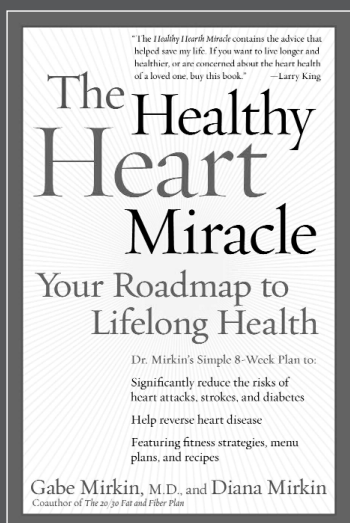


# The Healthy Heart Miracle

You or someone you love could be at risk of suffering a heart attack. Dr. Mirkin's latest book, *The Healthy Heart Miracle* can help you reduce your risks for heart attacks, strokes and diabetes in as little as 2 weeks and reverse years of heart neglect by following Dr. Mirkin's 8-Week Plan.



At bookstores everywhere! *The Healthy Heart Miracle* is available at bookstores everywhere and at Amazon.com. ISBN 0-006-019680-7

For FREE information go to: [www.healthyheartmiracle.com](http://www.healthyheartmiracle.com)

And discover the **SHOW ME!** Diet, Worksheets, Roadmaps, Recipes, Menu Plans, Tools, Healthy Heart Reports, e-zine, community, Ask the Doctor and more.

Take Action NOW! It could save your life or the life of someone you love!

*"If you want to live longer and healthier, or are concerned about the heart health of a loved one, buy this book"*

-Larry King

# The Healthy Heart Miracle Menu Plan

COMPLIMENTS OF WOMAN'S WORLD

		The Healthy Heart Miracle WEEK 4*—EASY TO PREPARE Menu Plan						4		
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
BREAKFAST		<b>Oatmeal or other hot or cold whole-grain cereal:</b> Raisins or other dried fruits (optional) • Skim milk, fat-free yogurt, or the milk substitute of your choice on your cereal (optional) • Fresh fruit (optional) • Beverage of choice (see below)								
		Lentil soup cup	<b>Waldorf Salad (L)</b>	<b>Quick-and-Hearty Chick-pea Soup (L)</b>	<b>Extra-Quick Chili (L)</b>	<b>Barbecue Beans and Barley (L)</b>	<b>Hawaiian Smoothie</b>	19 Meals Rule-FRH+ meal. Your choice		
		Green salad	Yogurt	tossed salad	<b>Banana Rice Pudding</b>	<b>Quick Coleslaw (L)</b>	Bean soup cup	Orange		
LUNCH				Apple						
		<b>Extra-Quick Chili</b>	<b>Quick-and-Hearty Chick-pea Soup</b>	<b>Mix and Match Salads</b>	<b>Barbecue Beans and Barley</b>	<b>Quick Vegetable Curry</b>	19 Meals Rule-FRH+ meal. Your choice	<b>Easy Split-Pea Soup</b>		
		Brown rice	tossed salad	<b>Banana Rice Pudding</b>	<b>Quick Coleslaw</b>	Brown rice		<b>Quick Coleslaw (L)</b>		
DINNER		<b>Waldorf Salad</b>	Mixed berries		Watermelon chunks	Strawberries and yogurt				
		<b>Snacks:</b> The best DASH Plus snacks are small portions of the good food choices you make for all your meals. If you like munchy crunchy snacks, try: Air popped popcorn (seasoned with your favorite spice blend, not butter) Dry cereal, straight from the box Raw vegetables with salsa or bean dip Peanut butter on apple slices, celery, or carrots Canned sardines, salmon, or tuna with vegetable dippers Convenient energy sources during prolonged vigorous exercise include trail mixes, dried fruits, or nuts								
		<b>Beverages for all meals and in between:</b> Choose the calorie-free beverage you prefer: water—tap, bottled, sparkling, or flavored • Tea, coffee, calorie-free iced tea, etc.								
SNACKS		<b>Note: (L)=Leftover from previous day</b> These menus are suggestions to help you plan your meals. Use any of the recipes in this book or your own recipes that contain foods from the Food Lists. More recipes are available at <a href="http://www.healthyheartmiracle.com">www.healthyheartmiracle.com</a> .								

