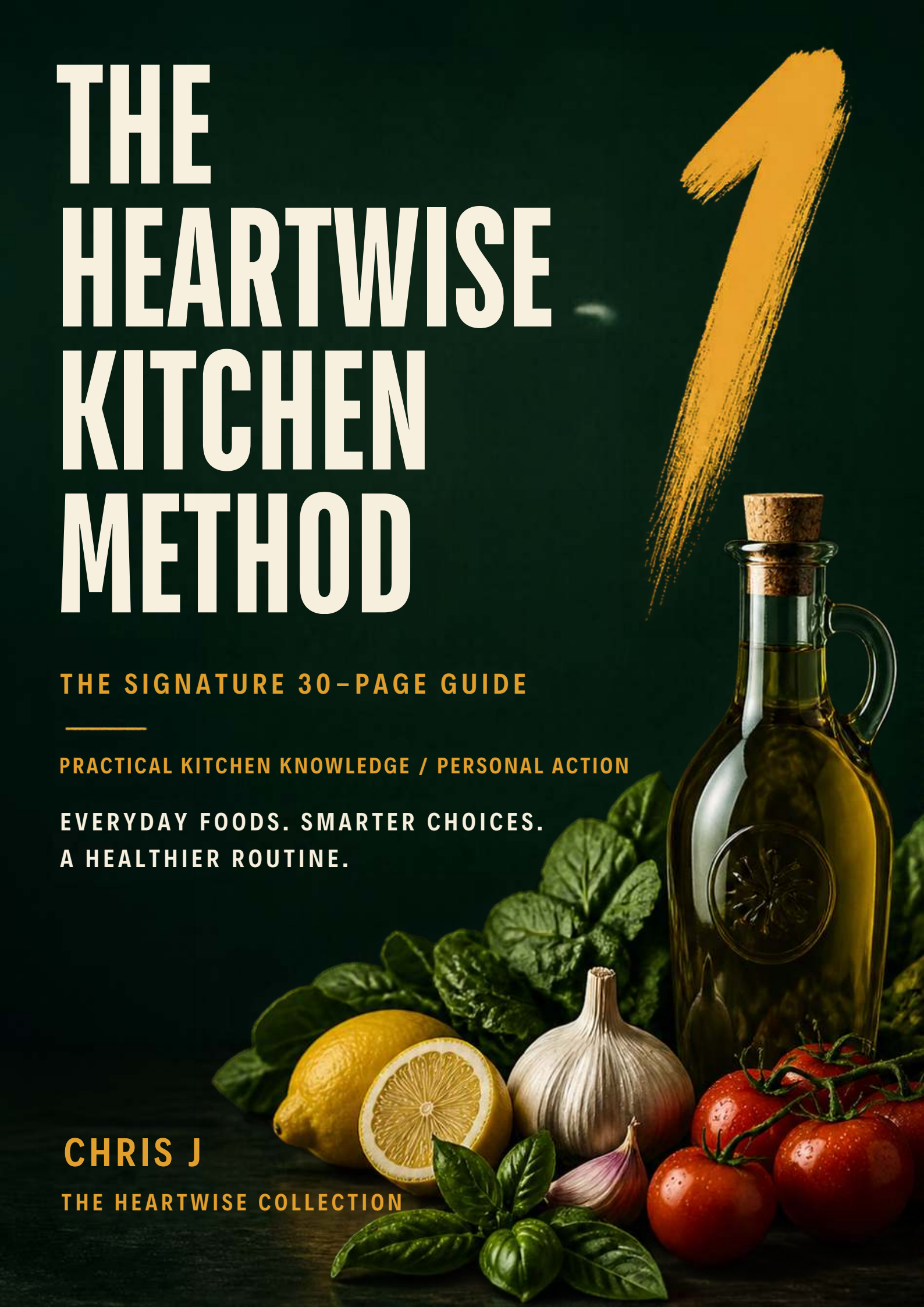
THE HEARTWISE KITCHEN METHOD

1

THE SIGNATURE 30–PAGE GUIDE

PRACTICAL KITCHEN KNOWLEDGE / PERSONAL ACTION

EVERYDAY FOODS. SMARTER CHOICES.
A HEALTHIER ROUTINE.



