

7-Day DASH Diet Meal Plan

A week of meals built from the DASH food groups. Cook them without added salt, and check each day against the daily servings on page 2.

Name: _____ Week starting: _____

DAY	BREAKFAST	LUNCH	SNACK	DINNER
Day 1 Monday	Rolled oats with sliced banana, walnuts and a drizzle of honey, plus 250 ml (1 cup) skim milk	Grilled chicken salad with spinach, tomatoes, cucumber, chickpeas and olive oil vinaigrette, plus 1 whole wheat roll	1 apple with 2 tablespoons almond butter	Baked salmon with roasted sweet potato, steamed broccoli and a side of brown rice
Day 2 Tuesday	Whole wheat toast with mashed avocado and a poached egg, plus 1 orange	Lentil and vegetable soup with a mixed green salad and 1 slice whole grain bread	200 g (7 oz) plain Greek yoghurt with blueberries	Grilled turkey breast with quinoa, roasted carrots and steamed green beans
Day 3 Wednesday	Smoothie with spinach, banana, frozen berries, flaxseeds and low-fat yoghurt	Whole wheat wrap with grilled chicken, lettuce, tomato and hummus, plus 1 pear	A handful of unsalted almonds and a small glass of beetroot (beet) juice	Baked cod with roasted potatoes, asparagus and a side salad with olive oil dressing
Day 4 Thursday	Steel-cut oatmeal with pumpkin seeds, cinnamon and fresh berries, plus green tea	Black bean and corn salad with avocado, rocket (arugula), red onion and lime dressing	Celery sticks with 2 tablespoons peanut butter	Grilled chicken stir-fry with capsicum (bell pepper), broccoli, snap peas and brown rice, seasoned with low-sodium soy sauce
Day 5 Friday	Whole grain cereal with skim milk, sliced strawberries and a tablespoon of ground flaxseed	Mediterranean tuna salad (canned tuna in water, white beans, cherry tomatoes, olives and olive oil) with a whole wheat pita	200 g (7 oz) plain yoghurt with pomegranate seeds	Grilled mackerel with baked sweet potato and sauteed spinach with garlic, plus a glass of water with lemon
Day 6 Saturday	Wholemeal (whole wheat) pancakes with fresh blueberries and a small drizzle of maple syrup, plus 250 ml (1 cup) skim milk	Chickpea and vegetable curry with brown rice and a cucumber and tomato salad	1 banana and a small handful of walnuts	Lean beef stir-fry (keep the beef to 90 g, about 3 oz) with capsicum, mushrooms, snow peas and brown rice noodles
Day 7 Sunday	2 scrambled eggs with sauteed mushrooms and tomatoes on whole grain toast, plus 1 orange	Low-sodium minestrone soup with a large mixed salad and crusty whole grain bread	Carrot and capsicum sticks with hummus, plus green tea	Baked salmon with lemon and herbs, roasted beetroot, quinoa and steamed broccoli

How to use this plan

- Swap meals between days as you like, since they all come from the same DASH food groups.
- The portions are a starting point. Add fruit, vegetables or low-fat dairy as snacks where a day falls short of the daily servings.
- Season with herbs, spices, garlic or lemon instead of salt.
- US and Australian names: capsicum is bell pepper, rocket is arugula, beetroot is beets and wholemeal is whole wheat.

Notes and swaps

Daily servings for a 2,000-calorie day

FOOD GROUP	SERVINGS	ONE SERVING IS
Grains (mostly whole grains)	6 to 8 a day	1 slice bread, 1 oz (about 30 g) dry cereal, or 1/2 cup cooked rice, pasta or oats
Vegetables	4 to 5 a day	1 cup raw leafy greens, or 1/2 cup cut-up raw or cooked vegetables
Fruit	4 to 5 a day	1 medium fruit, 1/2 cup fresh, frozen or canned fruit, or 1/4 cup dried fruit
Low-fat or fat-free dairy	2 to 3 a day	1 cup (250 ml) milk or yoghurt, or 1.5 oz (about 45 g) cheese
Lean meat, poultry and fish	6 or fewer a day	1 oz (about 30 g) cooked meat, poultry or fish, or 1 egg
Nuts, seeds and legumes	4 to 5 a week	1/3 cup nuts, 2 tablespoons peanut butter or seeds, or 1/2 cup cooked beans or lentils
Fats and oils	2 to 3 a day	1 teaspoon vegetable oil or soft margarine, 1 tablespoon mayonnaise, or 2 tablespoons salad dressing
Sweets and added sugars	5 or fewer a week	1 tablespoon sugar, jam or jelly, 1/2 cup sorbet, or 1 cup lemonade

Sodium: no more than 2,300 mg a day. The NHLBI notes that 1,500 mg lowers blood pressure even further. If you need more or fewer calories, the NHLBI scales the servings up or down.

Shopping list for the week

Produce

- ☐ Spinach, rocket (arugula), lettuce and mixed salad greens
- ☐ Broccoli, carrots, celery, cucumber, asparagus, green beans, snap peas and snow peas
- ☐ Tomatoes, cherry tomatoes, capsicum (bell peppers), mushrooms and corn
- ☐ Sweet potatoes, potatoes and beetroot (beets)
- ☐ Red onion, garlic, lemons, limes and fresh herbs
- ☐ Bananas, apples, oranges, pears, avocados and a pomegranate
- ☐ Strawberries, blueberries and frozen mixed berries

Protein

- ☐ Skinless chicken breast
- ☐ Turkey breast and lean beef
- ☐ Salmon, cod and mackerel fillets
- ☐ Eggs
- ☐ Canned tuna in water (low sodium)

Grains and Legumes

- ☐ Rolled oats and steel-cut oats
- ☐ Whole grain breakfast cereal
- ☐ Brown rice, quinoa and brown rice noodles
- ☐ Whole wheat bread, rolls, wraps and pita
- ☐ Wholemeal (whole wheat) flour for the pancakes
- ☐ Lentils, chickpeas, black beans and white beans, dried or canned (low sodium or rinse well)
- ☐ Hummus

Dairy

- ☐ Skim or low-fat milk
- ☐ Plain Greek yoghurt and plain low-fat yoghurt (no added sugar)

Nuts, Seeds and Oils

- ☐ Unsalted almonds and walnuts
- ☐ Pumpkin seeds and ground flaxseed
- ☐ Extra virgin olive oil
- ☐ Natural peanut and almond butter (no added salt)

Pantry

- ☐ Low-sodium soy sauce and low-sodium minestrone soup
- ☐ Olives, cinnamon and curry spices
- ☐ Honey and maple syrup, for small drizzles
- ☐ Green tea and beetroot (beet) juice

Check it with your own readings

The DASH trials report averages, so measuring your own blood pressure is how you see what the plan does for you. Take your readings each morning and evening for a week before you start, then keep taking them while you follow the plan, and repeat the week if you carry on. Compare the weekly averages and take them to your doctor so you can talk them through together.

You can write them down on our printable blood pressure log at cardiolog.app/blood-pressure-log-pdf. If you take blood pressure medication, keep taking it as prescribed and talk to your doctor before changing anything.

This plan is general guidance on healthy eating. DASH is rich in potassium, so if you have kidney disease, check with your doctor before you start. Servings come from the NHLBI's DASH Eating Plan (nhlbi.nih.gov). For the full guide and what the trials found, visit cardiolog.app/blog/dash-diet-blood-pressure.