

# Daily Heart-Healthy Meal Plan

## Meals of the Day

- Breakfast: \_\_\_\_\_
- Mid-Morning Snack: \_\_\_\_\_
- Lunch: \_\_\_\_\_
- Afternoon Snack: \_\_\_\_\_
- Dinner: \_\_\_\_\_
- Evening Treat: \_\_\_\_\_

## Hydration Tracker

Goal: 6 to 8 glasses (1.5 to 2 litres or 50 to 68 oz)

- Glass 1   - Glass 2   - Glass 3   - Glass 4
- Glass 5   - Glass 6   - Glass 7   - Glass 8

## Daily Goals Checklist

- 5+ servings of vegetables and fruit
- 30 minutes of movement
- Limited processed or salty foods
- Ate mindfully (slowly, without distractions)
- Took any prescribed medications

## Notes

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