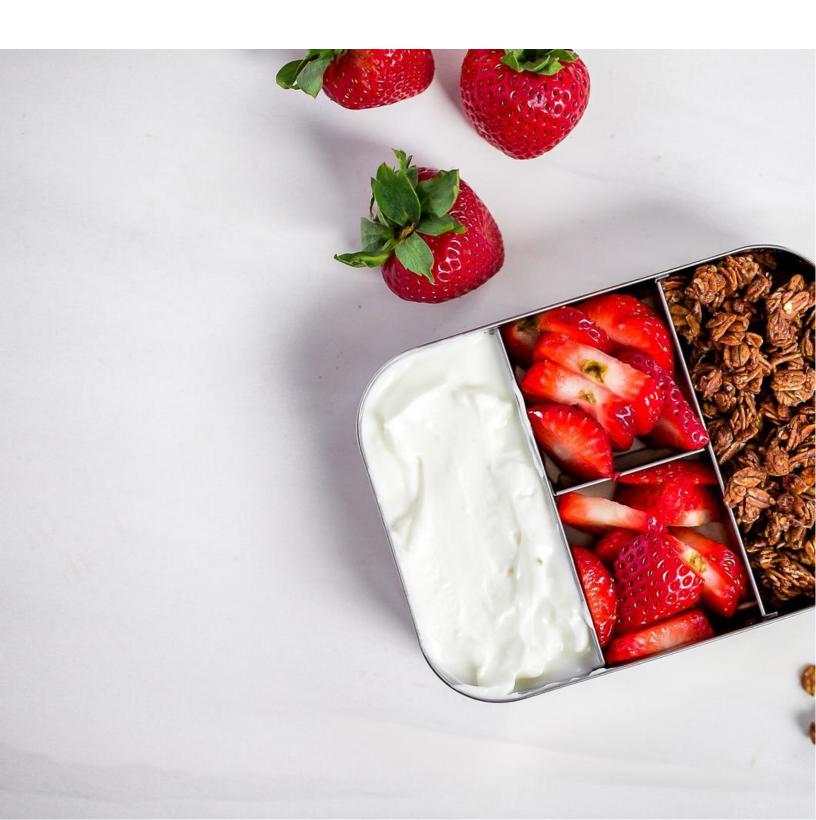


# Low Sodium & Low Cholesterol Meal Plan w/ Meat

Created by Restored Identity, LLC



## Low Sodium & Low Cholesterol Meal Plan w/ Meat

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Sunflower Seed Butter & Strawberry Sandwich	Coconut Chia Seed Yogurt	Asparagus Egg White Omelette with Plantain	Loaded Baked Potato	Asparagus Egg White Omelette with Plantain	Figs & Yogurt with Flax	Chocolate Protein Oats with Berries
Snack 1	Greek Yogurt	Banana Chocolate Protein Smoothie	Toast with Sunflower Seed Butter & Peaches	Sunflower Seed Butter Stuffed Dates	Toast with Sunflower Seed Butter & Peaches	Granola, Yogurt & Berry Snack Box	Sunflower Seed Butter Banana Sushi
	Peach			Raspberries			
Lunch	One Pan Cod, Sweet Potatoes & Green Beans	Stuffed Plantains	One Pan Cod, Sweet Potatoes & Green Beans	Rice, Beef & Spinach	Sweet Potato & Pineapple Salad with Chicken	Balsamic Cod & Cauliflower Mash	Turmeric Chicken Strips  Asparagus & Rice
							Asparagus & Nice
Snack 2	Banana Chocolate Protein Smoothie	Greek Yogurt	Banana Chocolate Protein Smoothie	Toast with Sunflower Seed Butter & Peaches	Sunflower Seed Butter Stuffed Dates	Sunflower Seed Butter Banana Sushi	Granola, Yogurt & Berry Snack Box
		Peach			Raspberries		
Dinner	Pressure Cooker Rice & Bean Burritos	One Pan Cod, Sweet Potatoes & Green	Rice, Beef & Spinach	One Pan Paleo Plate	Balsamic Cod & Cauliflower Mash	Turmeric Chicken Strips	Shepherd's Pie Bowls
		Beans				Asparagus & Rice	



