

Group 4 - Heart Healthy Diet: 5-Day Menu Plan

Student Name

Institutional Affiliation

MENU PLAN

Group 4 - Heart Healthy Diet: 5-Day Menu Plan

Group Member:**Day 1 - Name****Breakfast**

- Oatmeal with fresh berries and almonds
- Whole-grain toast with avocado
- Orange juice, freshly squeezed

Lunch

- Grilled chicken salad with mixed greens, cherry tomatoes, and vinaigrette
- Whole-grain roll
- Apple slices

Snack

- Greek yogurt with honey
- Carrot sticks

Dinner

- Baked salmon with quinoa and steamed broccoli
- Side of mixed greens with olive oil dressing
- Water with lemon

Snack

- Handful of walnuts
- Blueberries

Total Calories: 2000

Estimated Cost: \$25

Day 2 - Group Member's Name**Breakfast**

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- Smoothie with spinach, banana, protein powder, and almond milk
- Whole-wheat toast with peanut butter
- Green tea

Lunch

- Turkey sandwich with whole-grain bread, avocado, and lettuce
- Side of baby carrots
- Pear

Snack

- Cottage cheese with pineapple
- Celery sticks

Dinner

- Stir-fried tofu with vegetables and brown rice
- Spinach salad with balsamic vinaigrette
- Sparkling water

Snack

- Almonds
- Strawberries

Total Calories: 2000

Estimated Cost: \$25

Day 3 - Group Member's Name**Breakfast**

- Scrambled eggs with spinach and whole-wheat toast
- Fresh fruit salad
- Black coffee

Lunch

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- Quinoa bowl with black beans, corn, tomatoes, and cilantro
- Side of mixed greens
- Watermelon slices

Snack

- Hummus with cucumber slices
- Whole-grain crackers

Dinner

- Grilled chicken breast with sweet potatoes and green beans
- Kale salad with lemon dressing
- Herbal tea

Snack

- Pumpkin seeds
- Raspberries

Total Calories: 2000

Estimated Cost: \$25

Day 4 - Group Member's Name**Breakfast**

- Greek yogurt parfait with granola and blueberries
- Whole-grain muffin
- Orange juice

Lunch

- Lentil soup with whole-grain bread
- Spinach and tomato salad
- Apple

Snack

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- Almond butter on celery sticks
- Mixed nuts

Dinner

- Baked cod with brown rice and asparagus
- Side salad with vinaigrette
- Water with cucumber

Snack

- Cottage cheese with chives
- Pear slices

Total Calories: 2000

Estimated Cost: \$25

Day 5 - Group Member's Name**Breakfast**

- Smoothie bowl with banana, berries, and flaxseeds
- Whole-grain toast with almond butter
- Herbal tea

Lunch

- Chickpea and quinoa salad with roasted vegetables
- Whole-wheat pita
- Grapes

Snack

- Low-fat cheese with apple slices
- Cherry tomatoes

Dinner

- Grilled shrimp with vegetable stir-fry and brown rice

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- Mixed greens with avocado dressing
- Sparkling water

Snack

- Dark chocolate (1 oz)
- Almonds

Total Calories: 2000

Estimated Cost: \$25

Total Estimated Cost for 5 Days: \$125

The total estimated cost for the five-day menu plan is \$125, which fits within the budget allocated for this project. It is essential to ensure that each menu item adheres to the heart-healthy guidelines the American Heart Association provides. These guidelines emphasize the importance of consuming foods low in saturated fats, high in fiber, and rich in essential nutrients (Astrup et al., 2020). When preparing meals, portion sizes should be carefully adjusted to meet the 2,000-calorie daily target, ensuring that each meal provides balanced nutrition without exceeding the recommended calorie intake. This approach supports overall cardiovascular health and helps maintain a healthy weight.

Reference

Astrup, A., Magkos, F., Bier, D. M., Brenna, J. T., de, O. O. M. C., Hill, J. O., King, J. C.,
Mente, A., Ordovas, J. M., Volek, J. S., Yusuf, S., & Krauss, R. M. (2020). Saturated
Fats and Health: A Reassessment and Proposal for Food-Based Recommendations.
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