitamin B12	0µg
Vitamin C	58mg	Zinc	3mg

Carrot Cake Chia Pudding

9 ingredients · 3 hours · 2 servings

Directions

1. In a medium sized mixing bowl, combine the shredded carrot, cinnamon, cloves, ginger and stevia. Add the almond milk, then whisk in the chia seeds. Let sit for 5 minutes, then stir again to redistribute the chia seeds. Cover the bowl and refrigerate for 3 hours or overnight.
2. Divide into bowls or mason jars and garnish with shredded coconut and chopped walnuts. Enjoy!

Notes

Storage

Keeps well in the fridge for 3 to 4 days.

Extra Creamy

Replace half of the almond milk with full-fat canned coconut milk.

Ingredients

1 Carrot (medium, grated)

1/2 tsp Cinnamon

1/8 tsp Ground Cloves

1/4 tsp Ground Ginger

1 tsp Stevia Powder (to taste)

2 cups Unsweetened Almond Milk

1/2 cup Chia Seeds

1/4 cup Walnuts (chopped) 2 tbsps Unsweetened

Coconut Flakes

Nutrition Amount per serving

Calories	402	Calcium	790mg
Fat	30g	Iron	5mg
Carbs	30g	Vitamin D	101IU
Fiber	20g	Vitamin B6	0.1mg
Protein	12g	Folate	21µg
Sodium	191mg	Vitamin B12	0µg
Vitamin C	2mg	Zinc	1mg

Add frozen banana.

Nut Free

Use coconut milk instead of almond milk and sunflower seed butter instead of almond butter.

Ingredients

1/4 Avocado

1 cup Unsweetened Almond Milk

1 tbsp Almond Butter

1 cup Baby Spinach

1/4 cup Chocolate

Protein Powder

Nutrition Amount per serving

Calories	297	Calcium	655mg
Fat	19g	Iron	2mg
Carbs	11g	Vitamin D	101IU
Fiber	7g	Vitamin B6	0.4mg
Protein	25g	Folate	115µg
Sodium	227mg	Vitamin B12	0.6µg
Vitamin C	13mg	Zinc	2mg

Chocolate Avocado Smoothie

5 ingredients · 5 minutes · 1 serving

Directions

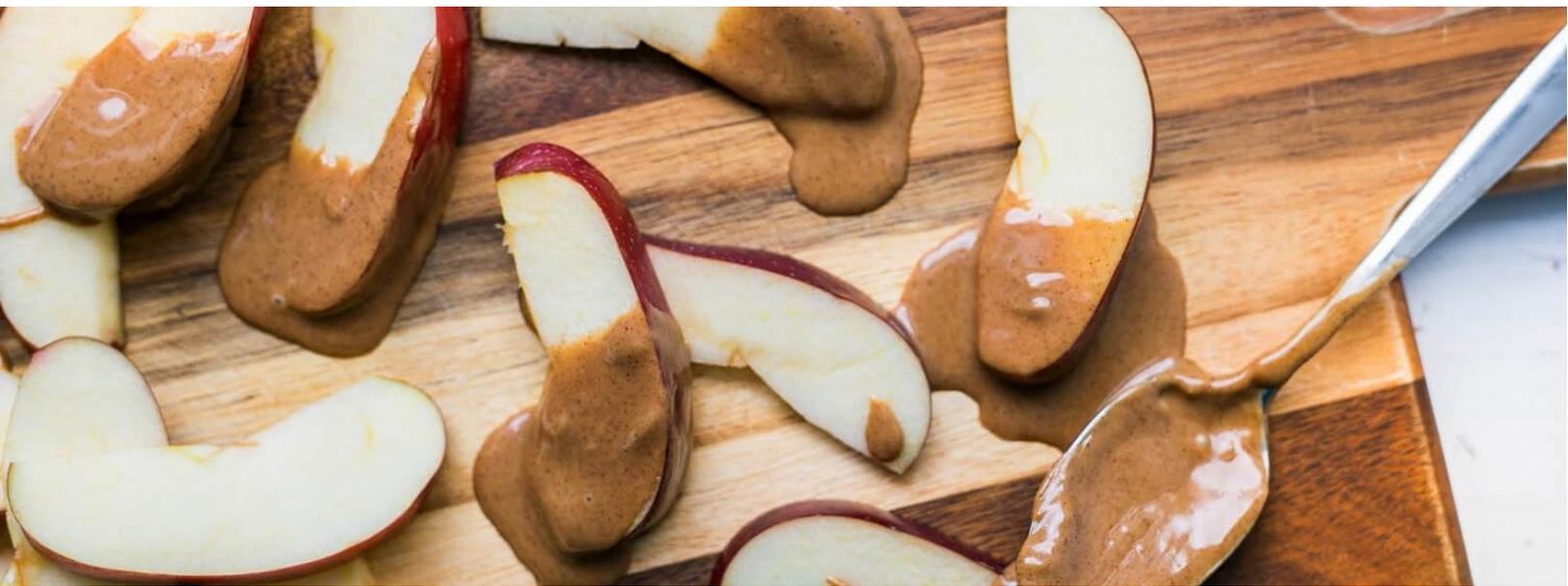
1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chocolate Protein Powder

