



Supporting heart health involves adopting lifestyle habits that promote cardiovascular wellness. Here are some key tips:

1. **Eat a Heart-Healthy Diet:** Focus on fruits, vegetables, whole grains, lean proteins (like fish, chicken, legumes), and healthy fats (such as avocados, nuts, olive oil). Limit saturated fats, trans fats, sodium, and added sugars.
2. **Exercise Regularly:** Aim for at least 150 minutes of moderate-intensity aerobic activity (like brisk walking, cycling) per week, along with muscle-strengthening activities.
3. **Maintain a Healthy Weight:** Achieving and sustaining a healthy weight reduces strain on your heart and lowers risk factors like hypertension and diabetes.
4. **Avoid Smoking and Limit Alcohol:** Smoking damages blood vessels and increases heart disease risk. Excessive alcohol intake can raise blood pressure and triglyceride levels.
5. **Manage Stress:** Chronic stress may negatively impact heart health. Practice relaxation techniques such as meditation, deep breathing, or yoga.
6. **Monitor and Manage Blood Pressure and Cholesterol:** Regular check-ups help keep these in healthy ranges, and medication may be necessary if lifestyle changes are insufficient.
7. **Control Blood Sugar Levels:** For those with diabetes, maintaining good glucose control is crucial for heart health.
8. **Get Adequate Sleep:** Aim for 7-9 hours of quality sleep per night, as poor sleep is linked to cardiovascular issues.

Consult your healthcare provider for personalized advice, especially if you have existing health conditions or risk factors.

Here are heart-healthy recipes that are delicious and beneficial for cardiovascular health:

Breakfast

1. **Oatmeal with Fresh Berries and Walnuts**
2. **Spinach and Mushroom Egg White Scramble**
3. **Greek Yogurt Parfait with Honey and Mixed Nuts**
4. **Whole Grain Toast with Avocado and Tomato**
5. **Berry Smoothie with Flaxseed and Almond Milk**

Lunch

6. **Grilled Salmon Salad with Mixed Greens and Lemon Vinaigrette**
7. **Quinoa and Vegetable Stir-Fry**
8. **Lentil Soup with Carrots and Celery**
9. **Hummus and Veggie Wrap in Whole Wheat Tortilla**
10. **Turkey and Avocado Sandwich on Whole Grain Bread**

Dinner

11. **Baked Cod with Lemon and Asparagus**
12. **Chicken and Broccoli Stir-Fry with Garlic and Ginger**
13. **Stuffed Bell Peppers with Brown Rice and Chickpeas**
14. **Vegetable and Tofu Curry with Brown Rice**
15. **Grilled Shrimp Skewers with Steamed Broccoli**

Snacks & Sides

16. **Mixed Nuts and Dried Fruit (unsalted)**
17. **Carrot and Cucumber Dip with Whole Grain Crackers**
18. **Baked Sweet Potato Fries**
19. **Kale Chips with Olive Oil and Sea Salt**
20. **Fresh Fruit Salad with Mint**

Heart Healthy Recipes emphasize fruits, vegetables, whole grains, lean proteins, and healthy fats — all key elements for supporting heart health.

1. Oatmeal with Fresh Berries and Walnuts

Ingredients:

- 1 cup rolled oats
- 2 cups water or low-fat milk
- ½ cup fresh berries (blueberries, strawberries, raspberries)
- 2 tbsp chopped walnuts
- Honey or maple syrup (optional)



Instructions:

1. Bring water or milk to a boil in a pot.
 2. Stir in oats and reduce heat to simmer.
 3. Cook for about 5-7 minutes, stirring occasionally until oats are tender.
 4. Pour into a bowl, top with berries and walnuts.
 5. Drizzle with honey or maple syrup if desired.
-

2. Spinach and Mushroom Egg White Scramble

Ingredients:

- 4 egg whites
- 1 cup fresh spinach, chopped
- ½ cup mushrooms, sliced
- 1 tsp olive oil
- Salt and pepper to taste



Instructions:

1. Heat olive oil in a skillet over medium heat.
 2. Add sliced mushrooms and cook until soft.
 3. Add spinach and cook until wilted.
 4. Pour in egg whites, season with salt and pepper.
 5. Cook, stirring gently until eggs are just set.
 6. Serve hot.
-

