Low Cholesterol Diet Chart

Week Number: 44

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
Monday	Oatmeal with berries, chia seeds Egg white omelet	Handful of almonds	Grilled chicken salad with vinaigrette Steamed broccoli	Yogurt with honey	Grilled fish Brown rice Green beans	Fruit salad
Tuesday	Whole grain toast with avocado Green smoothie	Banana	Lentil soup Quinoa salad	Carrots with hummus	Tofu stir fry Whole grain noodles	Handful of walnuts
Wednesday	Whole grain cereal with almond milk Fresh fruit	Orange juice	Turkey wrap with whole grain tortilla Side salad	Mixed nuts	Baked chicken Steamed asparagus Sweet potato	Dark chocolate piece
Thursday	Egg whites with spinach Whole grain toast	Apple slices	Veggie burger on whole grain bun Side of coleslaw	Celery with peanut butter	Salmon Steamed broccoli Quinoa	Yogurt
Friday	Oatmeal with honey, walnuts Black coffee	Mixed berries	Grilled shrimp salad Whole grain roll	Edamame	Veggie stir fry Brown rice	Mixed fruit
Saturday	Whole grain pancakes with maple syrup Fruit salad	Green tea	Tomato soup Whole grain crackers	Cheese stick	Beef stir fry (lean cuts) Whole grain rice	Almonds
Sunday	Whole grain waffles with berries Yogurt	Handful of cashews	Grilled turkey sandwich on whole grain bread Side salad	Fruit smoothie	Pasta with tomato sauce (whole grain) Green salad	Dark chocolate piece