





















Heart Health Sample 3-Day Meal Plan

Welcome to the heart health nutrient-based eating meal plan. All of the foods this week include heart health promoting nutrients. You can substitute any ingredient or meals as necessary with other heart health boosting foods found in the Nutrevo Body food shopping list. Each meal is designed to be cooked in 30 minutes or less! The recipes are designed to cook 2 servings - one for dinner, one for lunch the next day. The goal is to always have your lunch prepped and ready to go from the night before! If you are cooking for others, you can simply double or triple the ingredients as needed per serving added. You can add mid-morning and mid-afternoon snacks to your meal plan as needed - you can pick items from the foods list for healthy options. You can increase or decrease your portion sizes based on your lifestyle and wellness condition needs. Here's to starting your journey!



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Breakfast</p> <div data-bbox="107 365 346 446">  Strawberries and Almonds Snack </div>	<p>Breakfast</p> <div data-bbox="367 365 640 414">  Strawberries and Almonds Snack </div> <div data-bbox="367 430 640 487">  Soft Scrambled Eggs </div>	<p>Breakfast</p> <div data-bbox="661 365 913 414">  Soft Scrambled Eggs </div> <div data-bbox="661 430 913 479">  Blueberries </div> <div data-bbox="661 495 913 544">  Green Tea </div>	<p>Breakfast</p>	<p>Breakfast</p>	<p>Breakfast</p>	<p>Breakfast</p>
<p>Lunch</p> <div data-bbox="107 625 346 673">  Barbecue Chicken </div> <div data-bbox="107 690 346 771">  Sautéed Baby Heirloom Tomatoes </div>	<p>Lunch</p> <div data-bbox="367 625 640 706">  Grilled Salmon (leftover) </div> <div data-bbox="367 738 640 836">  Rosemary Grilled Asparagus (leftover) </div>	<p>Lunch</p> <div data-bbox="661 625 913 722">  Balsamic Glazed Pork Chops (AIP) (leftover) </div> <div data-bbox="661 755 913 868">  Honey Glazed Carrots (DF) (leftover) </div>	<p>Lunch</p>	<p>Lunch</p>	<p>Lunch</p>	<p>Lunch</p>
<p>Dinner</p> <div data-bbox="107 966 346 1015">  Grilled Salmon </div> <div data-bbox="107 1031 346 1112">  Rosemary Grilled Asparagus </div>	<p>Dinner</p> <div data-bbox="367 966 640 1031">  Balsamic Glazed Pork Chops (AIP) </div> <div data-bbox="367 1039 640 1096">  Honey Glazed Carrots (DF) </div>	<p>Dinner</p> <div data-bbox="661 966 913 1055">  Quick and Easy Skillet Tri-Tip Steak </div> <div data-bbox="661 1063 913 1120">  Roasted Broccoli </div>	<p>Dinner</p>	<p>Dinner</p>	<p>Dinner</p>	<p>Dinner</p>

Meal Plan Summary

Monday

Breakfast

Strawberries and Almonds Snack (p.5)

Lunch

Barbecue Chicken (p.5) , Sautéed Baby Heirloom Tomatoes (p.5)

Dinner

Grilled Salmon (p.6) , Rosemary Grilled Asparagus (p.6)

Tuesday

Breakfast

Strawberries and Almonds Snack (p.5) , Soft Scrambled Eggs (p.7)

Lunch

Grilled Salmon (leftover) (p.6) , Rosemary Grilled Asparagus (leftover) (p.6)

Dinner

Balsamic Glazed Pork Chops (AIP) (p.7) , Honey Glazed Carrots (DF) (p.8)

Wednesday

Breakfast

Soft Scrambled Eggs (p.7) , Blueberries (p.8) , Green Tea (p.8)

Lunch

Balsamic Glazed Pork Chops (AIP) (leftover) (p.7) , Honey Glazed Carrots (DF) (leftover) (p.8)

Dinner

Quick and Easy Skillet Tri-Tip Steak (p.9) , Roasted Broccoli (p.9)

Shopping List

Real Plans

Produce

Refrigerated

- 1 pound asparagus
- 1/2 head broccoli
- 1 bunch fresh basil
- 2 cups strawberries
- 1/2 cup blueberries
- 2 carrot
- 1 1/2 teaspoons fresh rosemary

Non-refrigerated

- 1/2 cup heirloom tomato
- 1 teaspoon minced garlic
- 3/4 lemon

Meat/Seafood

- 2/3 pound boneless chicken thighs
- 1/2 pound salmon
- 1 pound pork chops
- 1/2 pound tri-tip

