

Your 7-day heart-healthy meal plan

Whole food, plant-based and oil-free, following the Elimination phase (no nuts or avocado for now). Every recipe is in your Honeycomb Recipe Library. Cook once, eat twice: dinner leftovers become tomorrow's lunch.

Day	Breakfast	Lunch	Dinner
Monday	Apple Pie Overnight Oats	Leftover chili on a baked potato	Slow Cooker Kidney Bean & Barley Chili
Tuesday	Cinnamon Overnight Oats	Big salad with chickpeas and Creamy Mustard & Thyme Dressing	Tomato Lentil Curry with brown rice
Wednesday	Chocolate Blueberry Chia & Flax Pudding	Leftover curry in a wholemeal wrap with greens	Lentil & Potato Soup
Thursday	Porridge with berries and ground flax	Leftover soup with wholegrain toast	Mushroom & Edamame Stir Fry with rice
Friday	Green Veggie Juice and oats	Coriander Lime Black Bean Nourish Bowl	Minestrone Soup
Saturday	Potato and tofu breakfast hash (water-sautéed)	Leftover minestrone	Creamy Garlic Mushroom & Lentils with mashed potato
Sunday	Wholemeal toast with mashed white beans and tomato	Eggplant & Greens Quinoa Soup	Potato, Leek & Kale Soup

Every day

- 1–2 tbsp ground flaxseed or chia
- A big handful of leafy greens
- 2–3 pieces of fruit
- Water or herbal tea as your main drinks

Snack ideas

- Fresh fruit
- Carrot, cucumber and capsicum sticks with oil-free hummus
- A baked potato or sweet potato
- A small bowl of leftover soup

Sunday prep (60 minutes): cook a big pot of brown rice or barley, bake a tray of potatoes, make one soup, wash and chop salad vegetables, and set up two jars of overnight oats.