3. Grilled Salmon Salad with Lemon Vinaigrette

Ingredients:

- 4 oz salmon fillet
- Mixed greens (spinach, arugula, lettuce)
- 1 cucumber, sliced
- Cherry tomatoes, halved
- 1 tbsp olive oil
- Juice of ½ lemon
- 1 tsp Dijon mustard
- Salt and pepper



Instructions:

1. Season salmon with salt and pepper.
 2. Grill salmon over medium heat until cooked through (~4-5 mins per side).
 3. In a small bowl, whisk together lemon juice, Dijon mustard, olive oil, salt, and pepper.
 4. Toss greens, cucumber, and tomatoes with the vinaigrette.
 5. Flake the grilled salmon and place on top of the salad before serving.
-

4. Baked Cod with Lemon and Asparagus

Ingredients:

- 4 oz cod fillet
- 1 bunch asparagus
- 1 lemon (sliced thin)
- 1 tbsp olive oil
- Salt, pepper, and dried herbs (thyme or parsley)



Instructions:

1. Preheat oven to 400°F (200°C).
 2. Place the cod on a baking sheet, drizzle with olive oil, and season.
 3. Arrange asparagus around the fish.
 4. Top the cod with lemon slices.
 5. Bake for 12-15 minutes until fish flakes easily.
 6. Serve with additional lemon wedges.
-

5. Quinoa and Vegetable Stir-Fry

Ingredients:

- 1 cup cooked quinoa
- 1 bell pepper, sliced
- 1 zucchini, sliced
- 1 carrot, julienned
- 1 cup broccoli florets
- 2 cloves garlic, minced
- 1 tbsp soy sauce (low sodium)
- 1 tsp sesame oil
- 1 tbsp olive oil



Instructions:

1. Heat olive oil in a large skillet or wok over medium-high heat.
 2. Add garlic, sauté for 30 seconds.
 3. Toss in vegetables and stir-fry until tender-crisp.
 4. Add cooked quinoa, soy sauce, and sesame oil.
 5. Mix well and cook for another 2-3 minutes until heated through.
 6. Serve hot.
-

6. Lentil Soup with Carrots and Celery

Ingredients:

- 1 cup dried lentils, rinsed
- 1 onion, chopped
- 2 carrots, diced
- 2 celery stalks, diced
- 4 cups low-sodium vegetable broth
- 2 cloves garlic, minced
- 1 tsp cumin
- Salt and pepper to taste
- 1 tbsp olive oil



Instructions:

1. Heat olive oil in a large pot over medium heat.
 2. Add onion, carrots, and celery. Cook until fragrant and slightly soft.
 3. Add garlic and cumin; cook for 1 minute.
 4. Pour in lentils and broth.
 5. Bring to a boil, then reduce to simmer.
 6. Cover and cook for about 30 minutes until lentils are tender.
 7. Season with salt and pepper. Serve warm.
-

7. Hummus and Veggie Wrap in Whole Wheat Tortilla

Ingredients:

- 1 whole wheat tortilla
- 3 tbsp hummus
- Sliced cucumber
- Sliced bell peppers
- Sliced spinach or lettuce
- Carrot strips
- Optional: sliced avocado



Instructions:

1. Spread hummus evenly over the tortilla.
 2. Layer vegetables on top.
 3. Roll up tightly, then cut in half.
 4. Serve immediately or wrap for a healthy on-the-go lunch.
-

8. Baked Sweet Potato Fries

Ingredients:

- 2 large sweet potatoes
- 1 tbsp olive oil
- ½ tsp paprika
- ½ tsp garlic powder
- Salt and pepper to taste

Instructions:

1. Preheat oven to 425°F (220°C).
2. Peel and cut sweet potatoes into fry-shaped strips.
3. Toss with olive oil, paprika, garlic powder, salt, and pepper.
4. Spread evenly on a baking sheet lined with parchment paper.
5. Bake for 25-30 minutes, flipping halfway, until crispy.
6. Serve warm with a healthy dip.