Use vanilla protein powder or hemp seeds and add cocoa powder.

Likes it Sweet



Apple with Almond Butter

2 ingredients · 5 minutes · 5 servings

Directions

1. Slice the apple and cut away the core. Dip it into almond butter and enjoy!

Notes

Nut-Free

Use sunflower seed butter instead of almond butter.

Ingredients

5 Apple

2/3 cup Almond Butter

Nutrition

Amount per serving

Calories	287	Calcium	119mg
Fat	18g	Iron	1mg
Carbs	31g	Vitamin D	0IU
Fiber	8g	Vitamin B6	0.1mg
Protein	7g	Folate	22µg
Sodium	4mg	Vitamin B12	0µg
Vitamin C	8mg	Zinc	1mg



Hummus Dippers

4 ingredients · 15 minutes · 4 servings

Directions

1. Slice your pepper, carrot and celery into sticks.
2. Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with ¼ cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

Notes

Mix it Up

Substitute in different veggies like cucumber or zucchini.

Ingredients

1 Yellow Bell Pepper

1 Carrot

4 stalks Celery

1 cup Hummus

Nutrition

Amount per serving

Calories	170	Calcium	55mg
Fat	11g	Iron	2mg
Carbs	15g	Vitamin D	0IU
Fiber	5g	Vitamin B6	0.2mg
Protein	6g	Folate	59µg
Sodium	305mg	Vitamin B12	0µg
Vitamin C	87mg	Zinc	1mg



Pear & Walnuts

2 ingredients · 5 minutes · 1 serving

Directions

1. Slice the pear and serve with walnuts. Enjoy!

Notes

Nut-Free

Use sunflower seeds instead of walnuts.

More Flavor Season the pear with cinnamon.

Ingredients

1 Pear

1/4 cup Walnuts

Nutrition

Amount per serving

Calories	298	Calcium	45mg
Fat	20g	Iron	1mg
Carbs	31g	Vitamin D	0IU
Fiber	8g	Vitamin B6	0.2mg
Protein	5g	Folate	42µg
Sodium	2mg	Vitamin B12	0µg
Vitamin C	8mg	Zinc	1mg

One Pan Salmon with Green Beans & Roasted Tomato

5 ingredients · 25 minutes · 1 serving

Directions

1. Preheat oven to 510°F (266°C).
2. Place green beans and cherry tomatoes in a mixing bowl and toss with olive oil. Season with sea salt and black pepper. Transfer to a baking sheet and bake in the oven for 10 minutes.
3. Season your salmon fillets with sea salt and black pepper.
4. Remove veggies from oven and place salmon fillets over top. Place back in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork.
5. Divide veggies between plates and top with salmon. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

No Salmon

Use any type of fish fillet. Baking times will vary depending on thickness.

