

7 DAY LOW CHOLESTEROL DIET PLAN

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Monday	Oatmeal with banana, walnuts	Apple slices with almond butter	Grilled chicken salad with mixed greens, cherry tomatoes, cucumber, and vinaigrette	Carrot sticks with hummus	Baked salmon with roasted sweet potatoes and broccoli
Tuesday	Greek yogurt with blueberries and almonds	Orange slices with pistachios	Turkey and avocado sandwich with mixed greens and cherry tomatoes on whole grain bread	Roasted chickpeas	Whole wheat pasta with roasted vegetables
Wednesday	Scrambled tofu with spinach and toast	Pear slices with almond butter	Lentil soup with mixed green salad	Edamame	Grilled chicken with roasted Brussels sprouts and rice
Thursday	Berry smoothie	Veggie sticks with hummus	Tuna salad with mixed greens and cherry tomatoes	Roasted almonds	Grilled salmon with roasted asparagus and quinoa
Friday	Avocado toast with feta cheese	Cottage cheese with sliced peaches	Grilled chicken Caesar salad with whole grain croutons	Sliced bell peppers with hummus	Baked chicken with roasted sweet potatoes and beans
Saturday	Greek yogurt with strawberries and granola	Apple slices with almond butter	Quinoa and black bean salad with mixed greens and cherry tomatoes	Roasted chickpeas	Shrimp stir-fry with mixed vegetables and rice
Sunday	Blueberry cheesecake overnight oats	Greek yogurt	Grilled chicken wrap with mixed greens and cherry tomatoes on whole grain tortilla with hummus	Roasted almonds	Tofu stir fry with green salad