Ornish Diet Plan

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General Guidelines:Focus on whole, unprocessed foods.Limit or avoid added sugars and refined grains.Prefer plant-based proteins over animal proteins.Keep fat intake low, especially saturated fats.Drink plenty of water throughout the day.Optional: Include moderate exercise in your routine.

Ornish Diet for Heart Disease Reversal:Diet: Predominantly plant-based, very low in fat (~10% of total calories), rich in whole grains, fruits, vegetables, and legumes. Limited to egg whites and nonfat dairy products.Exercise: Minimum 30 minutes of moderate aerobic exercise (like walking), 6 days a week.Stress Management: Daily practices, including yoga and meditation.Group Support: Regular participation in support groups.No Smoking: Strict avoidance.Limited Alcohol: Highly restricted or avoided.

Ornish Diet for Prevention:Diet: Mainly plant-based, allowing up to 25-30% fat intake. Includes occasional lean animal protein and dairy.Exercise: Regular physical activity, at least 30 minutes most days.Stress Management: Practices like mindfulness or yoga encouraged.Group Support: Optional but recommended.Smoking: Strongly discouraged.Moderate Alcohol: Limited to one drink per day for women, two for men.

Reversal Program: Strictly vegetarian and very low-fat, focusing on fruits, vegetables, whole grains, and legumes.Fruits: Apples, Bananas, Berries (strawberries, blueberries, raspberries), Oranges, Pears, Peaches, Plums, Kiwis, Pineapples, GrapesVegetables: Spinach, Kale, Broccoli, Carrots, Bell peppers, Tomatoes, Cucumbers, Zucchini, Cauliflower, AsparagusWhole Grains: Brown rice, Oatmeal, Quinoa, Whole wheat pasta, Barley, Bulgur, Whole grain bread, Amaranth, Millet, FarroLegumes: Lentils, Chickpeas, Kidney beans, Pinto beans, Navy beans, Edamame, Peas, Adzuki beans, Mung beans

Prevention Program: Includes the above, plus limited lean animal protein and healthy fats.Fish: Salmon, Mackerel, Sardines, Halibut, Tilapia, Cod, Trout, Sole, Herring, TunaLean Poultry (Skinless): Chicken breast, Turkey breastEgg WhitesNonfat Dairy Products: Nonfat milk, Nonfat yogurt, Nonfat cottage cheeseNuts and Seeds (in moderation): Almonds, Walnuts, Flaxseeds, Chia seeds, Pumpkin seeds, Sunflower seeds, Sesame seeds, Hemp seeds, Pecans, CashewsHealthy Fats (in moderation): Avocado, Olive oil, Canola oil, Flaxseed oil

MEAL PLANNER

Monday Breakfast

Monday Lunch

Monday Dinner

Monday Snacks

Tuesday Breakfast

Tuesday Lunch

Tuesday Dinner

Tuesday Snacks

Wednesday Breakfast

Wednesday Lunch

Wednesday Dinner

Wednesday Snacks

Thursday Breakfast

Thursday Lunch

Thursday Dinner

Thursday Snacks

Friday Breakfast

Friday Lunch

Friday Dinner

Friday Snacks

Saturday Breakfast

Saturday Lunch

Saturday Dinner

Saturday Snacks

Sunday Breakfast

Sunday Lunch

Sunday Dinner

Sunday Snacks

GROCERY LIST

Ingredients

Quantities