9. Stuffed Bell Peppers with Brown Rice and Chickpeas

Ingredients:

- 4 large bell peppers, halved and seeded
- 1 cup cooked brown rice
- 1 can (15 oz) chickpeas, rinsed and drained
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 1 tsp cumin
- Salt and pepper
- Fresh parsley for garnish

Instructions:

1. Preheat oven to 375°F (190°C).
2. Sauté onion and garlic in olive oil until translucent.
3. Mix cooked rice, chickpeas, cumin, salt, and pepper in a bowl.
4. Stuff the bell peppers with the mixture.
5. Place peppers on a baking dish and bake for 25-30 minutes.
6. Garnish with chopped parsley before serving.



10. Vegetable and Tofu Curry with Brown Rice

Ingredients:

- 1 block (14 oz) firm tofu, cubed
- 1 cup mixed vegetables (carrots, peppers, zucchini)
- 1 can (13.5 oz) light coconut milk
- 2 tbsp curry powder
- 1 tbsp olive oil
- 1 cup cooked brown rice
- Salt to taste

Instructions:

1. Heat olive oil in a large skillet over medium heat.
 2. Add tofu cubes and cook until golden; remove and set aside.
 3. In the same skillet, add vegetables and sauté until tender.
 4. Stir in curry powder and cook for 1 minute.
 5. Pour in coconut milk, bring to a simmer.
 6. Add tofu back into the skillet, simmer for 10 minutes.
 7. Serve over cooked brown rice.
-



11. Grilled Shrimp Skewers with Steamed Broccoli

Ingredients:

- 1 lb large shrimp, peeled and deveined
- 2 tbsp olive oil
- Juice of 1 lemon
- 2 cloves garlic, minced
- Salt and pepper
- Broccoli florets, steamed

Instructions:

1. Marinate shrimp with olive oil, lemon juice, garlic, salt, and pepper for 15 minutes.
 2. Thread shrimp onto skewers.
 3. Grill over medium-high heat for about 2-3 minutes per side until pink and opaque.
 4. Serve with steamed broccoli.
-



12. Mediterranean Chickpea Salad

Ingredients:

- 1 can (15 oz) chickpeas, rinsed and drained
- 1 cucumber, diced
- 1 cup cherry tomatoes, halved
- 1/4 red onion, thinly sliced
- 1/4 cup Kalamata olives, pitted
- 2 tbsp olive oil
- Juice of ½ lemon
- 1 tsp dried oregano
- Salt and pepper to taste
- Fresh parsley for garnish



Instructions:

1. In a large bowl, combine chickpeas, cucumber, tomatoes, onion, and olives.
 2. Whisk together olive oil, lemon juice, oregano, salt, and pepper.
 3. Pour dressing over the salad and toss gently.
 4. Garnish with chopped parsley and serve.
-

13. Baked Eggplant with Tomato Sauce

Ingredients:

- 1 large eggplant, sliced into ½-inch rounds
- 1 cup marinara sauce (low sodium)
- 1 tbsp olive oil
- 1 tsp dried basil
- 1 tsp dried oregano
- Salt and pepper to taste
- Fresh basil for garnish



Instructions:

1. Preheat oven to 400°F (200°C).
 2. Lightly brush eggplant slices with olive oil and season with salt, pepper, basil, and oregano.
 3. Arrange on a baking sheet and bake for 20 minutes until soft.
 4. Spread marinara sauce over eggplant slices and bake for an additional 10 minutes.
 5. Garnish with fresh basil and serve.
-

14. Turkey and Vegetable Lettuce Wraps

Ingredients:

- 1 lb lean ground turkey
- 1 cup shredded carrots
- 1 bell pepper, diced
- 2 green onions, sliced
- 2 tbsp low-sodium soy sauce
- 1 tbsp hoisin sauce (optional)
- Lettuce leaves (romaine or iceberg)

Instructions:

1. Cook ground turkey in a skillet over medium heat until browned.
2. Add carrots, bell pepper, and green onions; cook until vegetables are tender.
3. Stir in soy sauce and hoisin sauce if using.
4. Spoon mixture into lettuce leaves, wrap, and serve.



