



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
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 Beans	Rice, Beef & Spinach	One Pan Paleo Plate	Balsamic Cod & Cauliflower Mash	Turmeric Chicken Strips	Shepherd's Pie Bowls
						Asparagus & Rice	

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48 items

Fruits

- 1/2 Avocado
- 5 Banana
- 6 Fig
- 3 1/2 Peach
- 1 1/2 Plantain
- 2 cups Raspberries
- 2 1/2 cups Strawberries

Breakfast

- 2/3 cup Granola
- 1/3 cup Maple Syrup

Seeds, Nuts & Spices

- 3 tbsps Chia Seeds
- 1/2 tsp Cumin
- 3/4 tsp Dried Dill
- 1 1/2 tpsps Garlic Powder
- 2 tbsps Ground Flax Seed
- 1/2 cup Hemp Seeds
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Smoked Paprika
- 1 tbsp Turmeric

Frozen

- 2 Brown Rice Tortilla

Vegetables

- 5 cups Asparagus
- 2 cups Baby Spinach
- 5 cups Brussels Sprouts
- 3/4 head Cauliflower
- 4 1/2 Garlic
- 3 cups Green Beans
- 1/2 Red Bell Pepper
- 2 1/2 Sweet Potato
- 1/2 Yellow Onion

Boxed & Canned

- 1/2 cup Basmati Rice
- 3/4 cup Black Beans
- 1 cup Jasmine Rice
- 1/3 cup Salsa

Baking

- 3 tbsps Cocoa Powder
- 1 1/4 cups Oats
- 1 cup Pitted Dates

Bread, Fish, Meat & Cheese

- 1 lb Chicken Breast
- 3 Cod Fillet
- 8 ozs Extra Lean Ground Beef
- 7 slices Gluten-Free Bread

Condiments & Oils

- 3 tbsps Balsamic Vinegar
- 3/4 cup Extra Virgin Olive Oil
- 1 1/8 cups Sunflower Seed Butter
- 1 1/2 tsps Tamari

Cold

- 1 1/2 cups Egg Whites
- 3 3/4 cups Plain Greek Yogurt
- 3 cups Unsweetened Almond Milk

Other

- 3/4 cup Water

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

1. 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 · 5 minutes · 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 **tbps** 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 Dates

1/4 cup Sunflower Seed Butter

Raspberries

1 ingredient · 3 minutes · 2 servings



Directions

1. Wash berries and enjoy!

Notes

Tip

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

- 1 cup Plain Greek Yogurt
- 2 cups Strawberries (sliced)
- 2/3 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 Flavor

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

1. 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.
2. 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 Flavor

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 Flavor

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.
2. 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 bowl.
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.
5. 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)