CHRIS J

THE HEARTWISE COLLECTION

EVOO

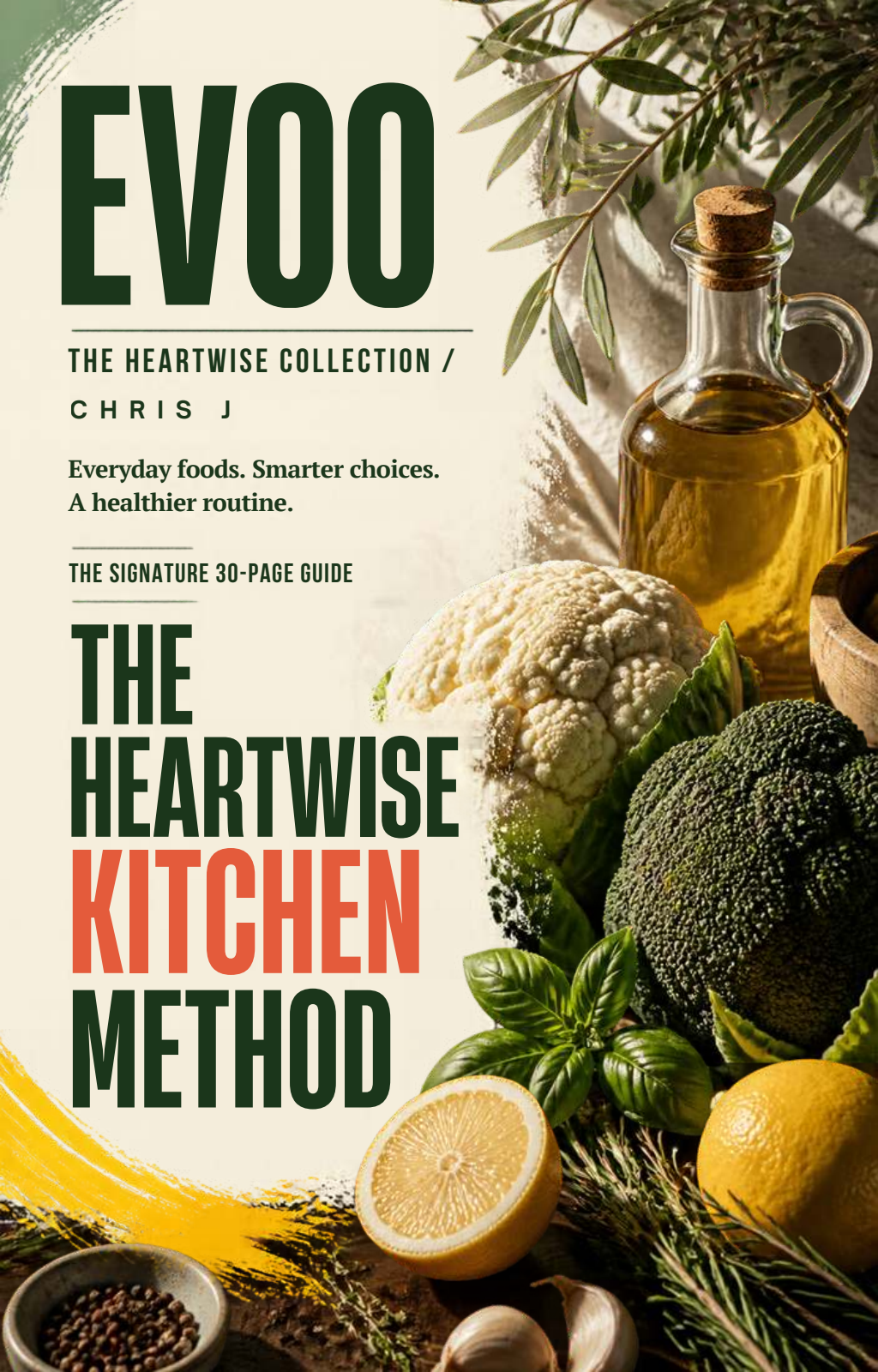
THE HEARTWISE COLLECTION /

CHRIS J

**Everyday foods. Smarter choices.
A healthier routine.**

THE SIGNATURE 30-PAGE GUIDE

THE HEARTWISE KITCHEN METHOD



CHRIS J

THE STARTING POINT

MY 35–POUND JOURNEY, AND WHAT COMES NEXT

A personal note from Chris J.

My 35-pound experience is personal, not a promise of anyone else's results. Let's make realistic choices one meal at a time.



I personally lost 35 pounds by using the Heartwise Kitchen Method. It didn't happen overnight, and it wasn't about willpower. It was about building simple, repeatable habits, one small change at a time.

I used real food, stayed consistent, and paid attention to how I felt. I shared that journey because I believe it can help others. This collection is everything I wish I had when I started.

I'm not a doctor, and this isn't medical advice. Always talk to your doctor before making changes, especially if you have health conditions or take medication.

Use this approach as part of a healthy lifestyle that works for you and supports your individual medical needs.



THE HEARTWISE PROMISE

KNOW IT / USE IT / REPEAT WHAT WORKS



IMPORTANT

A NOTE ABOUT YOUR HEALTH

Read this before following any nutrition program.

Food education, practical preparations, a simple action plan, and credible resources for further reading.

This guide is for general education. It is not medical advice and does not replace care from your physician or other qualified health professional.

