

DASH DIET GUIDE

	breakfast	lunch	dinner	snack
1	microwaved oats with 1/2 milk, cinnamon, blueberries, and a drizzle of honey	vegetarian chili with carrot sticks and celery, top with low-fat shredded cheese	baked salmon seasoned with garlic powder and pepper, serve with roasted carrots and potatoes seasoned	air-popped popcorn and sliced apples; raw bell peppers with hummus
2	whole-grain toast topped with scrambled eggs, spinach, mushrooms, and peppers	leftover cooked salmon, add dried cranberries, walnuts, sliced apples, and feta cheese	skillet fajitas with chicken breast, sliced bell pepper, and onions	low sodium peanut butter or nut butter and banana, whole-grain crackers and low-fat cheese
3	unsweetened nonfat greek yogurt topped with sliced almonds and banana hot coffee with a splash of 1/2 milk	chicken salad made with nonfat greek yogurt, grapes, and celery served with whole-grain crackers or bread	lean ground beef skillet hash made with tomatoes, sweet potatoes, chiles, and garlic powder, sauteed green beans with garlic and onions	unsweetened trail mix (nuts, dried fruit, and seeds) cottage cheese and pineapple
4	smoothie made with unsweetened kefir, milk, banana, nut or seed butter, unsweetened cocoa powder, ground flax seed	large roasted sweet potato topped with sautéed kale, cranberries, and pepitas in a zesty lemon glaze	chicken tortilla soup with tomatoes, onion, corn, black beans, chicken broth, cumin, garlic, and limes	cucumber slices with hummus, unsalted nuts, and grapes
5	egg scramble made with sauteed vegetables	leftover chicken tortilla soup topped with shredded cheese berries and nonfat yogurt	seasoned quinoa bowl with tomatoes, kale, and grilled chicken or lean beef	almonds and unsweetened nonfat yogurt; hard-boiled egg and clementine
6	energy bites pre-made with oats, ground flax seed, nut or seed butter, vanilla extract, honey, dried fruit, and choco chips	charcuterie with olives, mozzarella cheese, whole-grain crackers, boiled egg, raspberries, grapes, carrots, & raw broccoli with hummus	chickpea-based pasta topped with red sauce made of tomatoes and tomato paste with ground turkey	walnuts and blueberries, cheese and whole-grain toast
7	microwaved old-fashioned oats with milk, ground flax seed, chopped nuts, and strawberries	turkey sandwich on whole grain bread with tomato slices, lettuce, swiss cheese, and mustard	baked tilapia served with whole-grain wild rice, cooked green beans, and carrots	strawberries and nonfat greek yogurt; one or two energy bites.