



Heart Health Program

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<http://midlifeshitshow.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Creamy Apple Pie Smoothie	 Creamy Apple Pie Smoothie	 Caramelized Banana & Almond Oatmeal	 Caramelized Banana & Almond Oatmeal	 Caramelized Banana & Almond Oatmeal	 Apple Crisp Yogurt Bowls	 Apple Crisp Yogurt Bowls
Snack 1	 Almonds	 Blueberry Buckwheat Parfait	 Almonds	 Apple with Almond Butter	 Almonds	 Banana with Almond Butter	 Toasted Walnuts
Lunch	 Penne with Bursting Cherry Tomato Sauce	 Arugula Salad with Salmon	 Penne with Bursting Cherry Tomato Sauce	 One Pan Roasted Chicken, Broccoli & Sweet Potato	 Butternut Squash Buckwheat Bowl	 Grilled Honey Dijon Salmon with Zucchini & Quinoa	 Lemon Kale Salad with Chickpeas & Avocado
Snack 2	 Blueberry Buckwheat Parfait	 Pear & Walnuts	 Blueberry Buckwheat Parfait	 Pear & Walnuts	 Apple with Almond Butter	 Pear & Walnuts	 Banana with Almond Butter
Dinner	 Arugula Salad with Salmon	 Penne with Bursting Cherry Tomato Sauce	 One Pan Roasted Chicken, Broccoli & Sweet Potato	 Butternut Squash Buckwheat Bowl	 Grilled Honey Dijon Salmon with Zucchini & Quinoa	 Lemon Kale Salad with Chickpeas & Avocado	 Grilled Honey Dijon Salmon with Zucchini & Quinoa

Fruits

- 5 Apple
- 2 Avocado
- 4 1/2 Banana
- 3/4 cup Blueberries
- 2 Fig
- 3 tbsps Lemon Juice
- 3 Pear

Breakfast

- 3/4 cup Almond Butter
- 1 3/4 cups Buckwheat Groats
- 1/4 cup Maple Syrup

Seeds, Nuts & Spices

- 1 1/8 cups Almonds
- 1/8 tsp Cayenne Pepper
- 1 1/16 tbsps Cinnamon
- 1 tsp Dried Basil
- 1/4 cup Hemp Seeds
- 2 tbsps Pumpkin Seeds
- 2 tpsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/8 tsp Smoked Paprika
- 1 1/16 cups Walnuts

Frozen

- 8 Ice Cubes

Vegetables

- 4 cups Arugula
- 1 1/2 cups Basil Leaves
- 3 cups Broccoli
- 1 cup Butternut Squash
- 4 1/2 cups Cherry Tomatoes
- 1/2 Cucumber
- 3 Garlic
- 5 cups Kale Leaves
- 1/2 cup Mushrooms
- 1 Sweet Potato
- 3 Zucchini

Boxed & Canned

- 6 ozs Chickpea Pasta
- 1 3/4 cups Chickpeas
- 3/4 cup Quinoa

Baking

- 1 1/2 tbsps Nutritional Yeast
- 2 3/4 cups Oats
- 1 1/2 tbsps Raw Honey

Bread, Fish, Meat & Cheese

- 10 ozs Chicken Breast
- 1 1/2 lbs Salmon Fillet

Condiments & Oils

- 1 1/2 tpsps Coconut Oil
- 3 tbsps Dijon Mustard
- 3/4 cup Extra Virgin Olive Oil
- 2 tbsps Tahini

Cold

- 5 cups Unsweetened Almond Milk
- 3 1/2 cups Unsweetened Coconut Yogurt

Other

- 1/4 cup Vanilla Protein Powder
- 3 2/3 cups Water



Creamy Apple Pie Smoothie

1 serving

5 minutes

Ingredients

- 1 Apple (medium, peeled and chopped)
- 1/2 Banana (frozen)
- 4 Ice Cubes
- 2 tbsps Vanilla Protein Powder
- 2 tbsps Oats
- 1 tbsp Almond Butter
- 3/4 tsp Cinnamon (ground)
- 1 cup Unsweetened Almond Milk

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Apple Type: For a distinct apple flavor, use a tart variety of apple like a Granny Smith or a McIntosh.