Vegan

Use roasted chickpeas instead of salmon.

More Carbs

Serve with quinoa or rice.

Added Touch

Toss the green beans in balsamic vinegar before serving.

Ingredients

1 cup Green Beans (washed and trimmed)

1/2 cup Cherry Tomatoes

3/4 tsp Extra Virgin Olive Oil (or coconut oil)

Sea Salt & Black Pepper (to taste)

142 grams Salmon Fillet

Nutrition

 Amount per serving

Calories	275	Calcium	61mg
Fat	13g	Iron	2mg
Carbs	10g	Vitamin D	0IU
Fiber	4g	Vitamin B6	1.4mg
Protein	31g	Folate	80µg
Sodium	72mg	Vitamin B12	4.5µg
Vitamin C	22mg	Zinc	1mg



Quinoa

2 ingredients · 15 minutes · 1 serving

Directions

1. Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is approximately 3/4 cup.

Ingredients

1/4 cup Quinoa (uncooked)

1/3 cup Water

Nutrition

Amount per serving

Calories	156	Calcium	29mg
Fat	3g	Iron	2mg
Carbs	27g	Vitamin D	0IU
Fiber	3g	Vitamin B6	0.2mg
Protein	6g	Folate	78µg
Sodium	4mg	Vitamin B12	0µg
Vitamin C	0mg	Zinc	1mg

1/2 Lemon (zest and juice) **1/8** **tsp** Sea Salt
1 cup Chickpeas (cooked)
1/2 can Tuna (drained)
2 1/2 stalks Green Onion (chopped)
1/4 cup Parsley (chopped)

Tuna Chickpea Salad

7 ingredients · 15 minutes · 2 servings

Directions

1. In a large mixing bowl whisk olive oil, lemon zest, lemon juice and salt. Fold in chickpeas, tuna, green onions and parsley. Season with additional salt or lemon juice if needed.
2. Serve immediately and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to 3 days.

Canned Tuna

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

Make it a Meal

Serve salad over baby spinach with sliced cucumber on the side.

No Green Onions

Use red or white onion instead.

No Chickpeas

Use white beans or lentils instead.

No Tuna

Use canned salmon instead.

More Flavor

Add dried or fresh dill, minced garlic, red chili flakes, or freshly ground black pepper to taste.

