

1500 Calorie Heart Healthy Menu

7 Day Menu Set 1

Day 1

BREAKFAST
 1 wheat English muffin
 1/2 cup Egg Beaters
 1 oz extra lean ham
 1 medium orange
 8 fl oz light vanilla soymilk

LUNCH
 1 cup low sodium vegetable beef soup
 1/2 piece cornbread
 20 soup & oyster crackers

DINNER
 3 oz beef tenderloin
 1 c roasted red skin potatoes
 3/4 cup green beans
 1 tsp balsamic vinegar
 1 fl oz lemon juice

SNACKS
Morning
 4 oz low fat vanilla yogurt
 1 Tbsp ground flax seed
 1 oz Baked On the Border chips
Afternoon
 1 small apple
 1 Tbsp unsalted cashew butter

Day 2

BREAKFAST
 1 1/2 cup Multigrain Cheerios cereal
 2 1/2 oz Low Fat Veggie sausage links
 1/2 cup blueberries
 8 fl oz skim milk

LUNCH
 1 1/2 cup Grilled Vegetable Quesadilla
 1/2 cup salsa
 1/4 cup Spanish rice

DINNER
 1 beef and vegetable fajita
 1 Tbsp fat free sour cream
 1/3 cup boiled black beans

SNACKS
Morning
 1 oz whole wheat pita chips
 2 Tbsp hummus
Afternoon
 1 medium peach
 6 oz non fat plain yogurt
 1 oz whey protein

Day 3

BREAKFAST
 1 veggie omelet
 1 cup low fat cottage cheese
 1 slice whole wheat toast

LUNCH
 * 1/2 Whole Wheat Pasta
 Greens Salad
 2 cups steamed baby greens
 1/4 cup cheddar cheese
 1/2 cup onion
 1 Tbsp olive oil
 1 Tbsp balsamic vinegar

DINNER
 1 cup minestrone soup
 1/2 cup mozzarella cheese
 6 low fat whole wheat crackers
 2 whole wheat rolls

SNACKS
Morning
 8 fl oz light chocolate soymilk
 8 low fat honey graham crackers
Afternoon
 6 oz Yoplait light yogurt
 1/2 cup low fat cottage cheese
 2 Tbsp toasted wheat germ

Nutrient Analysis

Nutrients	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Average for 7 Days
Calories (kcal)	1450	1465	1425	1465	1560	1543	1571	1514
Protein (g)	99	104	99	94	107	110	99	99
Carbs (g)	202	194	194	191	203	192	205	197
Fat (g)	43	37	37	37	37	43	43	41
Cholesterol (mg)	128	128	237	220	138	146	213	173
Trans fat (g)	0	0	0	0	0	0	0	0
Saturated fat (g)	12	12	10	13	7	9	13	10
Fiber (g)	28	29	28	36	23	32	21	28
Sugar (g)	64	59	64	84	66	52	114	73
Sodium (mg)	2150	2396	2249	1899	1680	2328	1707	2056

* Recipe

** Drink 8 to 10 glasses of water per day (64-80 fluid ounces)

Disclaimer: This is only a sample and should not be followed

1500 Calorie Heart Healthy Menu

7 Day Menu Set 1

Day 6

BREAKFAST

1 1/4 cup Kashi Go Lean cereal
1/2 grapefruit
8 fl oz light vanilla soymilk

LUNCH

1 gyro sandwich with cucumber and tomato
1 Tbsp hummus
1 oz whole wheat pita chips
1 cup raw broccoli florets

DINNER

2 cups soft taco shells with cheese and lettuce
2 cups chicken salad w/ 2 tsp lemon juice

SNACK

1/2 cup mango
1/2 cup salted soy nuts

Afternoon

8 fl oz light vanilla soymilk
1/4 cup trail mix

Day 7

BREAKFAST

1 Odwalla bar
8 fl oz Odwalla fruit smoothie blend
1 oz whey protein powder

LUNCH

* 1/2 c Broccoli, Cheese & Rice Casserole
1 Weight Watchers low fat cauliflower muffin
1 cup cantaloupe

DINNER

* 1/4 cup three bean salad
1/2 cup acorn squash
1 tbsp Benet's spread
5 oz roasted skinless chicken

SNACK

1/2 cup mango
1/2 cup cheddar cheese
1/2 cup whole wheat rye toast

Afternoon

6 oz Dannon Light 'n Fit nonfat yogurt
1 cup sweet cherries

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Vegetable Quesadillas



Vegetable Quesadillas

1 serving (1 serving is 1 quesadilla)

- 1/4 cup summer squash
- 1/4 cup broccoli
- 1/4 cup red bell peppers
- 1/4 cup carrots
- 2/8 cup chopped onions
- 1/8 cup mushrooms
- 1 oz reduced fat cheddar cheese, shredded
- 2.5 oz corn tortilla with wheat flour

Preheat oven to broil. Line a baking sheet with aluminum foil. Place vegetables in a steamer over 1 inch of boiling water, and cover. Cook until tender but still firm, about 2 to 4 minutes. Drain. Place tortilla on the prepared baking sheet. On tortilla lay shredded cheddar cheese, vegetables and top with another tortilla. Place under the broiler and cook until lightly browned. Carefully turn tortillas and cook on the other side until lightly browned.

Nutrient Analysis per serving: Calories 87, Protein 16g, Carbs 44g, Fat 7g, Cholesterol 20mg, Sat Fat 4g, Trans Fat 0g, Fiber 6g, Sugar 5g, Sodium 267mg.

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Heart Healthy Menu

Health Bites

1. Health Tips are provided in the accompanying menu when purchased.

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