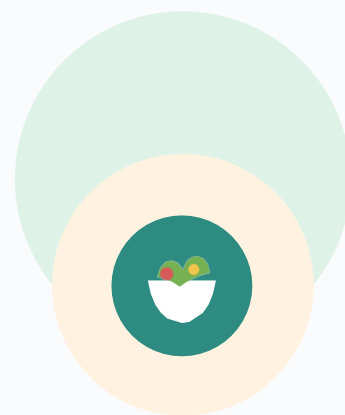




SEVEN LOW-SODIUM LUNCH MEALS

A colorful, practical guide to help you enjoy filling, nutrient-dense lunches while making heart-smart choices.

LESS THAN 500 MG SODIUM

APPROX. 340-420 CALORIES

YOUR 7-DAY PLAN



Eat well. Protect your heart. Build healthy habits.

Fresh ingredients • No-salt-added options • Flavor from herbs, citrus, garlic, and spices

Your 7-Day Low-Sodium Lunch Plan

Simple ingredients. Balanced choices. Heart-smart afternoons.

DAY 1

Grilled Chicken & Garden Salad

350 CAL

220 MG



WHAT YOU NEED

4 oz grilled skinless chicken breast • Mixed greens (spinach, romaine, arugula) • Cherry tomatoes • Cucumber • Bell peppers • 1/4 avocado • 1 tablespoon olive oil • Fresh lemon juice

WHY IT'S HEALTHY Lean protein and healthy fats help keep you satisfied while providing vitamins and fiber.

DAY 2

Turkey & Avocado Whole-Wheat Wrap

380 CAL

350 MG



WHAT YOU NEED

Low-sodium whole-wheat tortilla • 3 oz low-sodium sliced turkey breast • Avocado slices • Lettuce • Tomato • Cucumber • Mustard (no-salt-added if available)

WHY IT'S HEALTHY A balanced meal with lean protein, whole grains, and heart-healthy fats.

DAY 3

Mediterranean Chickpea Bowl

390 CAL

280 MG



WHAT YOU NEED

No-salt-added chickpeas • Cucumber • Cherry tomatoes • Red onion • Fresh parsley • 1/4 cup cooked quinoa • Olive oil • Lemon juice • Black pepper

WHY IT'S HEALTHY High in fiber and plant-based protein to promote fullness and heart health.

Keep the Momentum Going

Three more satisfying lunches to help you stay consistent.

DAY 4

Grilled Salmon & Roasted Vegetables

420 CAL

180 MG

WHAT YOU NEED



4 oz grilled salmon • Roasted broccoli • Carrots • Zucchini • 1/2 cup brown rice • Olive oil and herbs

WHY IT'S HEALTHY Rich in omega-3 fatty acids, protein, and antioxidants.

DAY 5

Vegetable & Hummus Pita

340 CAL

320 MG

WHAT YOU NEED



Whole-wheat pita • Low-sodium hummus • Spinach • Shredded carrots • Cucumbers • Red bell peppers • Sprouts

WHY IT'S HEALTHY Packed with fiber, vitamins, and plant-based protein.

DAY 6

Chicken & Vegetable Stir-Fry

400 CAL

300 MG

WHAT YOU NEED



4 oz grilled chicken breast • Broccoli • Snap peas • Mushrooms • Bell peppers • Brown rice • Garlic, ginger, sesame oil, and a squeeze of lime; use low-sodium seasoning sparingly

WHY IT'S HEALTHY High in lean protein and colorful vegetables while keeping sodium low.

Finish Strong

Complete the week, then use these practical tips to keep sodium low.

DAY 7

Tuna & White Bean Salad

370 CAL

300 MG



WHAT YOU NEED

No-salt-added tuna packed in water • No-salt-added white beans • Celery • Red onion • Parsley • Olive oil • Lemon juice • Black pepper

WHY IT'S HEALTHY An excellent source of protein, fiber, and heart-healthy nutrients.

LOW-SODIUM LUNCH TIPS

1

Choose fresh foods

over processed or packaged meals.

2

Buy no-salt-added options

for canned beans, tuna, and vegetables.

3

Build flavor, naturally

with garlic, onions, herbs, lemon, vinegar, and spices.

4

Limit high-sodium condiments

including regular soy sauce, bottled dressings, and processed cheeses.

5

Keep lunch under 500 mg sodium

to support healthy blood pressure and overall heart health.

REMEMBER Small, consistent choices can make lunch both satisfying and heart smart.