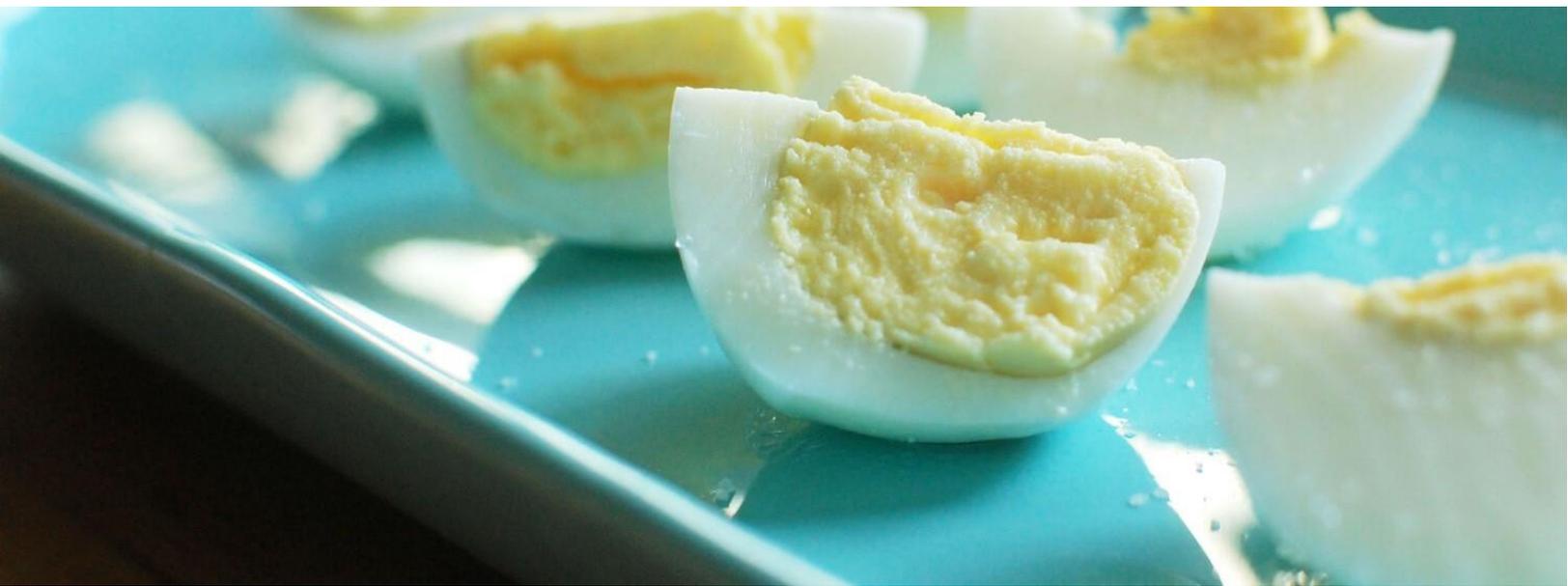
Ingredients

2 tbsps Extra Virgin Olive Oil

Nutrition

 Amount per serving

Calories	299	Calcium	66mg
Fat	16g	Iron	4mg
Carbs	25g	Vitamin D	19IU
Fiber	7g	Vitamin B6	0.3mg
Protein	16g	Folate	161µg
Sodium	262mg	Vitamin B12	1.1µg
Vitamin C	18mg	Zinc	2mg



Salt n' Vinegar Hard Boiled Eggs

3 ingredients · 35 minutes · 2 servings

Directions

1. Bring a large pot of water to a boil. Gently place eggs into the boiling water and turn the heat down to medium high. Set your timer for 14 minutes.
2. After 14 minutes, use a spoon to lift the eggs out of the water. Place on a plate and let cool for at least 20 minutes.
3. When ready to eat, peel the eggs and cut them into halves or quarters. Season with sea salt and drizzle with apple cider vinegar. Enjoy!

Ingredients

4 Egg

1/2 tsp Sea Salt (divided)

2 tbsps Apple Cider Vinegar (divided)

Nutrition Amount per serving

Calories	146	Calcium	57mg
Fat	10g	Iron	2mg
Carbs	1g	Vitamin D	82IU
Fiber	0g	Vitamin B6	0.2mg
Protein	13g	Folate	47µg
Sodium	733mg	Vitamin B12	0.9µg
Vitamin C	0mg	Zinc	1mg

Smoked Salmon Wrapped Avocado

2 ingredients · 5 minutes · 1 serving

Directions

1. Slice the avocado and wrap each slice with the smoked salmon. Transfer to a plate and enjoy!

Ingredients

1/2 Avocado **50 grams** Smoked Salmon (sliced)

Nutrition

Amount per serving

Calories	219	Calcium	18mg
Fat	17g	Iron	1mg
Carbs	9g	Vitamin D	343IU
Fiber	7g	Vitamin B6	0.4mg
Protein	11g	Folate	82µg
Sodium	343mg	Vitamin B12	1.6µg
Vitamin C	10mg	Zinc	1mg

Shrimp Asparagus Pesto Pasta

7 ingredients · 30 minutes · 2 servings

Directions

1. Preheat oven to 400°F (204°C).
2. Lay the asparagus and shrimp on a baking sheet. Drizzle with olive oil and toss gently to coat. Sprinkle with sea salt and top with lemon slices. Bake for 15 to 18 minutes, or until shrimp are fully cooked and have turned pink.
3. While the shrimp and asparagus bake, bring a medium saucepan full of water to a boil. Add the chickpea pasta and cook according to the directions on the package. Drain and rinse the pasta and return it to the pot. Stir in pesto and mix well to combine.
4. Remove shells from shrimp. Mix the shrimp and asparagus into the pasta and divide between bowls. Enjoy!

