

# 7-Day Low Cholesterol Diet Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Blueberry Blues Porridge	Basil & Spinach Scramble	Tomato & Watermelon Salad	Blueberry Blues Porridge	Basil & Spinach Scramble	Tomato & Watermelon Salad	Blueberry Blues Porridge
LUNCH	Greek Salad	Falafel Wraps	Carrot, Orange & Avocado Salad	Mixed Bean Salad	Panzanella Salad	Spiced Carrot & Lentil Soup	Moroccan Chickpea Soup
DINNER	Haddock Risotto	Eggplant & Lentil Bake	Mediterranean Chicken, Quinoa & Greek Salad	Grilled Vegetables with Bean Mash	Salmon & Chickpea Salad	Chicken Gyros	Spicy Mediterranean Beet Salad