

7-Day Heart Healthy Meal Plan

Nourish your heart, live longer

Apollo Hospitals

Department of Dietetics · Chennai

A week of balanced, low-salt Indian meals to help lower cholesterol and blood pressure. Built around whole grains, legumes, fruits, vegetables, omega-3 foods and low-fat dairy.

Day	Breakfast	Lunch	Snack	Dinner
Mon	Vegetable oats upma + low-fat milk	2 phulka + moong dal + bottle gourd sabzi + salad + curd	Almonds + orange	Brown rice + rajma + steamed vegetables
Tue	Vegetable poha + buttermilk	Brown rice + sambar + beans poriyal + cucumber salad	Apple + walnuts	2 phulka + palak dal + carrot stir-fry
Wed	Ragi dosa + tomato chutney (light salt)	2 phulka + chana masala + lauki + salad + curd	Guava + roasted chana	Millet khichdi + mixed veg + curd
Thu	2 vegetable idli + sambar	Brown rice + steamed/grilled fish curry + spinach + salad	Papaya + flaxseed	2 phulka + mixed-veg dal + beetroot salad
Fri	Vegetable dalia + low-fat milk	2 phulka + toor dal + cabbage poriyal + buttermilk	Walnuts + berries	Brown rice + baked lauki kofta + salad
Sat	Besan chilla + mint chutney	Brown rice + rasam + carrot-beans thoran + curd	Orange + pumpkin seeds	2 millet roti + methi dal + vegetables
Sun	Vegetable upma (millet/rava) + buttermilk	2 phulka + moong dal + mixed veg curry + salad	Apple + almonds	Vegetable oats khichdi + curd

Heart-smart habits

- Keep salt low — flavour with lemon, herbs, garlic, ginger and pepper instead.
- Steam, grill or bake rather than deep-fry; cook in olive or other healthy oils.
- Include omega-3: fish twice a week, plus flaxseed, walnuts and chia.
- Choose whole grains and legumes; aim for 4-5 servings of fruit and vegetables daily.
- Keep saturated fat to about 5-6% of daily calories and avoid trans fats.
- Stay active 30-45 minutes on most days.

Best limited: butter, ghee and full-fat dairy · red and processed meat · bakery items, cakes and biscuits · chips, papads and pickles · sugary drinks and sweets · fried foods.

This is a general guide based on Apollo Hospitals heart-healthy diet guidance. Individual needs vary — please personalise with your dietitian or doctor.