



# 7 Day Healthy Heart Plan

## Love your heart!

Heart disease is the number one killer and is mostly preventable with a healthy diet and physical activity. Without your heart you wouldn't be living, so why not give your heart the best nutrients you could provide it with?

Heart disease is caused by damage to the lining of the arteries leading to the heart. Smoking, high fat and cholesterol in blood, high blood pressure, high sugar in the blood due to diabetes, and inflammation in blood vessels all cause heart disease. Once damage is caused in the arteries plaque builds up where the damage is. Over time the plaque can harden, tear, and reduce flow of oxygen-rich blood to the heart.

Heart disease can start in childhood and worsen over time with unhealthy food choices, lifestyle and low physical activity. It is never too late to start reversing the damage that has been done. By making small changes this lifestyle change for a healthier heart will be simple and fun!

Some small changes you can add we suggest physical activity, more fruits and veggies, more whole foods, more water, and supplements.

### What foods to avoid?

Foods to avoid for a healthier heart would include those with high bad fats and highly processed foods. Highly processed foods have added salt, sugar and unnecessary chemicals that aren't good for your health.

- ▶ Processed meats: hot dogs, sausage, salami, deli meats.
- ▶ Highly processed and refined grains: white rice, white bread, cereals, sweets, sugars.
- ▶ Soft drinks and sugary drinks: soda, sport drinks, sweetened fruit juices.
- ▶ Saturated and trans fats: butter, mayo, sour cream, fatty cuts of meat, bacon fat, shortening



# What Should I Eat?



## Stock your kitchen full of healthier options like:

Simply choose foods that are full of fiber and nutrient healthier long life.

- ▶ Fruits and Veggies
- ▶ Sleep
- ▶ Legumes
- ▶ Leafy greens
- ▶ Leaner meats
- ▶ Spices and omega-3 oil
- ▶ Physical activity
- ▶ Ginger
- ▶ Turmeric
- ▶ Fish Oil

Little to no Grains:	Veggies:	Fruit	Dairy & Nuts/Seeds:	Seasonings:
Oats Quinoa Soba Noodles Lentils Black Beans Pinto Beans Cannelloni Beans Chickpeas	Dark Leafy Greens Celery Cucumber Sweet peppers Zucchini Broccoli Cauliflower Garlic Onion Sweet Potatoes Squash Carrots	Apples Berries Pears Grapefruit Grapes Avocado Cherries Mango Plums Melons Pineapple	Almond Milk Coconut Milk Hemp Milk Coconut Yogurt Seeds: Pumpkin, flax, sunflower, sesame, chia Nuts: Almonds, walnuts, Macadamia nuts, cashews, pecans	Sea Salt Tamari Garlic Seasoning Dulse Cinnamon Turmeric Honey Maple Syrup
Proteins	Beverages	Grab N Go	Baking Goods:	Fats
Chicken Turkey Eggs Wild Salmon Grass Feed Beef Wild Halibut Bison Wild Tilapia Skipjack Tuna (less mercury) Hemp Seeds Protein Powder	Herbal Tea Dandelion Root Tea Organic Coffee Perrier Water Flavored Water (lemon, cucumber, mint)	Kind Bars Lara Bars Vega Bars Almonds Dried/Fresh Fruit	GF Flour Blend Coconut Flour Baking Soda Baking Powder Raw Honey Nut Butter Coconut Oil Cocoa Olive Oil Vanilla Balsamic Vinegar	Olive Oil Coconut Oil Hempseed Oil Flaxseed Oil Pumpkinseed Oil Nuts/Seeds Avocado Flax seeds



# 7 Day Plan



## Create Your Plan

First step is to set yourself up for success by:

- ▶ Creating a healthier environment by throwing unhealthy food out, enrolling friends and family to join you, and find physical activity you like.
- ▶ Plan each day the night before so you are prepared with snacks and prepped meals.
- ▶ Find what motivates you and keep that in mind when a moment of weakness happens.
- ▶ Love yourself because we are humans and mistakes will happen. Old habits are hard to kick just keep in mind a healthier lifestyle is gradual.

The next step is to get into action. Find an accountability partner or a family member or friend to join you in the process.

## What Supplements should I take?

It is difficult to get all the nutrients and micronutrients you need all in one day. It is a good idea for optimum health to add Omega-3 supplement by Science Natural Supplements to your diet. Getting a healthy fat with added EPA/DHA is the best thing you can do for your heart. Most fish oil supplements may cause burps and could have coated in anything. Science Natural Supplements are a trusted source to get your daily source of Omega-3 Fatty Acids.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B: Green Smoothie with flax <i>Supplement: Omega 3 Fish Oil</i>	B: Spinach Frittata <i>Supplement: Omega 3 Fish Oil</i>	B: 3 Omelet Muffins <i>Supplement: Omega 3 Fish Oil</i>	B: Overnight Oats <i>Supplement: Omega 3 Fish Oil</i>	B: Berry Yogurt with flax <i>Supplement: Omega 3 Fish Oil</i>	B: 3 Omelet muffins <i>Supplement: Omega 3 Fish Oil</i>	B: Green Smoothie with Flax <i>Supplement: Omega 3 Fish Oil</i>
Snack: 1 apple + 2 Tbsp almond butter	Snack: ½ cup yogurt, berries, flax seed	Snack: ½ banana, scoop yogurt, greens, ¼ cup berries, blended	Snack: 2 hard-boiled eggs + 15 grapes	Snack: 1 banana and ¼ cup almonds	Snack: ½ banana, scoop yogurt, greens, ¼ cup berries, blended	Snack: Kale Chips with ½ apple
L: Quinoa Salad	L: Chicken Lettuce Wrap	L: Curry Bean Salad	L: Lentil Salad	L: Quinoa Salad	L: Minestrone Soup	L: Lentil Salad
D: Chicken Veggie Curry <i>Supplement: Omega 3 Fish Oil</i>	D: Black bean patties <i>Supplement: Omega 3 Fish Oil</i>	D: Dill Salmon on quinoa <i>Supplement: Omega 3 Fish Oil</i>	D: Scratch Chili <i>Supplement: Omega 3 Fish Oil</i>	D: Chicken with Broccoli <i>Supplement: Omega 3 Fish Oil</i>	D: Scratch Chili <i>Supplement: Omega 3 Fish Oil</i>	D: Dill Salmon on quinoa <i>Supplement: Omega 3 Fish Oil</i>
Snack: 2 hard-boiled eggs + ½ apple	Snack: Kind bar	Snack: Kale Chips	Snack: 2 Tbsp Hummus + veggies	Snack: 1 can tuna, 6 grape tomatoes, 1 Tbsp yogurt	Snack: ½ sweet potato slices, baked	Snack: ¼ dried fruit + ¼ cup almonds