# Low Sodium & Low Cholesterol Meal Plan w/ Meat

48 items

Fruits	Vegetables	Bread, Fish, Meat & Cheese		
1/2 Avocado	<b>5 cups</b> Asparagus	1 Ib Chicken Breast		
5 Banana	2 cups Baby Spinach	3 Cod Fillet		
<b>6</b> Fig	5 cups Brussels Sprouts	8 ozs Extra Lean Ground Beef		
<b>3 1/2</b> Peach	3/4 head Cauliflower	7 slices Gluten-Free Bread		
<b>1 1/2</b> Plantain	4 1/2 Garlic			
2 cups Raspberries	3 cups Green Beans	Condiments & Oils		
2 1/2 cups Strawberries	1/2 Red Bell Pepper	3 tbsps Balsamic Vinegar		
	2 1/2 Sweet Potato	3/4 cup Extra Virgin Olive Oil		
Breakfast	1/2 Yellow Onion	1 1/8 cups Sunflower Seed Butter		
2/3 cup Granola		1 1/2 tsps Tamari		
1/3 cup Maple Syrup	Boxed & Canned	1 1/2 tsps raman		
1/3 cup Maple Syrup	4/2 aum Baamati Bias	Cold		
Seeds, Nuts & Spices	1/2 cup Basmati Rice			
	3/4 cup Black Beans	1 1/2 cups Egg Whites		
3 tbsps Chia Seeds	1 cup Jasmine Rice	3 3/4 cups Plain Greek Yogurt		
1/2 tsp Cumin	1/3 cup Salsa	3 cups Unsweetened Almond Milk		
3/4 tsp Dried Dill	Baking			
1 1/2 tsps Garlic Powder		Other		
2 tbsps Ground Flax Seed	3 tbsps Cocoa Powder	3/4 cup Water		
1/2 cup Hemp Seeds	<b>1 1/4 cups</b> Oats	3/4 cup water		
1/2 tsp Sea Salt	1 cup Pitted Dates			
Sea Salt & Black Pepper				
1 tsp Smoked Paprika				
1 tbsp Turmeric				
Frozen				
2 Brown Rice Tortilla				



# **Sunflower Seed Butter & Strawberry Sandwich**

3 ingredients · 5 minutes · 2 servings



### **Directions**

1. Toast the bread (optional). Spread the sunflower seed butter onto the bread and top with sliced strawberries. Close the sandwich and slice. Enjoy!

### **Notes**

#### Leftovers

Refrigerate in an airtight container for up to two days.

## **Additional Toppings**

Maple syrup, honey, hemp seeds, chia seeds or crushed nuts.

## Ingredients

4 slices Gluten-Free Bread

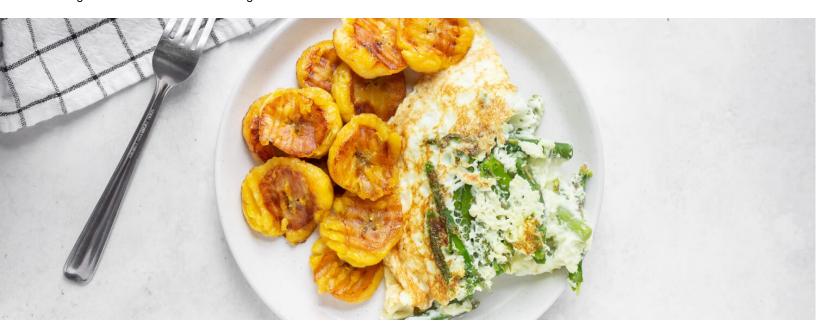
1/4 cup Sunflower Seed Butter

1/2 cup Strawberries (stems removed, sliced)



## **Asparagus Egg White Omelette with Plantain**

5 ingredients · 15 minutes · 3 servings



#### **Directions**

- Heat half of the oil in a skillet over medium heat. Add the plantains, cooking for two to three minutes per side or until browned, adding more oil if needed. Smash with a fork and set aside on a paper towel-lined plate.
- 2. Heat the remaining oil in the same skillet over medium heat. Cook the asparagus for three to four minutes. Add the egg whites, season with salt, and cook until set.
- 3. Transfer the plantain and asparagus omelette onto plate(s). Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

#### **More Flavor**

Add garlic powder and onion powder to the egg white omelette.

