

# Ornish Sample Meal Plan



The ORNISH plan for reversing heart disease includes vegetables, fruits, whole grains, legumes, non-fat dairy products, egg whites, and limited fats, nuts and seeds. Emphasis is on whole plant foods and low-fat foods.

The plan below is a **one-day example** containing approximately 2000 calories. Your dietary needs may differ.

## BREAKFAST

- Egg White Omelet with mixed vegetables, no oil
- 1 slice whole wheat bread
- 1 cup fresh mixed fruit salad
- 1 cup skim milk

## MORNING SNACK

- 1 cup nonfat cottage cheese
- 2 brown rice cakes
- 1 banana

## LUNCH

- 1 cup whole wheat pasta tossed with ½ cup white beans, sliced asparagus, tomatoes, bell peppers, tossed with oil-free tomato sauce
- Kale seasoned with lemon and herbs
- 1 cup cubed mixed melon

## AFTERNOON SNACK

- Celery, carrots, bell peppers, and tomatoes with 1/3 cup oil-free hummus
- ½ cup skim milk

## DINNER

- 1 black bean vegetable burger on a whole grain bun with sprouts, lettuce, and tomato
- 1 baked sweet potato
- Garden salad tossed with balsamic vinegar
- 1 cup roasted brussels sprouts

## BEVERAGES

- Herbal tea (freely)
- Water (freely)

Calories: 1947  
Fat: 23 grams (10%)  
Carbs: 355 grams (70%)

Fiber: 61 grams  
Total Sugars: 114 grams  
Added Sugars: 4 grams

Protein: 109 grams (20%)  
Saturated Fat: 4 grams  
Cholesterol: 22 mg

Sodium: 2403 mg  
Calcium: 1415 mg  
Potassium: 7372 mg

# Swaps & Substitutions

The Ornish Meal Plan includes:

**Egg • Wheat/Gluten • Dairy • Sesame**

You can still try out this sample meal plan if you have food allergies or sensitivities. Here are some suggestions.

## BREAKFAST

- 1 ½ cups **gluten-free oatmeal** with 2 tbsp **flax seeds**
- 1 cup fresh mixed fruit
- 1 cup **dairy-free milk**

## MORNING SNACK

- 1 cup **plant-based yogurt**
- 2 brown rice cakes
- 1 banana

## LUNCH

- 1 cup **gluten-free whole grain pasta** tossed with ½ cup white beans, sliced asparagus, tomatoes, bell peppers, tossed with oil-free tomato sauce
- Kale seasoned with lemon and herbs
- 1 cup cubed mixed melon

## AFTERNOON SNACK

- Celery, carrots, bell peppers, and tomatoes with 1/3 cup oil-free **bean dip**
- ½ cup **dairy-free milk**

## DINNER

- 1 black bean vegetable burger on a **gluten-free whole grain bun** with sprouts, lettuce, and tomato
- 1 baked sweet potato
- Garden salad tossed with balsamic vinegar
- 1 cup roasted brussels sprouts

## BEVERAGES

- Herbal tea (freely)
- Water (freely)