



## Complete Heart-Healthy Meal Menu & Nutrition Guide

Discover how medically tailored meals can support cardiovascular wellness. This guide provides a full menu of heart-friendly meals, nutritional analysis, and practical strategies to help patients and families manage heart health through food.

### ***Meal Menu (Sample Highlights)***

- Mediterranean Herb-Crusted Salmon  
Wild-caught salmon, roasted vegetables, quinoa pilaf.  
Benefits: Omega-3s for cholesterol, fiber-rich grains, low sodium.
- Herb-Roasted Chicken with Sweet Potato  
*Lean chicken, roasted sweet potatoes, broccoli-cauliflower medley.*  
Benefits: Potassium for heart function, lean protein for blood pressure.
- Turkey & Vegetable Meatballs with Whole Wheat Pasta  
*Turkey meatballs, marinara, Brussels sprouts, side salad.*  
Benefits: Low saturated fat, high fiber, cholesterol-friendly.
- Plant-Based Power Bowl  
*Black beans, quinoa, avocado, roasted veggies, cilantro-lime rice.*  
Benefits: High fiber, plant protein, magnesium for heart rhythm.
- Baked White Fish with Root Vegetables  
*White fish, roasted root vegetables, green beans, wild rice blend.*  
Benefits: Lean protein, antioxidants, omega-3s.
- Lentil & Vegetable Curry  
*Red lentils, basmati rice, roasted cauliflower, cucumber yogurt sauce.*  
Benefits: Anti-inflammatory spices, high fiber, low fat.

### ***Nutrition Guidance***

- Tips for portion control and balanced meals
- Strategies for lowering sodium without losing flavor
- The role of omega-3s, potassium, and fiber in heart health