#### **Additional Toppings**

Top with fresh herbs, avocado, sauerkraut, or other pickled veggies.

## Ingredients

1/3 cup Extra Virgin Olive Oil (divided)

1 1/2 Plantain (ripe, sliced)

3 cups Asparagus (ends trimmed)

1 1/2 cups Egg Whites

1/3 tsp Sea Salt (to taste)



## Figs & Yogurt with Flax

4 ingredients · 5 minutes · 2 servings



## **Directions**

1. In a small bowl, mix together yogurt and flax. Top with figs and drizzle syrup overtop. Enjoy!

### **Notes**

### No Greek Yogurt

Use any yogurt alternative or coconut cream.

## No Maple Syrup

Use honey instead.

## Leftovers

Refrigerate in an airtight container up to 5 days.

## Ingredients

1 cup Plain Greek Yogurt

2 tbsps Ground Flax Seed

6 Fig (sliced)

2 tbsps Maple Syrup



# **Greek Yogurt**

1 ingredient · 5 minutes · 2 servings



## **Directions**

1. Scoop into a bowl and enjoy!

## **Notes**

## **Toppings**

Fresh or frozen fruit, granola, bee pollen, nuts, coconut, honey or maple syrup.

#### Dairy-Free

Use coconut, almond or cashew yogurt instead.

## Ingredients

1 cup Plain Greek Yogurt



## **Peach**

1 ingredient  $\cdot$  5 minutes  $\cdot$  2 servings



## **Directions**

1. Wash and enjoy whole or sliced.

## Ingredients

2 Peach



## **Banana Chocolate Protein Smoothie**

8 ingredients · 5 minutes · 1 serving



#### **Directions**

1. Place all ingredients in a blender and blend until smooth. Pour into a glass and enjoy!

## **Notes**

### **Pitted Dates**

One serving is equal to approximately two to three dates.

#### Gluten-Free

Use Gluten-Free oats.

## Dairy-Free

Use coconut yogurt instead.

### Nut-Free

Use coconut or oat milk instead of almond milk.

#### More Flavor

Add a pinch of cinnamon.

#### Make it Vegan

Use a vegan yogurt.

## Ingredients

1 cup Unsweetened Almond Milk

1/4 cup Plain Greek Yogurt

1 tbsp Chia Seeds

2 tbsps Hemp Seeds

1/4 cup Oats

1 tbsp Cocoa Powder

1 Banana (frozen)

2 tbsps Pitted Dates

## **Toast with Sunflower Seed Butter & Peaches**

4 ingredients · 5 minutes · 1 serving



### **Directions**

1. Spread the sunflower seed butter on top of the toasted bread. Add the sliced peaches and hemp seeds. Enjoy!

### **Notes**

#### Leftovers

Best enjoyed immediately.

## **Additional Toppings**

Chia seeds, shredded coconut, raw honey, or maple syrup.

## No Sunflower Seed Butter

Use peanut butter, cashew butter, or almond butter instead.

## Ingredients

2 tbsps Sunflower Seed Butter

1 slice Gluten-Free Bread (toasted)

1/2 Peach (pitted, sliced)

1 tsp Hemp Seeds

## **Sunflower Seed Butter Stuffed Dates**

2 ingredients · 5 minutes · 2 servings



## **Directions**

- 1. Use a knife to make a slit in each date and open the date slightly.
- 2. Spoon an even amount of sunflower seed butter into the center of each date. Enjoy!

#### **Notes**

#### Serving Size

One serving is equal to approximately four to five stuffed dates.

## **Additional Toppings**

Sprinkle with coconut flakes, cacao nibs, or hemp seeds.

