

7-DAY **DASH DIET** MEAL PLAN

| | | GROCERY LIST | |
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| MON. | <ul style="list-style-type: none">• Breakfast: Oatmeal topped with fresh berries and a drizzle of honey.• Lunch: Grilled chicken salad with mixed greens, cucumber, and a light vinaigrette.• Snack: A small apple with a handful of almonds.• Dinner: Baked salmon with quinoa and steamed broccoli. | <div></div> | <div></div> |
| TUES. | <ul style="list-style-type: none">• Breakfast: Low-fat yogurt with sliced banana and a sprinkle of chia seeds.• Lunch: Vegetable stir-fry with tofu over brown rice.• Snack: Carrot sticks with hummus.• Dinner: Whole-wheat pasta with a tomato-based sauce and a side of spinach. | <div></div> | <div></div> |
| WED. | <ul style="list-style-type: none">• Breakfast: Whole-grain toast with avocado and a boiled egg.• Lunch: Lentil soup with a side of whole-grain crackers.• Snack: Orange slices and a handful of walnuts.• Dinner: Grilled chicken breast with sweet potatoes and green beans. | <div></div> | <div></div> |
| THURS. | <ul style="list-style-type: none">• Breakfast: Smoothie with spinach, banana, almond milk, and a scoop of flaxseeds.• Lunch: Chickpea salad with tomatoes, cucumber, and olive oil.• Snack: Greek yogurt with a few berries.• Dinner: Baked cod with wild rice and roasted vegetables. | <div></div> | <div></div> |
| FRI. | <ul style="list-style-type: none">• Breakfast: Low-fat cottage cheese with pineapple chunks.• Lunch: Quinoa salad with roasted veggies and a light lemon dressing.• Snack: Celery sticks with peanut butter.• Dinner: Turkey and vegetable stir-fry over brown rice. | <div></div> | <div></div> |
| SAT. | <ul style="list-style-type: none">• Breakfast: Whole-grain cereal with skim milk and sliced strawberries.• Lunch: Grilled veggie wrap with hummus in a whole-grain tortilla.• Snack: A small pear with a few almonds.• Dinner: Baked chicken with roasted sweet potatoes and sautéed spinach. | <div></div> | <div></div> |
| SUN. | <ul style="list-style-type: none">• Breakfast: Smoothie bowl with spinach, mango, and Greek yogurt.• Lunch: Tuna salad on whole-grain toast with a side of cucumber slices.• Snack: Mixed nuts (unsalted).• Dinner: Vegetable soup with whole-grain bread. | <div></div> | <div></div> |