

Low Cholesterol Diet Chart

Patient name: Lars Holmström

Age: 54

Sex: Male

Week number: 1

Day	Breakfast	Morning snack	Lunch	Afternoon snack	Snack	Evening snack
Monday	Oatmeal with berries	Apple slices with almond butter	Grilled chicken salad with mixed greens and vinaigrette	Carrot sticks with hummus	Baked salmon with steamed broccoli and quinoa	Low-fat yogurt with walnuts
Tuesday	Whole-grain toast with avocado and poached egg	Orange slices	Turkey wrap with spinach and whole grain tortilla	Handful of almonds	Stir-fried tofu with mixed vegetables and brown rice	Small bowl of mixed fruit
Wednesday	Smoothie with spinach, banana, and almond milk	Celery sticks with peanut butter	Lentil soup with a side salad	Low-fat cottage cheese with cucumber slices	Grilled shrimp with steamed asparagus and sweet potato	Dark chocolate (70% cocoa) square
Thursday	Greek yogurt with honey and flaxseeds	Pear slices with cheese	Quinoa salad with chickpeas and mixed vegetables	Handful of sunflower seeds	Grilled chicken with sautéed spinach and brown rice	Small portion of low-fat ice cream
Friday	Whole grain cereal with skim milk	Banana with almond butter	Tuna salad on whole grain bread with a side of mixed greens	Handful of mixed nuts	Baked cod with roasted Brussels sprouts and wild rice	Frozen grapes
Saturday	Scrambled eggs with whole grain toast and tomato slices	Apple slices with cheese	Chicken and vegetable stir-fry with brown rice	Greek yogurt with berries	Vegetarian chili with a side salad	Rice cakes with almond butter
Sunday	Oatmeal with sliced banana and a sprinkle of cinnamon	Grapes with low-fat cheese	Turkey and avocado sandwich on whole grain bread	Sliced bell peppers with hummus	Grilled pork tenderloin with sautéed green beans and sweet potato mash	Small serving of sorbet

The Low Fat Low Cholesterol Diet

L Darling-Hammond



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