Notes

Leftovers

Keeps well in the fridge for 2 to 3 days. Enjoy cold or reheated.

No Asparagus

Use green beans or zucchini instead.

Vegan

Swap out the shrimp for tofu.

Ingredients

3 cups Asparagus (chopped into 1 inch pieces)

340 grams Shrimp (uncooked, shells on)

2 tbsps Extra Virgin Olive Oil

1/8 tsp Sea Salt (or more to taste)

1 Lemon (sliced into rounds)

113 grams Chickpea Pasta

2 tbsps Pesto

Nutrition

 Amount per serving

Calories	564	Calcium	247mg
Fat	24g	Iron	11mg
Carbs	43g	Vitamin D	0IU
Fiber	13g	Vitamin B6	0.2mg
Protein	54g	Folate	112µg
Sodium	509mg	Vitamin B12	0µg
Vitamin C	21mg	Zinc	4mg

Cajun Chicken, Sweet Potatoes & Kale

7 ingredients · 35 minutes · 2 servings

Directions

1. Preheat the oven to 430°F (222°C). Line a baking sheet with parchment paper.
2. Place the diced sweet potatoes in a mixing bowl. Drizzle with olive oil and add half of the cajun spice. Toss well. Spread across the baking sheet and bake for 30 minutes, tossing at the half way mark.
3. Meanwhile, heat half the coconut oil in a skillet over medium heat. Add the ground

chicken. Saute for 10 minutes or until completely cooked through, breaking it up as it cooks. Add in the remaining cajun spice. Continue to saute until the spice is evenly distributed. Transfer the ground chicken to a bowl and cover to keep warm.

- Place the skillet back over medium heat and add the remaining coconut oil. Add in the kale, season with sea salt and black pepper then saute just until wilted. Turn off the heat.
- Divide cajun chicken, sweet potatoes and sauteed kale between plates. Enjoy!

Notes

No Ground Chicken

Use any type of ground meat.

Vegan & Vegetarian

Use lentils or chickpeas instead of chicken.

Storage

Store in an airtight container in the fridge up to 3 days.

Ingredients

1 Sweet Potato (medium, diced into 1/2 inch thick pieces)

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

1 **tbsp** Cajun Spice (divided)

1 1/2 **tsps** Coconut Oil (divided)

227 **grams** Extra Lean Ground Chicken

4 **cups** Kale Leaves (sliced); Sea Salt & Black

Pepper (to taste)

Nutrition

Amount per serving

Calories	293	Calcium	133mg
Fat	17g	Iron	2mg
Carbs	15g	Vitamin D	0IU
Fiber	4g	Vitamin B6	0.8mg
Protein	22g	Folate	34µg
Sodium	456mg	Vitamin B12	0.6µg
Vitamin C	41mg	Zinc	2mg

One Pan Chicken, Golden Cauliflower & Carrot Fries

7 ingredients · 40 minutes · 3 servings

Directions

- Preheat oven to 375°F (191°C) and line a large baking sheet with parchment paper.
- Peel and slice carrots into sticks. Wash and chop cauliflower into florets.
- Brush chicken breast with 1/3 of the olive oil. Season with thyme and sea salt. Place on the baking sheet.
- Toss carrot sticks in 1/3 of the olive oil. Place on the baking sheet next to chicken.
- Toss cauliflower with the remaining olive oil and turmeric. Mix until cauliflower is evenly yellow then transfer to the baking sheet.
- Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through.
- Remove baking sheet from the oven and divide onto plates. Add more salt to taste if desired. Enjoy!

Notes

Low

FOD

MAP

Use zucchini instead of cauliflower.