## Ingredients

1/2 cup Pitted Dates1/4 cup Sunflower Seed Butter



# **Raspberries**

1 ingredient · 3 minutes · 2 servings



## **Directions**

1. Wash berries and enjoy!

## **Notes**

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Do not wash until ready to eat, as washed berries spoil more quickly.

## Ingredients

2 cups Raspberries



## Granola, Yogurt & Berry Snack Box

3 ingredients · 5 minutes · 2 servings



## **Directions**

1. Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

## **Notes**

#### Storage

Refrigerate in an airtight container up to 3 days.

## Gluten-Free

Ensure a gluten-free granola is used.

## Dairy-Free & Vegan

Use a dairy-free yogurt.

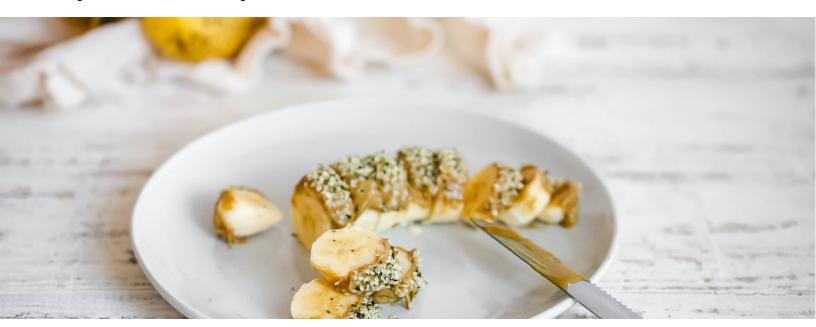
## Ingredients

cup Plain Greek Yogurt
 cups Strawberries (sliced)
 cup Granola



## Sunflower Seed Butter Banana Sushi

3 ingredients · 5 minutes · 1 serving



## **Directions**

- 1. Spread sunflower seed butter onto a banana.
- 2. Sprinkle hemp seeds over top.
- 3. Slice and enjoy!

## **Notes**

#### Leftovers

Best enjoyed immediately.

## More Flavor

Add a dash of cinnamon and/or sea salt.

## Ingredients

- 2 tbsps Sunflower Seed Butter
- 1 Banana (peeled)
- 1 tbsp Hemp Seeds



## One Pan Cod, Sweet Potatoes & Green Beans

7 ingredients · 40 minutes · 3 servings



#### **Directions**

- 1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2. Place the sweet potatoes on one side of the baking sheet and the green beans on the other side, leaving room for the cod fillets in the middle.
- 3. Toss the potatoes and green beans in half of the oil, half the garlic powder, and salt and pepper. Bake for 15 minutes.
- 4. Remove the baking sheet from the oven and add the cod fillets. Brush the remaining oil onto the fillets. Top with the remaining garlic powder, dill, salt, and pepper. Place back in the oven for 15 minutes or until the sweet potatoes are soft and the fish is cooked through.
- 5. Divide evenly between plates and enjoy!

#### **Notes**

#### Leftovers

Refrigerate in an airtight container for up to three days.

#### Fillet Size

One cod fillet is equal to 231 grams or eight ounces.

#### More Flavo

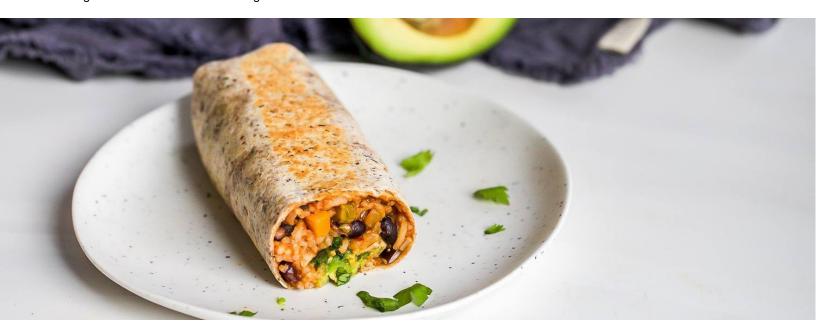
Squeeze fresh lemon on top when ready to serve.