Eggs & Dairy

- 4 egg

Spices

- 2 teaspoons coarse sea salt
- 1/8 teaspoon freshly ground black pepper
- 1/3 teaspoon ground black pepper
- 3/4 teaspoon Italian seasoning
- 1/2 teaspoon paprika
- 1/4 teaspoon cumin
- 1 teaspoon garlic powder
- 1/4 teaspoon ground coriander
- 1/8 teaspoon kosher salt
- 1/8 teaspoon sea salt

Sweeteners & Baking Supplies

- 4 tablespoons honey
- 1/2 teaspoon vanilla

Vinegar and Oils

- 1/8 cup balsamic vinegar
- 2 tablespoons extra virgin olive oil
- 5 tablespoons coconut oil
- 3/4 teaspoon garlic-infused oil

Drinks

- 8 ounces green tea
- 1/4 cup water

Bulk

- 20 almonds

Strawberries and Almonds Snack

Active time: 5 minutes Total time: 5 minutes Servings: 1



Ingredients

1 cup strawberries
10 whole almonds

How to prepare

1. Enjoy strawberries and almonds as a snack.

Barbecue Chicken

Active time: 30 minutes Total time: 30 minutes Servings: 1



Ingredients

1/2 teaspoon garlic powder
1/2 teaspoon paprika
1/4 teaspoon ground coriander
1/4 teaspoon cumin
1/8 teaspoon ground black pepper
1/4 teaspoon coarse sea salt
2/3 pound boneless chicken thighs

How to prepare

1. Mix spices in a bowl. Toss with chicken and rub around with your hands to thoroughly coat (don't forget to wash well afterward!).
2. Place on a hot grill. Cook approximately 10 minutes on the first side and 8 minutes on the second side, or until completely cooked. You may have to adjust your cooking time depending on the heat of your barbecue.

Sautéed Baby Heirloom Tomatoes

Active time: 2 minutes Total time: 5 minutes Servings: 1



Ingredients

1/8 bunch fresh basil
3/4 teaspoon garlic-infused oil, made with olive oil
1/2 cup heirloom tomato, cherry or grape tomatoes
1/8 teaspoon kosher salt, plus extra
1/8 teaspoon freshly ground black pepper, plus extra

How to prepare

1. Roll basil together and then julienne into thin 1/8 inch strips.
2. In a 12-inch nonstick skillet over a medium-high heat, heat half of the olive oil until just smoking. Add tomatoes and season with salt and pepper. Sauté, shaking pan frequently until tomatoes soften and skins just begin to wrinkle, about 2 minutes. Do not overcook. Remove the pan from the heat, stir in the basil and remaining olive oil. Taste one of the tomatoes for seasoning, adding additional salt and pepper if necessary.

Cooking tips

Tips: We know you might overlook this recipe because it seems simplistic, but trust me, with perfectly ripe tomatoes this dish is a thing of beauty and celebrates the harvest!

Grilled Salmon

Active time: 15 minutes Total time: 15 minutes Servings: 2



Ingredients

1/2 pound salmon
coarse sea salt
ground black pepper
1 tablespoon extra virgin olive oil
1/2 lemon

How to prepare

1. On the Stove: Generously salt and pepper the skinless side of the salmon.
2. Heat skillet on medium-high. Add oil.
3. When oil is hot, place salmon filets in pan, skin side up.
4. Cook for 5 minutes, then flip. Cook 3-5 minutes to desired doneness.
5. Remove salmon from pan.
6. Cut lemon into wedges and serve alongside the salmon.
7. On the Grill: Heat a grill to medium-high (you can hold your hand about 1 inch above the grill grate).
8. Brush grill grate with oil. Place salmon, skin-side-down, on the grill and cover. Cook, undisturbed, until salmon just starts to release its fat and/or flesh flakes easily, 10-15 minutes for most 1 inch thick fillets.
9. Allow another 10 minutes for each extra inch of thickness. Use a spatula to remove fish from grill and serve.

Rosemary Grilled Asparagus

Active time: 10 minutes Total time: 20 minutes Servings: 2



Ingredients

1 pound asparagus
1 tablespoon coconut oil, or other solid cooking fat
3/4 teaspoon fresh rosemary
1/8 teaspoon sea salt
1/4 lemon, for finishing

How to prepare

1. Preheat your grill or grill pan.
2. Trim the ends, rinse and dry the asparagus. Melt the fat. Mince the rosemary. Juice the lemon.
3. Coat the asparagus evenly with the cooking fat, rosemary, and salt.
4. Grill for 10 minutes or until soft, turning occasionally, removing some of the thinner spears as they cook. Serve warm with a squeeze of fresh lemon juice.

