



## Heart-Healthy / High Blood Pressure

### Complete Meal Prep (1 Day)

#### Breakfast: Gentle & Nourishing

##### Meal Components

- Plain oatmeal (no added sugar or salt)
- Unsweetened applesauce or fresh fruit cup (packed in water)
- Cinnamon packet
- Unsalted nuts or seeds (small portion)

##### Why it works:

Oatmeal and fruit provide fiber to support heart health, while cinnamon adds flavor without sodium.

#### Lunch: Balanced & Satisfying

##### Meal Components

- Tuna or chicken packet (no added salt if available)
- Whole-grain crackers (low sodium)
- Low-sodium canned green beans or mixed vegetables
- Olive oil or mustard packet (no added sugar)

##### Why it works:

Lean protein supports fullness, whole grains aid digestion, and vegetables provide potassium to help balance sodium.

#### Dinner: Comforting & Heart-Smart

##### Meal Components

- Brown rice or quinoa microwave cup (plain)
- Low-sodium black beans or lentils
- Low-sodium vegetable or bean soup (broth-based)

##### Why it works:

This combination offers plant-based protein, fiber, and minerals that support blood pressure management.

#### Optional Extras

- Herbal tea (hibiscus or chamomile if available)
- Fresh Fruit

**Meals and food suggestions shared by Nedavah are offered with care and thoughtful consideration. They are not intended to replace medical advice or dietary guidance from a healthcare professional. Individuals are encouraged to choose foods that best support their personal health needs.**



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