

HEART HEALTHY BREAKFAST MENU

Low Sodium & High Fiber & Omega-3 Rich

MONDAY Steel-Cut Oatmeal Topped with walnuts, blueberries, and a dash of cinnamon.

TUESDAY Avocado Whole-Grain Toast Smashed avocado, red pepper flakes, and a poached egg.

WEDNESDAY Greek Yogurt Parfait Non-fat plain yogurt, chia seeds, and sliced strawberries.

THURSDAY Buckwheat Pancakes Served with almond butter and sliced bananas.

FRIDAY Veggie Tofu Scramble Firm tofu with spinach, turmeric, and bell peppers.

SATURDAY Smoked Salmon Bagel Whole-wheat thin bagel, lox, cucumber slices, and dill.

SUNDAY Quinoa Breakfast Bowl Warm quinoa, almond milk, pecans, and apple slices.

DAILY GOAL Hydration 8oz water with lemon before tea or coffee.

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