Publisher's note

Photo: Kyle Johnson

Soft Scrambled Eggs

Active time: 15 minutes Total time: 15 minutes Servings: 1



Ingredients

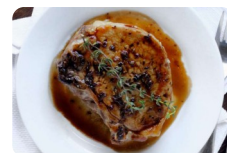
2 eggs
1/8 cup water
1/4 teaspoon coarse sea salt
ground black pepper, to taste
3/4 teaspoon coconut oil

How to prepare

1. Whisk eggs, water, salt and pepper in bowl until uniform.
2. Heat oil in a skillet over medium heat until hot. Pour in the egg mixture.
3. As eggs begin to set, gently pull the eggs across the pan with an inverted turner, forming large soft curds.
4. Remove from heat while eggs are still slightly runny as they will continue to cook in the pan for another minute or two.

Balsamic Glazed Pork Chops (AIP)

Active time: 25 minutes Total time: 25 minutes Servings: 2



Ingredients

1 pound pork chops
coarse sea salt, to taste
1 tablespoon coconut oil
1/8 cup balsamic vinegar
1 1/2 tablespoons honey
1 teaspoon minced garlic
3/4 teaspoon Italian seasoning

How to prepare

1. Preheat oven to 400F. Season pork chops with salt.
2. Melt coconut oil in an oven proof skillet over medium high heat. Add pork chops and cook for 2-3 minutes on each side until golden brown.
3. Place pork chops into oven and roast until completely cooked through, reaching an internal temperature of 140F, about 8-10 minutes for 1" pork chops. Thinner chops will need less time; check early and adjust oven time as needed.
4. Meanwhile, to make the glaze, combine balsamic vinegar, honey, garlic, and Italian seasoning in a saucepan over medium heat. Season with salt.
5. Bring to a boil, then reduce heat and simmer about 5 minutes, until balsamic vinegar begins to thicken.
6. Serve pork chops topped with balsamic glaze.

Honey Glazed Carrots (DF)

Active time: 15 minutes Total time: 25 minutes Servings: 2



Ingredients

2 large carrots
1/2 teaspoon coarse sea salt
1/8 cup coconut oil
1/8 cup honey
1/2 teaspoon vanilla

How to prepare

1. Peel and cut carrots on the diagonal into half inch slices.
2. Boil the carrots in water for approximately 15 minutes, or until tender. Drain and set aside.
3. In a large skillet over medium-high heat, melt the oil. Add honey and vanilla, and stir until dissolved.
4. Add the carrots. Reduce heat to medium and cook for 2 minutes, stirring until carrots are glazed on all sides. Serve hot.

Blueberries

Active time: 5 minutes Total time: 5 minutes Servings: 1



Ingredients

1/2 cup blueberries

How to prepare

1. Distribute blueberries evenly. Enjoy!

Green Tea

Active time: 2 minutes Total time: 2 minutes Servings: 1



Ingredients

8 ounces green tea

How to prepare

1. Heat 8 oz. of water with green tea bag on stove

Quick and Easy Skillet Tri-Tip Steak

Active time: 20 minutes Total time: 25 minutes Servings: 1



Ingredients

3/4 teaspoon fresh rosemary
1 1/2 teaspoons extra virgin olive oil
3/4 teaspoon coarse sea salt
1/4 teaspoon ground black pepper
1/2 teaspoon garlic powder
1/2 pound tri-tip, approximately 1 inch thick

How to prepare

1. Heat olive oil in a large cast-iron or other heavy-duty skillet over medium-high heat.
2. Finely chop fresh rosemary.
3. Combine salt, pepper, garlic powder, and rosemary in a small bowl. Rub the salt mixture on all sides of the steak and place in the hot skillet. Sear steak on both sides, approximately 2 minutes per side.
4. Reduce heat to medium and continue cooking the steaks for another 6-8 minutes, turning once to cook evenly on each side. This will yield medium-rare to medium steaks (internal temperature of 145F - 160F). Cook for another 2-3 minutes for more well done steaks. For thinner steaks, reduce cooking time by 3-5 minutes.
5. Remove steaks from skillet and cover loosely. Rest for 5-10 minutes before serving. To serve, cut steaks in thin slices against the grain for more tender results.

Roasted Broccoli

Active time: 5 minutes Total time: 20 minutes Servings: 1



Ingredients

1/2 head broccoli
1 1/2 teaspoons extra virgin olive oil
sea salt, to taste
ground black pepper, to taste

How to prepare

1. Preheat oven to 400F.
2. Remove broccoli florets from stems and discard stems. In an oven-safe dish, spread florets in a single layer and drizzle with olive oil, salt, and pepper.
3. Roast for 15-20 minutes, or until desired level of crispness.