## Show Me! DIET CHALLENGE

Take the **SHOW ME! Diet Challenge** and tell us how you do for potential article. E-mail us at [womansworldsuccess@showmediet.com](mailto:womansworldsuccess@showmediet.com)

For more information and recipes visit [www.healthyheartmiracle.com](http://www.healthyheartmiracle.com) or pick up a copy of *The Healthy Heart Miracle* at a bookstore near you!

# The Healthy Heart Miracle Menu Plan Recipes

## Mix and Match Salads

3 SERVINGS

Mix and Match Salads are whole meals in a bowl. Start with any lettuce or salad greens you like. Try to get several different bright colors in the bowl, including something red, orange, or yellow. Here's one of my favorite combinations.

- 2 Romaine lettuce hearts, sliced crosswise into 1/2-inch strips, or torn into bite-size pieces
- 1 (10-ounce) box grape or cherry tomatoes
- 1 (6-ounce) jar marinated artichoke hearts, drained
- 1 ripe avocado, cut in 1/2-inch chunks
- 1 red bell pepper, cut in 1/4-inch strips
- 1 (3-ounce) can red sockeye salmon
- 1/4 cup shredded Romano cheese
- 1 teaspoon Cajun spice blend, or to taste
- 2 tablespoons rice vinegar or light wine vinegar

Toss all the ingredients together in a salad bowl and serve.

### Nutritional Analysis

CALORIES: 277, CARBOHYDRATES: 16G, FIBER: 7G,  
TOTAL FAT: 19G, SATURATED FAT: 5G, PROTEIN: 14G

## Waldorf Salad

6 SERVINGS

- 4 crisp apples, cored and diced
- 2 tablespoons lemon juice
- 1 cup chopped celery
- 1 cup raisins
- 1/2 cup chopped pecans or walnuts
- 1 teaspoon curry powder (optional)
- 2 tablespoons rice vinegar
- 1/2 cup nonfat mayonnaise

Toss the apples in the lemon juice, then mix with the remaining ingredients. To prepare the salad ahead of time, combine everything except the mayonnaise, cover, and chill. Stir in the mayonnaise just before serving.

### Nutritional Analysis

CALORIES: 218, CARBOHYDRATES: 42G, FIBER: 5G,  
TOTAL FAT: 6G,  
SATURATED FAT: 1G, PROTEIN: 4G

**Note:** I never peel fruits or vegetables unless the skins are too tough, thick, or bitter to eat. Vitamins, minerals, phytochemicals, and fiber are often concentrated in or near the skin. So don't throw them away if they're edible! The "wax" used to coat some fruits and vegetables is harmless. Just rinse or scrub and enjoy.

## Quick-and-Hearty Chickpea Soup

6 SERVINGS

- 1/2 cup bulgur
- 6 cups bouillon (see page 198)
- 2 (16-ounce) cans chickpeas, undrained
- 2 teaspoons dried oregano
- 1/4 teaspoon Harissa Sauce (see page 247), or hot pepper sauce, to taste
- 1 (10-ounce) bag baby spinach leaves
- Lemon slices or wedges for garnish

Bring the bulgur and bouillon to a boil in a large pot. Add the chickpeas, oregano, and Harissa Sauce or hot pepper sauce. Return to a boil, reduce the heat, and simmer until the bulgur is soft, 5 to 10 minutes. Puree with a hand blender to make a chunky soup. Stir in the spinach leaves and serve with lemon wedges.

### Nutritional Analysis

CALORIES: 220, CARBOHYDRATES: 35G, FIBER: 12G,  
TOTAL FAT: 4G, SATURATED FAT: 0G, PROTEIN: 11G

## Extra-Quick Chili

6 SERVINGS

- 1 (16-ounce) bag frozen onion-pepper mix
- 2 garlic cloves, minced
- 1 (28-ounce) can Italian plum tomatoes, cut in pieces
- 1 bouillon cube
- 1 tablespoon mild chili powder
- Pinch of cayenne pepper, or to taste
- 2 (16-ounce) cans kidney beans or black beans, undrained
- Cooked whole grains of your choice (optional)

Combine all the ingredients except the grains in a large pot, bring to a boil, and simmer 5 to 10 minutes. Serve over whole grains, if desired.

### Nutritional Analysis

CALORIES: 312, CARBOHYDRATES: 64G, FIBER: 19G,  
TOTAL FAT: 2G, SATURATED FAT: 0G, PROTEIN: 14G

**Note:** Frozen vegetable mixes are a busy cook's shortcut. Stock up on bags of onion/green pepper/red pepper strips; you can use them any time you don't want to chop onions and peppers.