Always follow the professional advice of your healthcare team. Do not ignore or delay seeking their advice because of something you read here. If you have a medical condition, are pregnant or nursing, take medications or supplements, or are considering changes to your diet, talk with your healthcare provider first.

Results vary. Your experience depends on many factors—including your health status, consistency, and the guidance of your healthcare team.

This program does not diagnose, treat, cure, or prevent any disease.

Use Heartwise Kitchen as education and motivation to support healthy choices, not as individualized meal prescriptions.

WHAT YOU CAN EXPECT

KNOW IT / USE IT / REPEAT WHAT WORKS

04

YOUR ROADMAP.



01 KNOW YOUR NUMBERS
02 START WITH THE WHOLE PLATE
03 THE OLIVE OIL QUESTION
04 CAULIFLOWER AND BROCCOLI IN REAL LIFE
05 SEASONING WITHOUT RELYING ON SALT
06 THE TRIGLYCERIDES CONVERSATION
07 SHOP WITH A PLAN
08 REPEATABLE MEALS, NOT PERFECT MEALS
09 SIMPLE KITCHEN RECIPES
10 BUILD YOUR PERSONAL SYSTEM

CHAPTER 01

01

KNOW YOUR NUMBERS

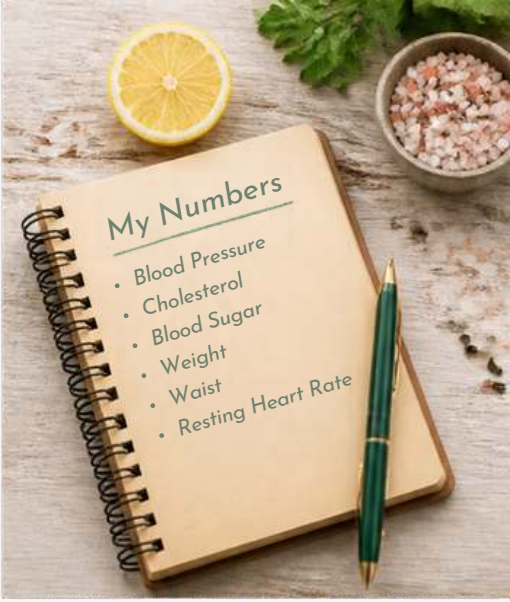
Understand before you change



CHAPTER 01

KNOW YOUR NUMBERS

Understand before you change



Your blood pressure tells a story about your heart, your vessels, and your overall well-being. It's not just a number on a cuff—it's a signal. It reflects how your body is working right now and offers clues about where you may need support.

In this method, we use your numbers as a starting point, not a judgment. Understanding your measurement gives you context and clarity. It allows you to make intentional choices that support your health in realistic, sustainable ways.

Track your numbers consistently. Look for patterns over time, not perfection. Your goal is steady progress, not overnight change. Heart health responds best to consistency—small, daily habits that lead to lasting impact. You're building a rhythm, not chasing a quick fix.

Remember, this is about collecting information, not creating pressure. Celebrate small wins, stay curious, and keep moving forward. Over time, these efforts add up to meaningful, lasting change. Your body is resilient—and with the right support, it can adapt and thrive. The Heartwise Kitchen Method is designed to empower you to take charge, one step at a time. Your future self will thank you for the choices you make today. You don't need to be perfect—just consistent. Small steps, done daily, lead to dramatic changes in a few days.

TRY THIS NEXT

YOUR NUMBER IS A CONVERSATION

- Write down questions for your next appointment
- Ask which blood tests are appropriate for you
- Keep a record of clinician-recommended goals

KNOW THE NUMBER.
THEN CHOOSE THE HABIT.

KNOW IT | USE IT | REPEAT WHAT WORKS

CHAPTER 02

02

START WITH THE WHOLE PLATE

A pattern beats one ingredient



CHAPTER 02

START WITH THE WHOLE PLATE

A pattern beats one ingredient

Build a practical plate. Focus on the pattern, not perfection. A balanced plate brings together vegetables, fiber-rich foods, healthy fats, and quality protein. It stabilizes energy, supports digestion, and keeps hunger in check.

Vegetables bring volume and nutrients. Fiber-rich foods support gut health and steady energy. Healthy fats support hormones and satiety. Quality protein supports strength and repair. Together, they create meals your body recognizes and can use.

This is not about rigid rules. It is about building a reliable pattern you can repeat. Like any skill, it gets easier with practice. Start with one meal. Repeat what works. Adjust as you go. Let consistency in the small things lead to change in how you feel, think, and live. This is where strategy becomes simple in the actual kitchen.



TRY THIS NEXT

COMPOSE THE WHOLE MEAL

- Choose two vegetables you already enjoy
- Add a fiber-rich food to one daily meal
- Identify one easy swap you can sustain



BUILD A PLATE, NOT A PROMISE.

