



DASH DIET

5-Days Meal Plan

MONDAY

BREAKFAST Hot Rolled Oats Dried Cranberries Honey	LUNCH Hummus & Veggie Sandwich on Whole Grain Toast	SNACK Dried Apricots & Almonds	BREAKFAST Salmon Brussels Sweet Potato Fries Celery, Onion, Tomatoes	SNACK Grapes w/ Romano Cheese
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TUESDAY

BREAKFAST Greek Yogurt Granola Honey Strawberries	LUNCH Salmon Sandwich on Whole Grain Toast	SNACK Dried Mango & Walnuts	BREAKFAST Chicken Sliced Peppers Red Cabbage Corn Tortillas Homemade Guacamole	SNACK Apples w/ Almond Butter
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WEDNESDAY

BREAKFAST Multigrain Waffles Honey Raspberries	LUNCH Hummus & Veggie Sandwich on Whole Grain Toast	SNACK Carrots & Hummus	BREAKFAST Shrimp Whole Grain Pasta w/ Garlic, Olive Oil & Romano Cheese Mixed Greens Pomegranate Salad	SNACK Clementines Sunflower Seeds
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THURSDAY

BREAKFAST Multigrain Toast w/ Avocado & Fried Egg	LUNCH Shrimp/ Pasta & Sliced Veggies	SNACK Celery w/ Almond Butter	BREAKFAST Pork Chops Quinoa w/ Dried Cranberries Broccoli	SNACK Pears w/ Cinnamon
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FRIDAY

BREAKFAST Multigrain French Toast Orange/Clementine Slices	LUNCH Sliced Pork Sandwich Whole Grain Toast	SNACK Sliced Peppers & Hummus	BREAKFAST Monkfish Brown Rice Crushed Tomatoes & Garlic Mixed Salad w/ Cucumber, Pears	SNACK Popcorn, Spiced
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