No Almond Milk: Use any other type of milk instead.



Caramelized Banana & Almond Oatmeal

3 servings

10 minutes

Ingredients

- 1 1/2 cups Oats (rolled or old-fashioned)
- 3 cups Unsweetened Almond Milk
- 3/4 tsp Cinnamon (divided)
- 1 1/2 tsps Coconut Oil
- 1 1/2 Banana (sliced lengthwise down the middle)
- 1/3 cup Almonds (chopped)
- 3 tsps Hemp Seeds
- 3 tsps Almond Butter

Directions

- 1 Add oats, almond milk and half of the cinnamon to a small saucepan. Bring to a low boil then reduce to a steady simmer. Cook, stirring occasionally, for about 5 minutes or until the oats are tender and most of the liquid is absorbed.
- 2 Meanwhile, in a small pan, heat the coconut oil over medium-high heat. Add the remaining cinnamon and the banana cut side down. Cook for 1 to 2 minutes until slightly browned and caramelized.
- 3 Transfer the cooked oats to a bowl and top with caramelized banana, almonds, hemp hearts, and almond butter. Enjoy!

Notes

Likes it Sweet: Add a drizzle of maple syrup.

No Coconut Oil: Use ghee or butter instead.

No Rolled Oats: Use steel cut oats instead. Cook times will vary.

Nut-Free: Use a nut-free milk, seed butter and seeds for the toppings.



Apple Crisp Yogurt Bowls

2 servings

20 minutes

Ingredients

- 1 Apple (cored, chopped)
- 1 cup Oats (rolled)
- 2 tbsps Maple Syrup
- 1 tsp Cinnamon
- 2 cups Unsweetened Coconut Yogurt

Directions

- 1 In a saucepan over medium heat, add the apples, rolled oats, maple syrup and cinnamon. Cook for 6 to 8 minutes, stirring often.
- 2 Divide the yogurt into bowls. Top with the apple crisp mixture. Enjoy!

Notes

Leftovers: Refrigerate separately in an airtight container for up to three days.

Serving Size: One serving is equal to 1 cup of coconut yogurt and 1/2 cup of apple crisp mixture.

Additional Toppings: Top with additional cinnamon, sea salt, shredded coconut flakes or slivered almonds.



Almonds

3 servings

2 minutes

Ingredients

3/4 cup Almonds (raw)

Directions

- 1 Place in a bowl and enjoy!

Notes

Leftovers: Store in an airtight container in the pantry.

More Flavor: Roast, toast and/or season with salt.



Apple with Almond Butter

1 serving

5 minutes

Ingredients

- 1 Apple
- 2 tbsps Almond Butter

Directions

- 1 Slice apple and cut away the core.
;
- 2 Dip into almond butter.
;
- 3 Yummmm.

Notes

Nut-Free: Use sunflower seed butter instead of almond butter.



Banana with Almond Butter

1 serving

2 minutes

Ingredients

- 1 Banana
- 2 tbsps Almond Butter

Directions

- 1 Slice banana.
- 2 Dip in almond butter.
- 3 Bam.

Notes

Nut-Free: Use sunflower seed butter instead of almond butter.



Toasted Walnuts

1 serving

15 minutes

Ingredients

1/3 cup Walnuts (shelled)

Directions

1

Preheat oven to 350°F (177°C) and spread the walnuts across a baking sheet lined with parchment paper. Toast in the oven for 5 to 10 minutes, tossing at the halfway point.

2

Remove from oven, let cool and enjoy!

Notes

Extra Flavour: Sprinkle with sea salt or spices of your choice.