KNOW IT / USE IT / REPEAT WHAT WORKS

CHAPTER 03

03

THE OLIVE OIL QUESTION

A useful fat, not a cure



CHAPTER 03

THE OLIVE OIL QUESTION

A useful fat, not a cure



Olive oil supplies mostly unsaturated fat. That supports heart health when it replaces saturated fat.

Benefits come from steady use in meals, not from big amounts taken all at once.

Use extra virgin olive oil for flavoring and finishing. Use regular olive oil for cooking. Keep total added fat in check.

Store oil in a cool, dark place. Close the cap tightly. Use within a reasonable time. Avoid heat and direct light.

TRY THIS NEXT

MEASURE THE SWAP

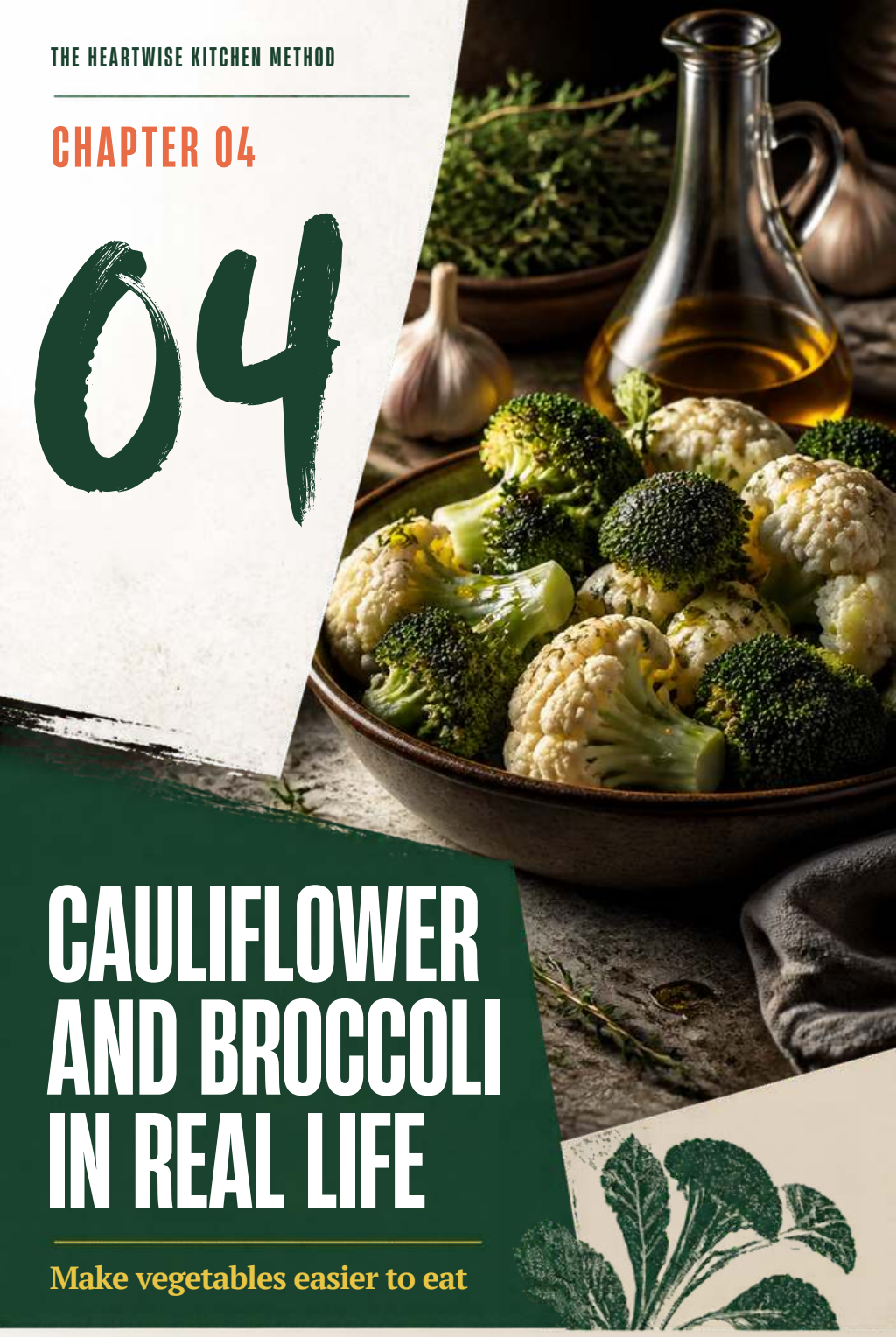
- Try a small measured amount in a dressing
- Use it instead of butter in one vegetable dish
- Avoid treating olive oil as medication

THE BENEFIT IS IN THE PATTERN.