## Ingredients

- 1 1/2 Sweet Potato (peeled, cubed)
- 3 cups Green Beans (trimmed)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 1 1/2 tsps Garlic Powder (divided)
- Sea Salt & Black Pepper (to taste)
- 1 1/2 Cod Fillet (cut in half)
- 3/4 tsp Dried Dill

## **Pressure Cooker Rice & Bean Burritos**

12 ingredients · 30 minutes · 2 servings



#### **Directions**

- Turn your pressure cooker to sauté mode and add the oil. Add the onion and bell pepper and cook, stirring often for one to two minutes. Then add the smoked paprika, cumin, and salt and continue cooking until softened, about two to three more minutes. Deglaze the pot with a splash of water if needed. Turn the sauté mode off.
- Add the beans, rice, salsa, and water and stir to combine. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for five minutes on high pressure. Once finished, let the pressure release naturally for five minutes, then do a quick release.
- 3. Layer the bean and rice mixture onto your tortilla and top with mashed avocado, if using. Fold in the sides and roll into a burrito.
- 4. Heat a non-stick pan over medium heat and add your burrito seam side down and cook for two to three minutes, then flip and cook the other side for one to two minutes, until slightly browned. Enjoy!

#### Notes

#### Leftovers

Refrigerate in an airtight container for up to five days.

#### Serving Size

One serving is equal to one burrito.

#### More Flavo

Add minced garlic and/or chili powder when cooking the onions and peppers Add cilantro to the mashed avocado.

### Ingredients

1 tsp Extra Virgin Olive Oil

1/2 Yellow Onion (chopped)

1/2 Red Bell Pepper (chopped)

1 tsp Smoked Paprika

1/2 tsp Cumin

1/8 tsp Sea Salt

1 cup Black Beans (cooked, rinsed)

1/2 cup Basmati Rice

1/3 cup Salsa

3/4 cup Water

2 Brown Rice Tortilla

1/2 Avocado (mashed, optional)



## Rice, Beef & Spinach

4 ingredients · 20 minutes · 2 servings



## **Directions**

- 1. Cook the rice according to the directions on the package.
- 2. Meanwhile, heat a large skillet over medium heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
- 3. Add the spinach to the beef and stir until the spinach has wilted. Add in the tamari and stir to combine.
- 4. Divide the rice between plates and top with the beef mixture. Enjoy!

#### **Notes**

### Leftovers

Refrigerate in an airtight container for up to three days.

#### More Flavo

Add fresh garlic or ginger to the beef with the spinach.

#### **Additional Toppings**

Hot sauce, sesame seeds, sliced green onions and/or cilantro.

#### No Tamari

Use soy sauce or coconut aminos instead.

#### No Beef

Use ground chicken, turkey or pork instead.

#### No Jasmine Rice

Use brown rice, quinoa or cauliflower rice instead.

## Ingredients

1/2 cup Jasmine Rice

8 ozs Extra Lean Ground Beef

2 cups Baby Spinach (packed)

1 1/2 tsps Tamari



## One Pan Paleo Plate

5 ingredients · 35 minutes · 2 servings



#### **Directions**

- 1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- Brush both sides of the chicken breast with olive oil and season with sea salt. Place on the baking sheet.
- 3. Toss your brussels sprouts in olive oil. Place on the baking sheet with the chicken.
- **4.** Slice your sweet potatoes in half lengthwise and pierce the flesh multiple times with a fork all over to create holes. Brush the flesh of each half with olive oil. Place these on the baking sheet with the flesh facing up.
- **5.** Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through. (Note: Sweet potato may need longer depending on size.)
- 6. Remove baking sheet from the oven and divide onto plates. Season with more salt if desired. Enjoy!

#### **Notes**

## No Brussels Sprouts

Use broccoli, cauliflower or green beans instead. Roasting times will vary.

#### No Chicken Breast

Use turkey breast.