15. Sweet Potato and Black Bean Tacos

Ingredients:

- 2 large sweet potatoes, diced
- 1 can (15 oz) black beans, rinsed
- 1 tsp chili powder
- 1 tsp cumin
- 1 tbsp olive oil
- Whole wheat tortillas
- Toppings: avocado slices, salsa, chopped cilantro

Instructions:

1. Preheat oven to 425°F (220°C).
2. Toss diced sweet potatoes with olive oil, chili powder, cumin, salt, and pepper.
3. Spread on a baking sheet and roast for 25-30 minutes.
4. Warm tortillas and fill with roasted sweet potatoes, black beans, and desired toppings.
5. Serve immediately.



16. Roasted Vegetable Buddha Bowl

Ingredients:

- 1 cup roasted sweet potatoes cubes
- 1 cup roasted Brussels sprouts
- ½ cup cooked quinoa
- ½ avocado, sliced
- 2 tbsp tahini
- Juice of ½ lemon
- Salt and pepper to taste
- Olive oil



Instructions:

1. Roast sweet potatoes and Brussels sprouts at 400°F (200°C) for 20-25 minutes, drizzled with olive oil.
 2. In a bowl, arrange quinoa, roasted vegetables, and avocado slices.
 3. Mix tahini with lemon juice, salt, and pepper to make a dressing.
 4. Drizzle dressing over the bowl and serve.
-

17. Grilled Vegetable Skewers

Ingredients:

- 1 red bell pepper, cut into chunks
- 1 zucchini, sliced
- 1 red onion, cut into chunks
- 8 cherry tomatoes
- 8 large mushroom caps
- 2 tbsp olive oil
- 1 tsp dried thyme or rosemary
- Salt and pepper



Instructions:

1. Marinate vegetables with olive oil, thyme, salt, and pepper.
 2. Thread vegetables onto skewers.
 3. Grill over medium heat for 10-15 minutes, turning occasionally, until vegetables are tender and lightly charred.
 4. Serve hot with whole grain or brown rice.
-

18. Salmon and Avocado Sushi Bowl

Ingredients:

- ½ cup cooked brown rice
- 4 oz cooked or raw salmon, sliced
- ½ avocado, sliced
- ½ cucumber, sliced thin
- 1 tbsp soy sauce (low sodium)
- 1 tsp rice vinegar
- 1 tsp sesame seeds
- Green onions, chopped



Instructions:

1. Prepare rice and season with rice vinegar.
 2. In a bowl, layer rice, salmon, avocado, cucumber.
 3. Drizzle with soy sauce.
 4. Garnish with sesame seeds and green onions.
 5. Serve immediately.
-

19. Tomato Basil Soup

Ingredients:

- 6 large ripe tomatoes, chopped
- 1 small onion, chopped
- 2 cloves garlic, minced
- 2 cups vegetable broth (low sodium)
- 1 tbsp olive oil
- Fresh basil leaves
- Salt and pepper to taste



Instructions:

1. Heat olive oil in a large pot.
 2. Add onion and garlic, sauté until fragrant.
 3. Add chopped tomatoes and cook for 10 minutes.
 4. Pour in vegetable broth, bring to a simmer.
 5. Add basil leaves, season, and cook for another 10 minutes.
 6. Puree the soup using an immersion blender or regular blender until smooth.
 7. Serve warm.
-

20. Chia Seed Pudding with Fresh Fruit

Ingredients:

- 3 tbsp chia seeds
- 1 cup almond milk or other plant-based milk
- 1 tsp vanilla extract
- Fresh berries or sliced fruit for topping

Instructions:

1. Mix chia seeds, milk, and vanilla in a bowl.
2. Let sit for 5 minutes, then stir to prevent clumping.
3. Cover and refrigerate for at least 2 hours or overnight.
4. Top with fresh fruit before serving.



21. Garlic Lemon Roasted Chicken and Vegetables

Ingredients:

- 4 boneless, skinless chicken breasts
- 2 cups broccoli florets
- 2 carrots, sliced
- 1 lemon, thinly sliced
- 4 cloves garlic, minced
- 2 tbsp olive oil
- Salt and pepper
- Fresh thyme or rosemary (optional)

Instructions:

1. Preheat oven to 400°F (200°C).
2. In a bowl, mix olive oil, garlic, salt, pepper, and herbs.
3. Rub mixture onto chicken breasts.
4. Arrange chicken and vegetables on a baking sheet.
5. Top chicken with lemon slices.
6. Roast for 25-30 minutes until chicken is cooked through.
7. Serve hot with extra lemon wedges.