KNOW IT / USE IT / REPEAT WHAT WORKS

CHAPTER 04

04



CAULIFLOWER AND BROCCOLI IN REAL LIFE

Make vegetables easier to eat

CHAPTER 04

CAULIFLOWER AND BROCCOLI IN REAL LIFE



Make vegetables easier to eat

Broccoli and cauliflower work roasted, steamed, stir-fried, or added to bowls, soups, and pasta. Roasting brings out their natural sweetness. Steaming keeps them tender and bright.

You can season them simply with olive oil, garlic, lemon, or your favorite herbs and spices. Add them to grain bowls, mix with pasta, or serve alongside your main dish.

Frozen options are convenient, affordable, and nutritious. They save time without losing healthy benefits.

Roast a big batch, store it in the fridge, and add it to meals throughout the week. Planning ahead helps you stick to your goals and reduce prep time.



TRY THIS NEXT

THE VEGETABLES YOU WILL ACTUALLY EAT

- Wash and prep fresh vegetables safely
- Try one cauliflower or broccoli side this week
- Keep an easy frozen vegetable option

EASY TO MAKE IS EASY TO REPEAT.

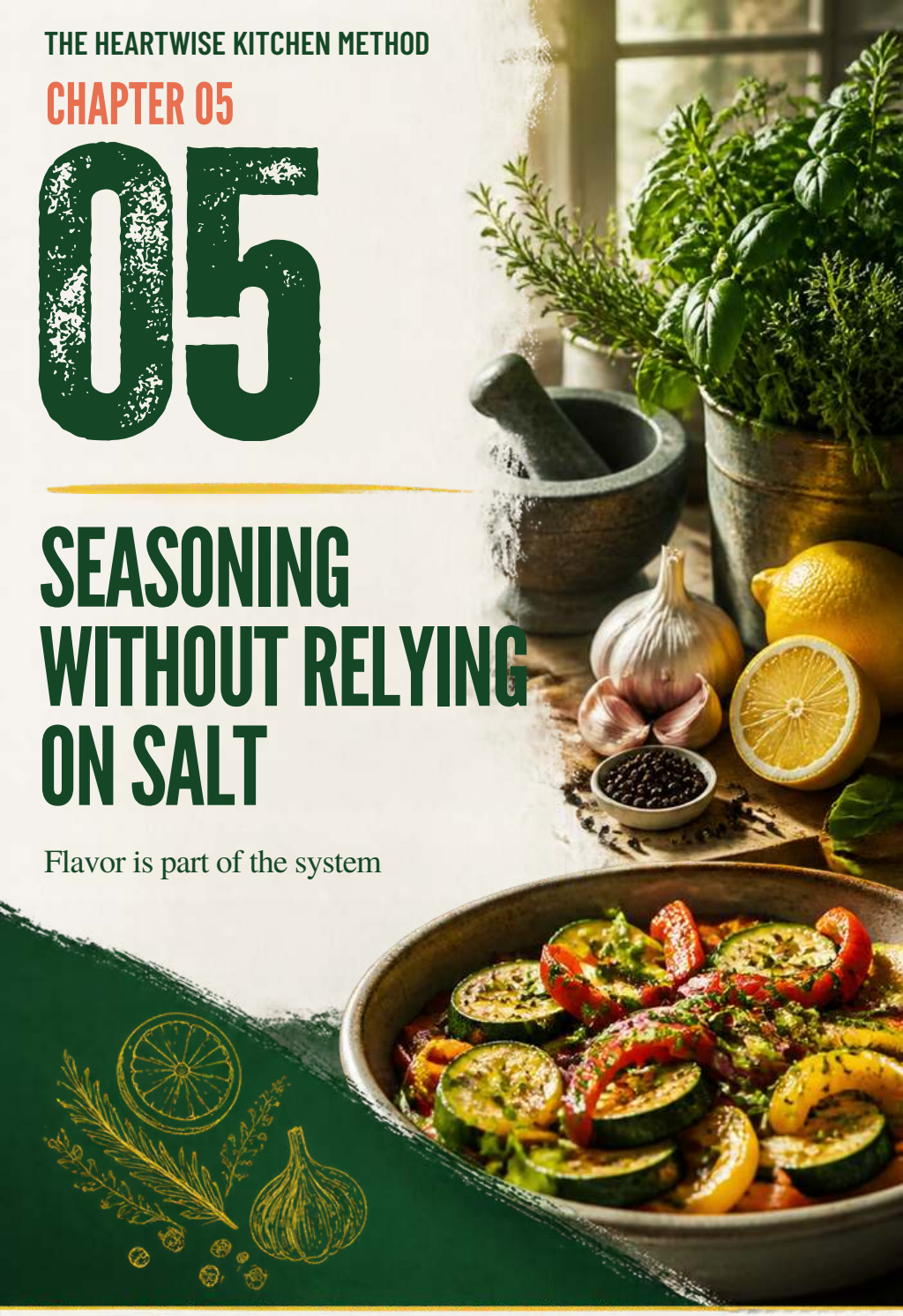
KNOW IT / USE IT / REPEAT WHAT WORKS

CHAPTER 05

05

SEASONING WITHOUT RELYING ON SALT

Flavor is part of the system



CHAPTER 05

SEASONING WITHOUT RELYING ON SAL

Flavor is part of the syster



Seasoning blends, herbs, spices, citrus, garlic, vinegar, and good fats add depth, aroma, and satisfaction—without depending on salt.