Penne with Bursted Cherry Tomato Sauce

3 servings

30 minutes

Ingredients

6 ozs Chickpea Pasta (dry)
1/3 cup Extra Virgin Olive Oil
4 1/2 cups Cherry Tomatoes
3 Garlic (cloves, minced)
Sea Salt & Black Pepper (to taste)
1 1/2 cups Basil Leaves (chopped)
1 1/2 tbsps Nutritional Yeast

Directions

- 1 Cook pasta according to the directions on the package. Run under cold water once cooked to prevent from over cooking.
- 2 In a large sauce pan, heat olive oil over medium-high heat. Add tomatoes, garlic, salt and pepper. Stir occasionally and cook until all the tomatoes have burst, about 15 to 20 minutes.
- 3 Toss pasta with the chopped basil and divide onto plates. Top each serving with the tomato sauce and nutritional yeast. Enjoy!

Notes

No Chickpea Pasta: Use any other high-fibre, high-protein pasta such as lentil or black bean pasta. If using brown rice, quinoa, or regular whole grain pasta, add in extra protein like chicken or, chickpeas, hemp seeds.

No Nutritional Yeast: Use parmesan or omit completely.



Blueberry Buckwheat Parfait

3 servings

25 minutes

Ingredients

- 1 1/2 cups Water
- 3/4 cup Buckwheat Groats
- 1 1/2 tbsps Maple Syrup
- 1 1/2 cups Unsweetened Coconut Yogurt
- 3/4 cup Blueberries
- 1 1/2 tbsps Hemp Seeds

Directions

- 1 In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat. Cook for 15 to 20 minutes or until the water is absorbed.
- 2 Divide the buckwheat between containers or bowls. Top with maple syrup, coconut yogurt, blueberries and hemp seeds. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

More Flavor: Add cinnamon.

Additional Toppings: Top with bananas or other berries.

No Coconut Yogurt: Use Greek, plain, or cashew yogurt instead.



Pear & Walnuts

1 serving

5 minutes

Ingredients

1 Pear
1/4 cup Walnuts

Directions

1 Slice the pear and serve with walnuts. Enjoy!

Notes

Nut-Free: Use sunflower seeds instead of walnuts.

More Flavor: Season the pear with cinnamon.



Arugula Salad with Salmon

2 servings

15 minutes

Ingredients

- 12 ozs Salmon Fillet
- 1/4 tsp Sea Salt
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Lemon Juice
- 4 cups Arugula
- 1/2 Cucumber (sliced)
- 1 Avocado (sliced)
- 2 Fig (optional, quartered)

Directions

- 1 Heat a skillet over medium heat. Season the salmon with salt, then add it to the pan skin-side down, cooking for about 4 to 5 minutes. Flip and cook for an additional 1 to 2 minutes, until the flesh is opaque throughout.
- 2 In a small bowl, mix the oil and lemon juice together.
- 3 Add the arugula to a plate and top with the cucumber, avocado and fig, if using. Drizzle the dressing over top and place the salmon on top. Enjoy!

Notes

Leftovers: For best results, store the salad separate from the dressing. Refrigerate the salad for up to three days and the dressing for up to seven days.

More Flavor: Add additional seasoning to the salmon such as cayenne, chili flakes or other herbs and spices.

Additional Toppings: More vegetables, nuts or seeds.



One Pan Roasted Chicken, Broccoli & Sweet Potato

2 servings

30 minutes

Ingredients

10 ozs Chicken Breast
Sea Salt & Black Pepper (to taste)
1 Sweet Potato (medium, diced)
1 tbsp Extra Virgin Olive Oil (divided)
3 cups Broccoli (chopped into small florets)
2 tbsps Tahini
1 1/2 tsps Maple Syrup
2 tbsps Water
1/8 tsp Cayenne Pepper

Directions

- 1 Preheat oven to 410°F (210°C) and line a large baking sheet with parchment paper.
- 2 Place chicken breasts on the baking sheet and season with sea salt and black pepper.
- 3 Place the diced sweet potato in a mixing bowl and toss with half of the olive oil. Season with sea salt and black pepper to taste. Spread across the baking sheet around the chicken breasts. Place in the oven and set timer for 30 minutes.
- 4 Meanwhile, toss the broccoli florets in remaining olive oil and season with sea salt and black pepper. When your chicken and potatoes have about 15 minutes left, pull the baking sheet out of the oven, flip the sweet potatoes and spread the broccoli florets otop. Place back in the oven and roast for the remaining time, about 15 minutes or until chicken is cooked through.
- 5 Combine the tahini, maple syrup, water and cayenne pepper together in a small mason jar. Shake vigorously until well combined. Set aside.
- 6 Remove baking sheet from the oven and divide evenly onto plates. Drizzle with tahini maple dressing. Enjoy!

