

7-Day Meal Plan

Try this 7-day meal plan, or use it as a guide, to help manage your cholesterol while enjoying delicious, nutritious meals and snacks.

- ✓ Average 2000kcal a day* ✓ At least 5-a-day ✓ Low in saturated fat ✓ Great source of fibre
- ✓ Keeps your salt intake down ✓ Your daily cholesterol-lowering dose of plant stanols**





| | Day 1 | Day 2 | Day 3 | Day 4 |
|-----------|---|--|--|--|
| Breakfast | Peanut (or other nut) butter and banana on toast: 2 slices wholemeal toast topped with 2 tbsp peanut butter and 1 sliced banana. Plus 1 bottle of Benecol Raspberry Yogurt Drink. | Fruit, nut and oat breakfast bowl: Fruit salad with 1 satsuma (segmented), 1 chopped apple, and 1 slice cantaloupe melon, topped with 150g low-fat plain yogurt, 4 tbsp toasted oats, and 30g mixed nuts. | Banana branflakes: 6 tbsp branflakes with semi-skimmed milk and 1 sliced banana. Plus 1 pot Benecol Strawberry Yogurt. | Yogurt parfait: 1 serving of our Yogurt Parfait. Plus 1 cappuccino with 200ml unsweetened fortified soya drink or low-fat milk. |
| Lunch | Tuna and sweetcorn jacket potato: 1 large jacket potato topped with 1 small can tuna in water (drained) mixed with 3 tbsp sweetcorn, 3 sliced spring onions, 1 tbsp light mayo, lemon juice and zest, and black pepper. Serve with salad. | Lentil soup and roll: 1 serving of Red Lentil Dhal Soup with 1 large wholemeal roll topped with 2 tsp Benecol Light Spread. Plus 2 handfuls of grapes. | Chicken pasta, pesto, and sweetcorn salad: Salad made from 200g cooked wholewheat pasta, 1 small cooked skinless chicken breast (sliced), 1 chopped tomato, 1/2 thinly sliced red onion, 3 tbsp sweetcorn, and 2 tbsp red or green pesto. | Italian sardines on toast: 2 thick slices wholemeal toast rubbed with garlic and topped with 2 sliced tomatoes, 120g can sardines in olive oil (drained), 1/2 sliced red onion, lemon zest, and basil, drizzled with 2 tsp of the oil from the can. Plus 1 satsuma. |
| Dinner | Roasted Mediterranean veg with couscous: Chop and roast cherry tomatoes, 1/2 red onion, 1/2 red and green pepper, 1/2 courgette, 1/2 small aubergine, and garlic with 1 tbsp olive oil. Mix with 200g prepared couscous (made with reduced-salt veg stock), 1/2 large can chickpeas (drained), lemon zest and juice, fresh herbs, and black pepper. | Beef and barley stew: Slow-cooked 120g lean beef, 50g pearl barley, sliced carrot, leek, onion, crushed garlic, black pepper, and a bay leaf in reducedsalt stock. Served with 220g mashed potatoes and steamed green beans. | Tofu/Quorn, vegetable, and cashew nut stir-fry: Fried 150g tofu or Quorn chunks with crushed garlic, grated fresh ginger, finely chopped chilli, and 1/2 pack stir-fry veg. Add wholewheat noodles, 2 tsp reduced-salt soy sauce, and 2 tbsp toasted unsalted cashew nuts. | Veggie chilli: Fried onion, red and green pepper, crushed garlic, and finely chopped chilli with 150g meat-free mince, kidney beans, chopped tomatoes, tomato purée, and reduced-salt vegetable stock. Simmer and serve with brown rice. |
| Snacks | Avo oatcakes: 3 oatcakes topped with 1/2 avocado. | Cheese and crackers: 4 rye crackers with 100g reduced-fat cottage cheese, 1 tomato, and sliced cucumber. Plus a latte made with 200ml unsweetened fortified soya drink or low-fat milk. | Tzatziki with pitta and peppers: Tzatziki made from 150g low-fat plain yogurt, crushed garlic, lemon juice, grated cucumber, and chopped mint. Served with 1/2 sliced red pepper and 1 wholemeal pitta. | Jam scone: 1 fruit scone with 2 tsp Benecol Light Spread and 2 tsp reduced sugar jam. Plus 2 handfuls of raspberries. |