22. Vegetable Lentil Wraps

Ingredients:

- Whole wheat tortillas
- 1 cup cooked lentils
- 1 bell pepper, sliced
- 1 cucumber, sliced
- ½ cup shredded carrots
- 2 tbsp hummus
- Fresh spinach leaves

Instructions:

1. Spread hummus evenly inside tortillas.
2. Layer lentils, vegetables, and spinach.
3. Roll up tightly.
4. Slice in half and serve.



23. Zucchini Noodles with Pesto

Ingredients:

- 3 zucchinis, spiralized
- ½ cup fresh basil leaves
- 2 tbsp olive oil
- 2 tbsp pine nuts or walnuts
- 1 clove garlic
- 2 tbsp grated Parmesan cheese (optional)
- Salt and pepper

Instructions:

1. Blend basil, olive oil, nuts, garlic, salt, and pepper in a food processor to make pesto.
2. Toss zucchini noodles with pesto.
3. Serve immediately, garnished with extra nuts or cheese if desired.
4. Add 4 oz of Grilled Chicken for a high protein variation



24. Minestrone Soup

Ingredients:

- 1 tbsp olive oil
- 1 onion, chopped
- 2 carrots, diced
- 2 celery stalks, diced
- 2 cloves garlic, minced
- 1 can (14.5 oz) diced tomatoes
- 1 can (15 oz) kidney beans, rinsed
- 1 cup chopped kale or spinach
- 4 cups low-sodium vegetable broth
- 1 cup small pasta or barley
- Herbs: basil, oregano, thyme



Instructions:

1. Heat olive oil in a large pot.
 2. Sauté onion, carrots, celery, and garlic until soft.
 3. Add tomatoes, beans, herbs, and broth.
 4. Bring to a boil, add pasta or barley.
 5. Simmer until pasta is cooked al dente.
 6. Add greens in the last 5 minutes.
 7. Serve hot.
-

25. Sweet Potato and Kale Hash

Ingredients:

- 2 large sweet potatoes, diced
- 2 cups kale, chopped
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 tbsp olive oil
- Salt and pepper

Instructions:

1. Heat olive oil in a skillet over medium heat.
2. Cook sweet potatoes until browned and tender, about 10 minutes.
3. Add onion and garlic; cook for another 3 minutes.
4. Stir in kale, cook until wilted, about 2-3 minutes.
5. Season with salt and pepper, serve hot.



Heart-Healthy Meal Ideas

Breakfast:

- Oatmeal topped with berries and walnuts
- Greek yogurt with honey and a handful of mixed nuts
- Whole wheat toast with avocado and sliced tomato

Lunch:

- Grilled salmon salad with mixed greens, cucumber, and lemon vinaigrette
- Quinoa and vegetable stir-fry
- Lentil soup with a side of whole-grain bread

Dinner:

- Baked cod with lemon and roasted asparagus
- Grilled chicken with steamed broccoli and quinoa
- Vegetable curry with brown rice

Snacks:

- Fresh fruit (apple, orange, or berries)
- Raw nuts and seeds (small handful)
- Hummus with veggie sticks



Healthy Portion Sizes

Grains (whole grains, rice, pasta, bread):

- About ½ cup cooked grains (like rice or quinoa) or 1 slice of whole grain bread per serving

Proteins (fish, chicken, beans, tofu):

- 3-4 ounces cooked meat or fish (about the size of a deck of cards)
- ½ cup cooked beans or lentils
- 3-4 ounces tofu or tempeh

Fruits and Vegetables:

- At least 1 cup raw vegetables or ½ cup cooked vegetables
- 1 cup fresh fruit (about the size of a tennis ball)

Healthy Fats (nuts, seeds, avocados):

- About 1 ounce (a small handful) of nuts or seeds
- ¼ to ½ avocado

Dairy (low-fat or plant-based):

- 1 cup milk or yogurt, or 1-2 ounces cheese

Tips for Portion Control:

- Use smaller plates and bowls to help control serving sizes.
- Fill half of your plate with vegetables.
- Limit processed foods and high-sodium items.
- Be mindful of added oils, sauces, and dressings; use them sparingly.