This keeps meals interesting and helps you enjoy food that supports your heart.

Flavor is not just taste—it's part of how meals become habits. When your food tastes good, you're more likely to come back to it.

Skip the front claims. Turn the package and read the facts. Make a habit of looking in front of the label.

TRY THIS NEXT

READ THE WHOLE LABEL

- Pick two salt-free seasonings to try
- Compare sodium on two pantry labels
- Make a quick olive-oil, lemon, and herb dressing



GOOD FLAVOR HELPS HABITS LAST.

KNOW IT / USE IT / REPEAT WHAT WORKS

CHAPTER 06

06

THE TRIGLYCERIDES CONVERSATION

Keep claims in perspective



CHAPTER 06

THE TRIGLYCERIDES CONVERSATION



Keep claims in perspective

Elevated triglycerides warrant attention, but sweeping claims about "lowering" them with any one food are rarely backed by strong evidence. Kitchen choices can support your numbers, yet the data are mixed and individual results vary.

Use recipes and ingredients as supportive tools within a broader plan—movement, sleep, stress care, and guided medical care when needed. Partner with qualified professionals and track your test results.

TRY THIS NEXT

LOOK BEYOND A KITCHEN REMEDY

- [x] Ask your clinician what your result means
- [x] Notice added sugars in drinks and snacks
- [x] Avoid changing prescribed treatment on your own



ONE RECIPE CANNOT REPLACE MEDICAL CARE.

KNOW IT / USE IT / REPEAT WHAT WORKS

CHAPTER 07

07

SHOP WITH A PLAN

Good routines begin before cooking



CHAPTER 07

SHOP WITH A PLAN

Good routines begin before cooking



A successful grocery list is built on last week's plan, this week's schedule, and your actual staples. When you shop with a plan, you waste less, spend less, and cook with less stress.

Start by checking your pantry, fridge, and freezer. Build meals around what you already have, then fill the gaps with intentional choices. Choose ingredients that support your meals and your lifestyle.

Avoid shopping when hungry. Stick to your list. And remember, the goal isn't variety for variety's sake. It's having what you need to cook the meals you already know will feel good.

Planning your shop means planning your success. You're not shopping for an imaginary perfect week.

TRY THIS NEXT

SHOP FOR YOUR REAL WEEK

- Check your pantry before shopping
- Plan three repeatable meals
- Buy one convenient backup vegetable

BUY FOR THE WEEK YOU ACTUALLY LIVE.

CHAPTER 08

08

REPEATABLE MEALS, NOT PERFECT MEALS

Consistency without rigidity



CHAPTER 08

REPEATABLE MEALS, NOT PERFECT MEALS



Consistency without rigidity

A simple meal template removes decision fatigue and sets you up for success.

You don't need a new recipe every night. You need meals that you can rely on.

Building a short list of go-to meals helps you shop once, cook faster, and eat with more peace.

When life gets busy, you won't need to start from scratch—you'll already have at least one available.

TRY THIS NEXT

CONSISTENCY OVER COMPLEXITY

- Choose one breakfast and two dinners to repeat
- Write down easy ingredient substitutions
- Plan what to do on a busy night

MAKE YOUR DEFAULT A GOOD OPTION.