| | Day 5 | Day 6 | Day 7 |
|-----------|--|--|--|
| Breakfast | Poached egg and avocado on toast 1 toasted wholegrain bagel or wholemeal bread with 1/2 mashed avocado, 1 poached egg, and cherry tomatoes. Plus 1 bottle of Benecol Peach & Apricot Yogurt Drink. | Blueberry and almond porridge: Porridge with unsweetened fortified soya drink or low-fat milk, topped with blueberries and chopped almonds. Plus 1 bottle of Benecol Blueberry Yogurt Drink. | Egg, beans, and mushrooms on toast: Scrambled egg, reduced-sugar baked beans, and fried mushrooms on wholemeal toast with low-fat olive oil spread. |
| Lunch | Hummus, beetroot, carrot, and pepper wrap: 1 wholemeal wrap filled with reduced-fat hummus, cooked beetroot, red and green pepper, grated carrot, and rocket. Plus 1 apple. | Cheat's veggie pizza: Flatbread with red pesto, red onion, mushrooms, red pepper, sweetcorn, and mozzarella. Baked until the cheese melts. Served with salad. | Greek salad: Cucumber, green pepper, tomatoes, red onion, reduced-fat feta, chickpeas, olive oil, and white wine vinegar. Served with wholemeal pitta. Plus blueberries. |
| Dinner | Fish and chips: Homemade baked potato wedges with a baked haddock fillet and peas. Plus a yogurt and raspberry parfait. | Lemon crusted salmon: 1 serving of our Lemon Crusted Salmon with peas and steamed broccoli. Plus 1 apple. | Roast chicken: Skinless roast chicken breast, roast potatoes, stuffing, steamed broccoli, carrots, and cabbage, with gravy. Plus 1 pot Benecol Peach Yogurt. |
| Snacks | Oatcakes with cottage cheese and banana. | Egg pitta and melon. | Chocolate treats: Drinking chocolate with unsweetened soya drink or low-fat milk and chocolate-coated oat biscuits |



Stay hydrated. Drink 6 to 8 cups or glasses a day. Water, unsweetened herbal and fruit infusions, tea/coffee with lower fat milk, or 'no-added sugar' or 'sugar-free' drinks all count. 🖒



IMPORTANT CONSIDERATIONS ABOUT THIS MEAL PLAN

- · Before making significant changes to your diet, or if you have specific dietary needs, always speak to your healthcare professional to ensure this plan is appropriate for you.
- The meals and portion sizes in this plan are designed for one person. If you are cooking for more than one, adjust portion sizes accordingly.
- While there's no 'one-size' fits all, and everyone's goals are different, this plan shows you one way of meeting the dietary recommendations for managing your cholesterol.
- This plan includes foods fortified with plant stanols and as such is not suitable for pregnant nor breast feeding women.

The nutritional analysis was undertaken on Diet Plan v7 and was accurate as of December 2023.

*This meal plan is based on an average woman's requirements and provides an idea of what a week's worth of meals and snacks could look like. It is not intended to be followed long term. If you need more tailored support, talk to your Doctor who can advise or refer you to see a registered dietitian. **Plant stanol ester has been shown to lower cholesterol as part of varied and healthy diet and lifestyle. High cholesterol is a risk factor in the development of coronary heart disease. The beneficial effect has been shown with a daily intake of 1.5-3.0g plant stanols. Each day provides the effective daily dose of plant stanols - anything from between 2g to 3g a day.

Notes

