



Heart Failure Warriors Crisp Circuit Meals

Tailored for heart failure-friendly, low-sodium meals with vegetarian options and air fryer friendly ingredients.



Kitchen Staples

- Whole Grains:
 - Brown rice
 - Quinoa
 - Whole wheat
 - Couscous oats
- Legumes:
 - No-salt-added canned or dried lentils
 - Chickpeas
 - Black beans
 - Cannellini beans
- Pasta:
 - Whole wheat or legume-based pasta (check for low-sodium)
- Flours:
 - Whole wheat flour
 - Chickpea flour
 - Oat flour
- Canned Goods:
 - No-salt-added tomatoes
 - Coconut milk
 - Low-sodium vegetable broth
- Oils:
 - Extra virgin olive oil
 - Avocado oil (for air frying)
- Vinegars:
 - Apple cider vinegar
 - Balsamic vinegar
 - Rice vinegar
- Spices & Herbs (Salt-Free):
 - Garlic powder
 - Onion powder
 - Smoked paprika
 - Cumin
 - Turmeric
 - Oregano
 - Thyme
 - Rosemary
 - Basil
 - Chili flakes
 - Curry powder.
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- Condiments:
 - No-salt mustard
 - Dijon mustard
 - Low-sodium soy sauce or coconut aminos
 - Vinegar-based hot sauce (low-sodium)
 - Lemon juice
 - Lazy Garlic/Chilli/Ginger