KNOW IT / USE IT / REPEAT WHAT WORKS

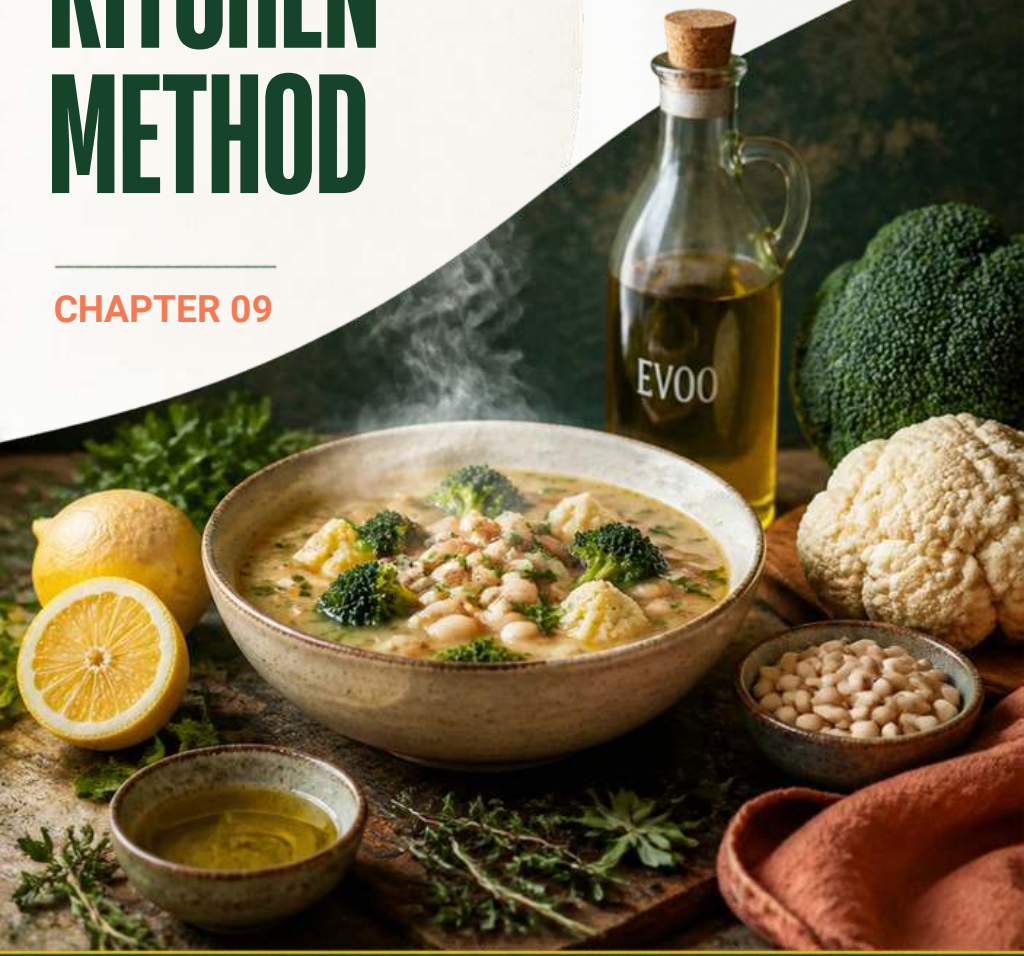
THE HEARTWISE KITCHEN METHOD

09

SIMPLE KITCHEN RECIPES

Start with what is familiar

CHAPTER 09



CHAPTER 09

SIMPLE KITCHEN RECIPES

Start with what is familiar

These recipes are built on ingredients most people already have — or can easily find. They're flexible, comforting, and designed to fit your real life. Use them as written, or make them your own. The goal isn't perfection. It's progress, one meal at a time.





Recipe 1 — Lemon-herb roasted cauliflower

Preheat oven to 425°F (220°C). Toss 1 head cauliflower, cut into florets, with 2 tablespoons olive oil, 2 cloves garlic (minced), zest and juice of 1 lemon, 1 teaspoon dried oregano or thyme, ½ teaspoon salt, and ½ teaspoon black pepper. Spread on a baking sheet and roast 25-30 minutes, until golden and tender.
Serve warm. Great as a side or over grains.



Recipe 2 — Broccoli and white bean bowl

Steam or roast 2 cups broccoli. In a bowl, combine with 1 can white beans (rinsed), 1 cup cooked quinoa or brown rice, 1 tablespoon olive oil, juice of ½ lemon, ¼ teaspoon salt, and black pepper to taste. Top with chopped herbs or seeds if you like.
High in fiber, plant protein, and ready in minutes.



Recipe 3 — Quick pantry vinaigrette

In a jar or bowl, whisk together 3 tablespoons olive oil, 1 tablespoon lemon juice or vinegar, 1 teaspoon Dijon mustard, ½ teaspoon honey or maple syrup (optional), ½ teaspoon salt, and black pepper to taste. Use on salads, bowls, roasted veggies, or as a marinade. Shake or stir before each use.

COOK, TASTE, ADAPT

THE BEST RECIPE IS THE ONE YOU WILL USE.

KNOW IT | USE IT | REPEAT WHAT WORKS

CHAPTER 10

BUILD YOUR PERSONAL SYSTEM

10

Create momentum with small choices



CHAPTER 10

BUILD YOUR PERSONAL SYSTEM

Create momentum with small choices

Choose a realistic next step. Momentum grows when you keep promises to yourself. Start with one small choice that fits your life, then build from there.

Systems reduce decision fatigue and support consistency. The goal is not perfection—it's progress you can repeat. Over time, your choices become automatic, and your kitchen works with you. Use what you've learned, adapt as needed, and celebrate each win. Every small step brings you closer to la system that feels natural, supportive, and sustainable. Keep refining, stay patient, and trust the process. You are building a foundation that will carry you forward, one choice and one day at a time. Keep showing up for yourself, and let each success motivate your next adjustment.



