



Seven Days of Heart Healthy Dinners

Created by Morrison Nutrition Professionals, Inc.

<http://morrisonprofessionals/ibuilder.com>

MONDAY

- ½ cup Royal Navy bean soup
- 1 cup mixed greens with light tangerine vinaigrette (2 tbs)
- 4 oz grilled herb-crusted salmon
- ½ cup steamed Brussels sprouts
- ½ cup couscous
- ⅛ slice sugar-free cake topped with fresh strawberries

Nutritional Facts:	Calories	% Daily Value*
Calories:	624	31%
Total Fat	6.2 g	10%
Saturated Fat	0.9	4%
Cholesterol	60 mg	20%
Dietary Fiber	5.1g	20%
Protein	40 g	

TUESDAY

- ½ cup beef barley soup
- 1 cup mixed greens with raspberry and guava vinaigrette (2 tbs)
- 3.5 oz grilled halibut
- 1 medium twice-baked sweet potato with skin
- 1 cup blanched Herbivore
- 1 cup blueberry martini with fat-free whipped topping

Nutritional Facts:	Calories	% Daily Value *
Calories:	400	20%
Total Fat	9.8 g	3%
Saturated Fat	.3	1%
Cholesterol	36 mg	12%
Dietary Fiber	8.4g	42%
Protein	24.7 g	

WEDNESDAY

- ½ cup golden butternut squash soup without cream
- 1 cup mixed greens with light honey balsamic vinaigrette (2 tbs)
- 4 oz broiled grouper
- ½ cup wild rice
- 1 cup Cadbury blend of baby carrots, haricot vert, and zucchini
- 1 cup raspberries with ½ cup whipped cottage cheese

Nutritional Facts:	Calories	% Daily Value *
Calories:	459	23%
Total Fat	2.25 g	4%
Saturated Fat	.7	3%
Cholesterol	48.5 mg	16%
Dietary Fiber	9.3g	46%
Protein	31 g	

THURSDAY

- ½ cup split pea soup
- 1 cup mixed greens with light Italian vinaigrette (2 tbs)
- 1 pistachio-crusted half chicken breast with citrus beurre blanc sauce

½ cup mashed Peruvian potatoes
1 cup steamed broccoli
1 cup grilled pineapple with ½ cup sugar-free cinnamon yogurt

Nutritional Facts:	Calories	% Daily Value*
	697	34%
Total Fat	6.5 g	10%
Saturated Fat	1.27	6%
Cholesterol	75 mg	25%
Dietary Fiber	5g	25%
Protein	33.7 g	

FRIDAY

½ cup black bean soup
1 cup mixed greens with mango and tangerine light vinaigrette (2 tbs)
3.5 oz grilled sirloin with red wine sauce
½ cup orzo pilaf
1 oven-roasted tomato
½ cup tropical fruit plate of pineapple and papaya

Nutritional Facts:	Calories	% Daily Value*
	592	29%
Total Fat	7.5g	12%
Saturated Fat	4.1	20%
Cholesterol	103 mg	34%
Dietary Fiber	8.4g	42%
Protein	37.7 g	

SATURDAY

½ cup white bean soup
1 cup mixed greens with blood orange and white balsamic vinaigrette (2 tbs)
3.5 oz roasted pork loin
1 baked cinnamon apple
½ cup spaghetti squash
½ cup grapefruit sorbet

Nutritional Facts:	Calories	% Daily Value*
	636	32%
Total Fat	6.1 g	10%
Saturated Fat	5	25%
Cholesterol	105 mg	35%
Dietary Fiber	6.3 g	31%
Protein	36 g	

SUNDAY

½ cup watermelon gazpacho
1 cup mixed greens with Asian Fusion vinaigrette (2 tbs)
3.5 oz grilled turkey chop with light Vidalia onion sauce
1 roasted medium Idaho potato with skin
1 cup grilled zucchini, squash, eggplant, and Portobello mushroom vegetable stack
⅛ slice raspberry sugar-free shortcake with fat-free whipped topping

Nutritional Facts:	Calories	% Daily Value*
	729	36%
Total Fat	5.8 g	9%
Saturated Fat	.8	4%
Cholesterol	41 mg	14%
Dietary Fiber	13	65%
Protein	37 g	

*Based on a 2,000 Calorie Diet