Notes

Storage: Store in an airtight container in the fridge up to 3 days.

Vegan & Vegetarian: Replace the chicken breast with black beans.



Butternut Squash Buckwheat Bowl

2 servings

30 minutes

Ingredients

- 2 cups Water
- 1 cup Buckwheat Groats
- 2 tbsps Extra Virgin Olive Oil
- 1 cup Butternut Squash (chopped into small cubes)
- 1/2 cup Mushrooms (sliced)
- 1 cup Kale Leaves (chopped)
- 1 tsp Sea Salt
- 1 tsp Dried Basil

Directions

- 1 In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat. Cook for 15 to 20 minutes or until the water is absorbed.
- 2 Heat the oil in a separate pan over medium heat. Add in the butternut squash, mushrooms, kale, sea salt and basil. Cook, stirring frequently, for 15 minutes or until cooked through.
- 3 Transfer the cooked buckwheat into bowls. Top with the kale mixture and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is equal to approximately 2 cups.

More Flavor: Add diced onions or minced garlic.



Grilled Honey Dijon Salmon with Zucchini & Quinoa

3 servings
30 minutes

Ingredients

- 3/4 cup Quinoa (dry, uncooked)
- 3 tbsps Dijon Mustard (grainy or regular)
- 1 1/2 tbsps Raw Honey
- 12 ozs Salmon Fillet
- 3 Zucchini (sliced in half lengthwise)
- 1 1/8 tpsps Extra Virgin Olive Oil
- 1/3 tsp Sea Salt

Directions

- 1 Cook the quinoa according to the directions on the package and set aside. While the quinoa cooks, combine the dijon mustard and honey in a jar. Mix well and set aside.
- 2 Preheat the grill to medium heat.
- 3 Place the salmon on a grill pan or mat and brush with 2/3 of the dijon glaze. Slice the zucchinis, brush them with olive oil and add them to the grill pan/mat too. Season everything with sea salt.
- 4 Place the salmon and zucchini on the grill, close the lid and grill for 10 to 15 minutes, or until salmon flakes with a fork and zucchini is tender. Flip the zucchini at the halfway point.
- 5 Remove everything from the grill and brush the salmon with the remaining dijon glaze. Divide the salmon, zucchini and quinoa onto plates and enjoy!

Notes

- No Grill:** Bake on a sheet in the oven at 400°F (204°C) degrees for 15 to 20 minutes, or until fish flakes with a fork.
- No Zucchini:** Use asparagus or green beans instead.
- Lower Carb:** Omit the quinoa or serve with cauliflower rice instead.
- Leftovers:** Store leftovers in an airtight container in the fridge up to 2 to 3 days.



Lemon Kale Salad with Chickpeas & Avocado

2 servings

20 minutes

Ingredients

4 cups Kale Leaves (stem removed, thinly sliced)
2 tbsps Extra Virgin Olive Oil
1 tbsp Lemon Juice
1/4 tsp Sea Salt
1 3/4 cups Chickpeas (cooked)
1 Avocado (cubed)
1/8 tsp Smoked Paprika
2 tbsps Pumpkin Seeds

Directions

- 1 Add the kale leaves to a large bowl.
- 2 In a small bowl, whisk the extra virgin olive oil, lemon juice and sea salt together. Add the dressing to the kale and massage with your hands to ensure it is evenly coated.
- 3 Add the chickpeas and avocado to the kale and toss well. Garnish with smoked paprika and pumpkin seeds. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. For longer lasting leftovers, add the avocado just before serving.

More Flavor: Roast the chickpeas with additional seasonings to enhance the flavor and add a crunch.

Additional Toppings: Add sliced onion, peppers or roasted vegetables such as sweet potato.