TRY THIS NEXT

- Choose your first 7-day habit
- Decide when you will
- grocery shop or prep
- Review progress without judgment

21 DAY CHALLENGE

SMALL CHOICES BECOME A ROUTINE.

KNOW IT → USE IT → REPEAT WHAT WORKS

The optional 7-Day Meal Map and 21-Day Kitchen Challenge are not medical monitoring or treatment programs.

KITCHEN RECIPES

THREE RECIPES TO REPEAT

Adapt ingredients and portions to your needs.



01 / LEMON-HERB CAULIFLOWER



Preheat oven to 425°F (220°C). Toss 1 head cauliflower florets with 2 tbsp olive oil, juice of 1/2 lemon, 2 cloves garlic (minced), 1 tsp dried oregano, salt, and pepper. Roast 25–30 minutes, tossing once, until golden and tender. Finish with lemon zest and fresh parsley.

02 / BROCCOLI & WHITE BEAN BOWL



In a bowl, combine 2 cups cooked broccoli, 1 cup canned white beans (rinsed), 1/4 red onion (sliced), 1 tbsp olive oil, 1 tsp lemon juice, salt, and pepper. Toss well. Top with pumpkin seeds or sunflower seeds for extra crunch.



03 / QUICK PANTRY DRESSING



Whisk together 3 tbsp olive oil, 1 tbsp apple cider vinegar, 1 tsp Dijon mustard, 1/2 tsp honey or maple syrup, 1/4 tsp garlic powder, salt, and pepper. Store in a jar in the fridge for up to 1 week.



KNOW IT / USE IT / REPEAT WHAT WORKS

BUILD YOUR PLATE

A COLORFUL GUIDE TO SMART SWAPS



INSTEAD OF A HEAVY BUTTER SAUCE →

Try lemon, herbs, and a measured amount of olive oil.





INSTEAD OF A SUGARY DRINK →

Try water, sparkling water, or unsweetened beverages.





INSTEAD OF PERFECT MEAL RULES →

Build a flexible combination of vegetables, protein, and fiber.





INSTEAD OF SKIPPING VEGETABLES →

Use frozen broccoli, spinach, or other quick-cook vegetables.





INSTEAD OF A HIGH-SODIUM SEASONING →

Try garlic, paprika, citrus, fresh herbs, or salt-free blends.



KNOW IT / USE IT / REPEAT WHAT WORKS



THE 7-DAY MAP

A WEEK OF PRACTICAL ACTIONS

One small assignment per day.
No all-or-nothing rules.



DAY 1	List your existing pantry foods and write one goal.
DAY 2	Choose a meal that includes beans or whole grains.
DAY 3	Prepare broccoli or cauliflower in a new way.
DAY 4	Try a lemon-and-herb seasoning combination.
DAY 5	Create a grocery list for two repeatable dinners.
DAY 6	Add a vegetable to one meal that usually lacks one.
DAY 7	Reflect on what felt realistic and what to adjust.

KNOW IT USE IT REPEAT WHAT WORKS



REFLECTION

YOUR NEXT SEVEN DAYS

The best plan is the plan that works in your real life.

One heart-conscious meal I already enjoy:

A food or recipe I want to try:

A challenge that makes cooking difficult:

A simple grocery change I can make:

The day I will review my progress:

KNOW IT / USE IT / REPEAT WHAT WORKS

29

DISCUSS WITH A PROFESSIONAL

FIVE QUESTIONS WORTH ASKING

Bring them to your next appointment if relevant.



1. Do any medicines or diagnoses change my nutrition needs?
2. Would a registered dietitian be useful for my personal plan?
3. Should I monitor blood pressure or have follow-up blood tests?
4. What do my triglyceride and cholesterol results mean in context?
5. Are there dietary adjustments particularly important for my health history?

A TRUSTWORTHY FOUNDATION

LEARN MORE FROM RELIABLE SOURCES

Further reading for food and cardiovascular wellness.

AMERICAN HEART ASSOCIATION

Healthy Swaps for Common Foods

https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/healthy-swaps-for common-foods

2026 Dietary Guidance to Improve Cardiovascular Health

https://professional.heart.org/en/science-news/2026-dietary-guidance-to-improvecardiovascular-health/top-things-to-know

Diet and Lifestyle Recommendations

https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/aha-diet-and-lifestyle-recommending/

NATIONAL LIBRARY OF MEDICINE / MEDLINEPLUS

Triglycerides: Overview

https://medlineplus.gov/triglycerides.html



THE NEXT STEP

Choose one habit, repeat it for a week, and make changes with the support of your care team when needed.

KNOW IT / USE IT / REPEAT WHAT WORKS