## Banana Rice Pudding

6 SERVINGS

- 2 to 4 ripe bananas, sliced
- 2 cups cooked brown rice, barley, or leftover cooked oatmeal
- 2 tablespoons brown sugar (diabetics can use an artificial sweetener)
- 1/4 teaspoon vanilla extract
- 1/4 teaspoon ground cinnamon

Combine all the ingredients in a microwavable dish and microwave on high for 3 to 4 minutes, or until the bananas are soft and the grains are heated through. Stir and serve.

### Nutritional Analysis

CALORIES: 163, CARBOHYDRATES: 38G, FIBER: 3G,  
TOTAL FAT: 1G, SATURATED FAT: 0G, PROTEIN: 2G

## Quick Vegetable Curry

6 SERVINGS

- 2 (16-ounce) bags frozen stir-fry vegetables
- 1/2 cup bouillon (see page 198)
- 1 tablespoon mild curry powder
- Pinch of cayenne, or to taste
- 1 (16-ounce) can chickpeas, undrained
- Juice of 1 lime
- 2 cups light coconut milk or yogurt
- Cooked whole grains of your choice
- Jarred mango chutney (optional)

Combine the frozen vegetables, bouillon, curry, and cayenne in a large pot. Bring to a boil, reduce the heat and simmer, covered, until the vegetables are crisp-tender, 5 to 10 minutes (check the package for suggested time). Stir in the chickpeas and the lime juice. Add the coconut milk. (If using yogurt, stir it in just before serving. Do not allow the mixture to boil after you add the yogurt.) Serve over whole grains, with chutney on the side, if desired.

**Variation:** Add shrimp or other seafood of your choice.

## Quick Coleslaw

4 SERVINGS

- 1 small head cabbage, thinly sliced
- 1 red or green bell pepper, finely chopped
- 2 teaspoons caraway seeds
- 1/4 cup rice vinegar
- 1/4 cup nonfat mayonnaise

Combine all the ingredients. Serve the slaw immediately or refrigerate for later.

### Nutritional Analysis

CALORIES: 77, CARBOHYDRATES: 16G, FIBER: 6G,  
TOTAL FAT: 1G, SATURATED FAT: 0G, PROTEIN: 4G

## Barbecue Beans and Barley

8 SERVINGS

- 1 onion, chopped
- 2 garlic cloves, minced
- 1 (12-ounce) can beer or 1 1/2 cups water
- 1/2 cup ketchup
- 1/2 cup brown sugar (diabetics can use an artificial sweetener to taste)
- 2 tablespoons Worcestershire sauce
- 1/2 teaspoon liquid smoke, or to taste
- 1/2 teaspoon ground cinnamon
- 2 (16-ounce) cans pink beans, drained
- 2 cups cooked barley

Combine the onion, garlic, beer, ketchup, brown sugar, Worcestershire sauce, liquid smoke, and cinnamon in a large pot. Bring to a boil and cook gently until thickened, about 10 minutes. Stir in the beans and barley, return to a boil, then reduce the heat and simmer for 10 minutes.

### Nutritional Analysis

CALORIES: 330, CARBOHYDRATES: 68G, FIBER: 10G,  
TOTAL FAT: 1G, SATURATED FAT: 0G, PROTEIN: 13G

**Note:** You'll find bottles of liquid smoke in the spice section of your supermarket.

## Hawaiian Smoothie

2 SERVINGS

- 1 banana
- 1 cup skim milk or soy milk
- 2 cups bite-size fresh or frozen fruit—berries, melon, peaches, pineapple, oranges, or whatever else you have on hand

Place the banana and milk in a blender and process until smooth. Add the remaining fruit and puree. Serve in tall glasses or in bowls with spoons.

### Nutritional Analysis

CALORIES: 157, CARBOHYDRATES: 34G, FIBER: 10G,  
TOTAL FAT: 1G, SATURATED FAT: 0G, PROTEIN: 6G

**Note:** This can be a breakfast treat, a dessert, or a snack any time of day.

For more information and recipes visit  
[www.healthyheartmiracle.com](http://www.healthyheartmiracle.com) or pick up a copy of  
The Healthy Heart Miracle at a bookstore near you!