## Ornish Diet Plan

## General Guidelines:

1. Focus on whole, unprocessed foods.
2. Limit or avoid added sugars and refined grains.
3. Prefer plant-based proteins over animal proteins.
4. Keep fat intake low, especially saturated fats.
5. Drink plenty of water throughout the day.
6. Optional: Include moderate exercise in your routine.

## Ornish Diet for Heart Disease Reversal:

- Diet: Predominantly plant-based, very low in fat ( $\sim 10 \%$ of total calories), rich in whole grains, fruits, vegetables, and legumes. Limited to egg whites and nonfat dairy products.
- Exercise: Minimum 30 minutes of moderate aerobic exercise (like walking), 6 days a week.
- Stress Management: Daily practices, including yoga and meditation.
- Group Support: Regular participation in support groups.
- No Smoking: Strict avoidance.
- Limited Alcohol: Highly restricted or avoided.


## Ornish Diet for Prevention:

- Diet: Mainly plant-based, allowing up to 25-30\% fat intake. Includes occasional lean animal protein and dairy.
- Exercise: Regular physical activity, at least 30 minutes most days.
- Stress Management: Practices like mindfulness or yoga encouraged.
- Group Support: Optional but recommended.
- Smoking: Strongly discouraged.
- Moderate Alcohol: Limited to one drink per day for women, two for men.

Reversal Program: Strictly vegetarian and very low-fat, focusing on fruits, vegetables, whole grains, and legumes.

1. Fruits:

## - Apples

- Bananas
- Berries (strawberries, blueberries, raspberries)


## 3. Whole Grains:

- Brown rice
- Oatmeal
- Quinoa
- Whole wheat pasta
- Oranges
- Pears
- Peaches
- Plums
- Kiwis
- Pineapples
- Grapes

2. Vegetables:

- Spinach
- Kale
- Broccoli
- Carrots
- Bell peppers
- Tomatoes
- Cucumbers
- Zucchini
- Cauliflower
- Asparagus
- Barley
- Bulgur
- Whole grain bread
- Amaranth
- Millet
- Farro

4. Legumes:

- Lentils
- Chickpeas
- Black beans
- Kidney beans
- Pinto beans
- Navy beans
- Edamame
- Peas
- Adzuki beans
- Mung beans

Prevention Program: Includes the above, plus limited lean animal protein and healthy fats.

1. Fish:

- Salmon
- Mackerel
- Sardines
- Halibut
- Tilapia
- Cod
- Trout
- Sole
- Herring
- Tuna

2. Lean Poultry (Skinless):

- Chicken breast
- Turkey breast


## 3. Egg Whites

4. Nonfat Dairy Products:

- Nonfat milk
- Nonfat yogurt
- Nonfat cottage cheese

5. Nuts and Seeds (in moderation):

- Almonds
- Walnuts
- Flaxseeds
- Chia seeds
- Pumpkin seeds
- Sunflower seeds
- Sesame seeds
- Hemp seeds
- Pecans
- Cashews

6. Healthy Fats (in moderation):

- Avocado
- Olive oil
- Canola oil
- Flaxseed oil

|  | Breakfast | Lunch | Dinner | Snacks |
| :--- | :--- | :--- | :--- | :--- |
| Monday | Oatmeal with fresh <br> berries and almond <br> milk | Whole grain wrap <br> filled with hummus <br> capsicum, spinach | Lentil soup with <br> whole grain bread | Apple slices with <br> almond butter |
| Tuesday | Smoothie with <br> Banana, spinach, <br> soy milk and chia | Quinoa salad, <br> chickpeas avocado <br> and tomatoes | Stir-fired Todu with <br> mixed vege and <br> brown rice | Carrots and <br> Hummus |
| Wednesday | Whole grain toast <br> with avocado and <br> side mixed fruit | Lentil and <br> vegetable stew with tomato sauce and <br> whole grain toast | Spagheti with small bowl mixed <br> side salad | nuts |

## Grocery List

| Ingredients | Quantities |
| :---: | :---: | :---: |
| Tofu |  |
| Bananas | 2 Blocks |
| Oatmeal | 7 |
| Quinoa | 1 lb |
| Cucumber | 1 lb |
| Almonds | 2 |
| Sweet potatoes | 1 lb |
| Olives | 3 |

