

# ANG DIET Para Sa Puso Mo

## PINOY HEART-HEALTHY MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Brown Rice Tomato Omelette Tea	Whole wheat Tuna Sandwich Soy milk Banana	Oatmeal + Raisins Soy milk Mango	Brown Rice Fried Tilapia Melon	Whole wheat Pan de sal + Peanut butter + Tea
<b>EXERCISE</b>	<b>WALKING</b>		<b>DANCING</b>		<b>JOGGING</b>
<b>LUNCH</b>	Rice Chicken Tinola with lots of veggies	Rice Lean Pork Nilaga with lots of veggies	Rice Chopsuey	Brown rice Tofu and Broccoli in Oyster sauce	Brown rice Ginisang Togue Carrots+Baguio Beans
<b>SNACK</b>	Wheat bread Peanut butter Grapes	Boiled Kamote Peanuts	Almond nuts Watermelon	Banana- Soy milk shake	Low fat yogurt Cashew nuts Melon
<b>DINNER</b>	Brown rice Ginisang Munggo with Ampalaya	Pasta in Tomato Sauce Roast chicken	Rice Sinigang na Salmon Belly with lots of veggies	Rice Chicken Curry Carrots / Potato	Rice Paksiw na Bangus Talong / Okra

### \*DISCLAIMER

This meal plan is for general information only and is intended for healthy individuals and not to be used for medical nutrition therapy. If you have medical conditions and wish to have a diet plan that suits your specific needs, please consult a registered nutritionist-dietitian.

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