

# Meal Plan - Eating to Lower Cholesterol

Prepared for Australian Eggs by Food & Nutrition Australia, September 2019



## INTRODUCTION

Eating a healthy diet can play a significant role in helping to reduce and manage cholesterol levels in the blood, in turn helping to reduce the risk of heart disease. This meal plan provides a variety of ideas and recipes that make it easy to eat the right types of healthy fats and to get enough of the type of fibre that helps manage blood cholesterol levels. Heart healthy eating can be easy and delicious!

## THIS MEAL PLAN

- Is low in saturated fat and contains sources of healthy fats, including plant, egg and fish sources of omega-3s.
- Includes 7 eggs a week.
- Includes at least 2 oily fish meals a week.
- Includes at least 3 legume based meals a week.
- Includes a handful of nuts 5 times a week.
- Has at least 5g soluble fibre per day. Note: soluble fibre is a type of fibre found in high amounts in certain grains such as barley, oats and psyllium and in fruits such as stone fruits, and vegetables like beetroot and eggplant. This type of fibre helps trap cholesterol and remove it from the body, therefore helping lower a person's blood cholesterol level.



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## NOTES ABOUT THIS MEAL PLAN

- Choose soy & linseed bread and oat or barley based cereals and wraps as the preferred types.
- Salad vegetables: include a mix of green leafy, yellow/orange and red coloured vegetables (eg. carrot, lettuce, cucumber, capsicum, celery and tomato).
- Choose brown/wholemeal pasta and rice.
- Include green tea daily – substitute some of your black tea for green tea.

	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
<b>BREAKFAST</b>	<b>Porridge</b> Rolled oats with milk + fresh fruit (eg. 2 kiwi fruit or 1 apple).	<b>Soy &amp; Linseed Toast</b> Soy & linseed bread (toasted) with 1 tsp spread +/- honey/jam + 1 glass milk.	<b>Wholegrain Cereal</b> Wholegrain flaky cereal with 1 cup milk.	<b>Easy "On-The-Go" Breakfast Muffins</b> See recipe at <a href="https://bit.ly/2O7ct41">https://bit.ly/2O7ct41</a> + 1 glass milk.	<b>Muesli and Linseeds with Yoghurt</b> + 1 serve fruit (eg. 1 cup cherries or 2 tbsp raisins, currants or sultanas).	<b>Eggs on Toast</b> 2 large eggs (poached or boiled) on wholegrain toast with 1 tsp spread + 1 glass of milk.	<b>Barley Cereal</b> Barley based cereal with 1 cup milk.
<b>MORNING TEA</b>	1 tub yoghurt + 1 tbsp linseeds.	1 pear + 20g cheese.	1 medium banana.	30g nuts (preferably walnuts/almonds/pecans).	2 slices cheese slices on 4 rye crackers.	2 small peaches + 30g nuts.	1 cup mixed berries + 1 tub yoghurt.
<b>LUNCH</b>	<b>Healthy Gallo Pinto (1 serve)</b> See recipe at <a href="https://bit.ly/3701K4c">https://bit.ly/3701K4c</a> Serve with additional green salad and multigrain bread.	<b>Chickpea Salad Bread Roll</b> Mixed salad with ¾ cup canned, drained chickpeas + 1 medium multigrain bread roll spread with nut butter.	<b>Chicken &amp; Salad Wrap</b> Barley wrap including 1 slice cheese + tuna/chicken/turkey, and plenty salad vegetables.	<b>Sardine Salad Bread Roll</b> Mixed salad with 1 can sardines+ 20g hard cheese + 1 medium multigrain bread roll.	<b>Spicy Chickpea and Egg Soup (1 serve)</b> See recipe at <a href="https://bit.ly/2NIJt3K">https://bit.ly/2NIJt3K</a> Serve with additional vegetables or salad.	<b>Chicken Hommus Sandwich</b> Sandwich made with soy & linseed bread, hommus spread + tuna/chicken/turkey, and salad vegetables.	<b>Baked Beans, Spinach &amp; Tomato on Toast</b> Baked beans with soy & linseed toast with 1 tsp spread+ steamed spinach and grilled tomato.
<b>AFTERNOON TEA</b>	4 dried apricot halves + 20g hard cheese.	1 orange.	1 tub yoghurt topped with 30g nuts (preferably walnuts/almonds/pecans).	1 medium apple.	30g mixed nuts.	<b>Strawberry, Mango &amp; Yoghurt Parfait</b> 200g yoghurt layered with ½ cup sliced mango and ½ cup strawberries.	4 dried apricot halves + 20g hard cheese.
<b>DINNER</b>	<b>Barley, Chicken &amp; Vegetable Soup</b> Served with 4 rye crackers spread with avocado.	<b>Roast Cauliflower &amp; Egg Salad with Avocado Dressing (1 serve)</b> See recipe at <a href="https://bit.ly/2XjA0TL">https://bit.ly/2XjA0TL</a>	<b>Grilled Steak with Vegetables</b> Grilled steak (using canola or olive oil) with mashed sweet potato and steamed vegetables.	<b>Lentil, Vegetable &amp; Barley Soup</b> Lentils with vegetables, vegetable stock and barley. Serve with toasted soy and linseed bread.	<b>Kidney Bean Pasta</b> Wholemeal pasta with tomato based sauce and ¾ cup canned, drained red kidney beans + side salad with canola oil dressing.	<b>Grilled Fish with Vegetables</b> Grilled salmon or mackerel with brown rice and steamed vegetables.	<b>Stir-fried Hokkien Noodles with Beef and Vegetables</b> Lean beef strips and vegetables stir-fried in sesame oil and served with hokkien noodles.
<b>SUPPER / EXTRAS</b>	30g nuts (preferably walnuts/almonds/pecans).	<b>Homemade Smoothie</b> Made with milk + fruit (eg. a banana or berries or a mango).	1 cup fruit salad.	3 large figs + 1 tub yoghurt.	2 cups strawberries stirred into ¼ cup ricotta cheese, drizzled with honey.	30g cheese on crackers.	30g nuts (preferably walnuts/almonds/pecans).

This meal plan has been developed by an Accredited Practising Dietitian at Food & Nutrition Australia to assist people who need to reduce their blood cholesterol level. For personalised advice, seek the services of an Accredited Practising Dietitian.