Ingredients

3 Carrot (medium)

3/4 head Cauliflower

1/4 cup Extra Virgin Olive Oil (divided three ways)

340 grams Chicken Breast

1 1/2 tsps Dried Thyme

1 1/2 tsps Turmeric (powder)

1/8 tsp Sea Salt

Nutrition

Amount per serving

Calories	382	Calcium	70mg
Fat	24g	Iron	3mg
Carbs	14g	Vitamin D	1IU
Fiber	5g	Vitamin B6	1.3mg
Protein	29g	Folate	107µg
Sodium	286mg	Vitamin B12	0.2µg
Vitamin C	75mg	Zinc	1mg

Roasted Acorn Squash

1 ingredient · 30 minutes · 1 serving

Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with foil.
2. Slice the acorn squash in half and scoop out the seeds. Place on the baking sheet with the flesh side down and bake for 25 to 30 minutes.
3. Remove from the oven and enjoy!

Notes

Leftovers

Store covered in the fridge up to five days.

No Acorn Squash

Use delicata squash instead.

Likes it Spicy

Season with cayenne pepper, black pepper or chili powder.

More Flavor

Roast with olive oil and salt.

Ingredients 1/2 Acorn Squash

Nutrition

 Amount per serving

Calories	86	Calcium	71mg
Fat	0g	Iron	2mg
Carbs	22g	Vitamin D	0IU
Fiber	3g	Vitamin B6	0.3mg
Protein	2g	Folate	37µg
Sodium	6mg	Vitamin B12	0µg
Vitamin C	24mg	Zinc	0mg

15 Minute Shrimp & Cabbage Stir Fry

8 ingredients · 15 minutes · 2 servings

Directions

1. Heat half the coconut oil in a large skillet over medium heat. Add the shrimp, minced garlic, lemon juice and red pepper flakes. Saute until shrimp is pink and cooked through (about 2 to 3 minutes). Transfer the shrimp and juices into a bowl and cover to keep warm. Set aside.
2. Place the skillet back over medium heat and add the remaining coconut oil. Add the green cabbage and season with sea salt and black pepper to taste. Saute for about 8 to 10 minutes, stirring occasionally. The cabbage is

done when it is softened and starting to brown.

3. Add the shrimp and marinade back into the skillet and mix well. Divide onto plates and garnish with sesame seeds. Add extra red pepper flakes or hot sauce if you like it spicy. Enjoy!

Notes

More Carbs

Serve with brown rice or quinoa.

Leftovers

Store in an airtight container in the fridge up to 2 days.

Ingredients

2 tbsps Coconut Oil (divided)

454 grams Shrimp (raw, peeled and deveined)

3 Garlic (cloves, minced)

1 Lemon (juiced)

1/2 tsp Red Pepper Flakes

8 cups Green Cabbage (finely sliced)

Sea Salt & Black Pepper (to taste)

2 tbsps Sesame Seeds

Nutrition

Amount per serving

Calories	468	Calcium	386mg
Fat	20g	Iron	4mg
Carbs	26g	Vitamin D	0IU
Fiber	10g	Vitamin B6	0.6mg
Protein	52g	Folate	167µg
Sodium	336mg	Vitamin B12	0µg
Vitamin C	141mg	Zinc	4mg

Steamed Corn on the Cob

1 ingredient · 15 minutes · 1 serving

Directions

1. Fill a pot with a few inches of water and bring to a boil.

2. Place the corn in a steaming basket over boiling water. Close the lid and steam for 10 to 15 minutes. Let cool slightly before serving.

Notes

Keep the corn on the cob whole and leave the husks on. For 1 to 2 cobs, microwave on high for 3 minutes. For 3 to 4 cobs, microwave for 4 minutes. Let cool before removing husks.

Spread the steamed corn with butter, ghee, oil, sour cream or your favourite spices.

Ingredients

Calories	90	Calcium	0mg
Fat	1g	Iron	0mg
Carbs	19g	Vitamin D	0IU
Fiber	1g	Vitamin B6	0mg
Protein	3g	Folate	0µg
Sodium	0mg	Vitamin B12	0µg
Vitamin C	4mg	Zinc	0mg