## **Vegans and Vegetarians**

Replace chicken with roasted chickpeas.

#### **Extra Time**

Slice sweet potato into cubes or fries.

## Ingredients

8 ozs Chicken Breast

1/16 tsp Sea Salt

**2 cups** Brussels Sprouts (washed, trimmed and halved)

- **1 1/2 tsps** Extra Virgin Olive Oil (plus extra for brushing)
- 1 Sweet Potato (washed and sliced in half)



## **Balsamic Cod & Cauliflower Mash**

8 ingredients · 25 minutes · 3 servings



## **Directions**

- 1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2. Steam the cauliflower until fork tender, about five to seven minutes. Mash with 1/2 of the oil and 1/3 of the garlic. Season with salt and pepper to taste.
- 3. Mix the balsamic vinegar, maple syrup, remaining oil, and remaining garlic in a large
- 4. Toss the Brussels sprouts in the balsamic marinade and spread them out on the baking sheet. Place the cod on the baking sheet and pour the remaining balsamic marinade on the cod, being sure to coat it well. Bake for 15 minutes, remove the cod and continue baking the Brussels sprouts for ten minutes.
- Divide the cod, mashed cauliflower and Brussels sprouts evenly between plates and enjoy!

#### **Notes**

#### Leftovers

Refrigerate in an airtight container for up to three days.

#### Serving Size

One serving is one cod fillet, one cup of cauliflower mash, and one cup of Brussels sprouts.

#### More Flavor

Add thyme to the marinade.

#### Fillet Size

One cod fillet is equal to 231 grams or eight ounces.

## Ingredients

- 3/4 head Cauliflower (large, cut into florets)
- 3 tbsps Extra Virgin Olive Oil (divided)
- 4 1/2 Garlic (cloves, minced, divided)

Sea Salt & Black Pepper

- 3 tbsps Balsamic Vinegar
- 3 tbsps Maple Syrup
- 1 1/2 Cod Fillet (cut in half)
- **3 cups** Brussels Sprouts (trimmed and quartered)



## **Turmeric Chicken Strips**

5 ingredients · 40 minutes · 2 servings



## **Directions**

- 1. Preheat the oven to 400°F (204°C) and line a large baking sheet with parchment paper.
- 2. In a food processor blend the rolled oats, turmeric, sea salt and black pepper until a flour-like consistency forms.
- **3.** In a separate bowl, toss the chicken strips in olive oil until evenly distributed. Pour the oat mixture over the chicken and toss until the chicken is coated.
- 4. Place the chicken strips on the parchment-lined baking sheet and cook for 30 minutes.
- 5. Remove and allow the strips to cool slightly. Divide between plates and enjoy!

### **Notes**

#### Leftovers

Refrigerate in an airtight container for up to three days.

#### **Serving Size**

One serving is roughly three chicken strips.

#### More Flavor

Add curry powder to the oat mixture. Dip in your favorite dipping sauce.

#### Serve it With

Roasted vegetables, sweet potato fries, roasted potatoes, over a salad, or with rice.

## Ingredients

1/2 cup Oats (rolled)

1 tbsp Turmeric

Sea Salt & Black Pepper (to taste)

8 ozs Chicken Breast (cut into strips)

1 tbsp Extra Virgin Olive Oil



## **Asparagus & Rice**

2 ingredients · 25 minutes · 2 servings



#### **Directions**

- 1. Cook the jasmine rice according to the directions on the package.
- 2. Meanwhile, set the asparagus in a steaming basket over boiling water and cover. Steam for about 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus.
- 3. Divide rice and asparagus into bowls or containers. Enjoy!

#### **Notes**

#### No Jasmine Rice

Use quinoa, brown rice, couscous, barley or cauliflower rice instead.

#### Serving Size

One serving is equal to approximately 1 cup of asparagus, and 1.25 cups of cooked rice.

#### Leftovers

Refrigerate in an airtight container up to 4 days.

## Ingredients

1/2 cup Jasmine Rice (dry, rinsed)

**2 cups** Asparagus (woody ends trimmed, chopped in half)

