

Heart-Healthy Weight Loss Weekly Meal Planner

Use this planner to organize your meals for the week. Plan ahead, shop once, and make heart-healthy eating simple and sustainable.

Weekly Overview

Week of: _____

Notes / Goals for the Week:

Meal Planning Table

Day	Breakfast	Lunch	Dinner	Snack
Monday	Oatmeal with berries	Grilled chicken salad	Baked salmon, quinoa, broccoli	Apple & peanut butter
Tuesday	Greek yogurt & banana	Turkey avocado wrap	Tofu stir-fry & brown rice	Almonds
Wednesday	Eggs & whole-grain toast	Lentil soup & salad	Fish tacos	Fresh berries
Thursday	Smoothie (spinach & berries)	Quinoa chickpea bowl	Chicken, sweet potato, green beans	Carrots & hummus
Friday	Overnight oats	Tuna salad on greens	Whole-grain pasta with shrimp	Orange or pear
Saturday	Avocado toast & egg	Bean & vegetable chili	Baked cod, rice, spinach	Low-fat yogurt
Sunday	Vegetable omelet	Leftovers or soup	Grilled protein & roasted vegetables	Popcorn or nuts

Grocery Checklist

Produce

- Leafy greens
- Broccoli / green beans
- Sweet potatoes
- Tomatoes / cucumbers
- Berries
- Apples / bananas / oranges

Whole Grains

- Oats
- Brown rice
- Quinoa
- Whole-grain bread or wraps
- Whole-grain pasta

Protein

- Chicken breast
- Fish (salmon, cod, tuna)
- Eggs
- Greek yogurt
- Beans / lentils / chickpeas
- Tofu

Healthy Fats & Extras

- Olive oil
- Avocados
- Nuts / seeds
- Hummus
- Herbs & spices

Daily Reminders

- Drink water throughout the day
 - Eat slowly and mindfully
 - Move your body in a way that feels good
 - Focus on progress, not perfection
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This planner is designed to support heart health and sustainable weight loss. Print weekly and adjust meals and portions to your personal needs.

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