

7 Day DASH* Menu Plan

1,600 Calories 1,500 mg Sodium

DAY ONE

Breakfast

Puffed Wheat Breakfast

- Puffed wheat cereal (2 cups) topped with low-fat milk (1 cup) and 1 sliced medium banana
- Orange juice (½ cup)

Lunch

Chicken Noodle Soup & Salad Lunch

- **Campbell's® Chunky™ Healthy Request® Chicken Noodle soup** (1 cup)
- Salad: Mix 2 cups leafy salad greens, 2 oz. cooked chicken breast, 2 tbsp. shredded Cheddar cheese, ½ cup sliced raw vegetables such as tomatoes, cucumbers, bell peppers, or carrots. Mix 2 tsp. olive oil and 2 tsp. balsamic vinegar. Pour over salad and toss. Serve with 2 tbsp. unsalted sunflower seeds.
- 1 medium tangerine

Dinner

Fish, Couscous & Asparagus Dinner

- Baked cod (3 oz.)
- Steamed couscous (1 cup)
- Steamed asparagus (½ cup)
- 1 small whole-grain roll (1 oz.)

Snacks

- 1 container plain, low-fat yogurt (6 oz.) mixed with raspberries (½ cup)
- Unsalted pretzels (3 oz. - about 14 twists)

Calculated Daily Nutrition: Calories 1680, Total Fat 38g, Saturated Fat 11g, Cholesterol 152mg, Sodium 1329mg, Total Carbohydrates 248g, Dietary Fiber 24g, Protein 96g

DASH Food Group Servings: Grains 6, Vegetables 4, Fruits 4, Milk Products 2, Meats, Fish, and Poultry 5, Nuts, Seeds, and Legumes 1, Fats and Oils 2, Sweets and Added Sugars 0

DAY TWO

Breakfast

Oatmeal Breakfast

- Cooked oatmeal (1 cup) with raisins (¼ cup) and walnuts (2 tbsp.)
- Low-fat milk (1 cup)
- Orange juice (½ cup)

Lunch

Vegetable Soup & Turkey Burger Lunch

- **Campbell's® Chunky™ Healthy Request® Vegetable soup** (1 cup)
- Turkey Burger: Place a cooked turkey burger (2 oz.) on a toasted hamburger bun spread with 1 tsp. yellow mustard. Top with 1 thick slice onion, 1 thick slice tomato and hamburger bun top.
- Canned fruit cocktail packed in juice (½ cup)

Dinner

Beef, Potatoes & Broccoli Dinner

- Cooked lean beef (3 oz.)
- Cooked, quartered red potatoes (1 cup) tossed with soft light margarine (1 tsp.) and chopped fresh parsley (1 tsp.)
- Steamed broccoli (1 cup) tossed with soft unsalted margarine (1 tsp.)
- 1 whole grain roll (1 oz.)

Snacks

- Fat-free frozen yogurt (1 cup) topped with sliced strawberries (½ cup) & low-fat granola (½ cup)

Calculated Daily Nutrition: Calories 1617, Total Fat 43g, Saturated Fat 10g, Cholesterol 144mg, Sodium 1313mg, Total Carbohydrates 236g, Dietary Fiber 25g, Protein 86g

DASH Food Group Servings: Grains 6, Vegetables 5, Fruits 4, Milk Products 2, Meats, Fish, and Poultry 5, Nuts, Seeds, and Legumes 0.5, Fats and Oils 2, Sweets and Added Sugars 0

DAY THREE

Breakfast

Cereal Bar Breakfast

- 1 whole-grain fruit and cereal bar
- 1 container plain, low-fat yogurt (6 oz.) mixed with blueberries (1 cup)
- 1 can **Low Sodium V8® vegetable juice** (5.5 oz)

Lunch

Tomato Soup & Grilled Cheese Sandwich Lunch

- **Campbell's® Healthy Request® condensed Tomato soup** (1 cup prepared)
- Grilled Cheese Sandwich: Spread 1 slice **Pepperidge Farm® Whole Grain bread** with 1 tsp. soft unsalted margarine. Place margarine-side down in a nonstick skillet over medium heat. Add 2 slices (¾ oz. each) Swiss cheese and 2 tomato slices; top with another slice of bread spread with 1 tsp. soft unsalted margarine. Turn sandwich over and cook until golden brown and cheese is melted.
- Cantaloupe (½ cup cubed)

Dinner

Pasta with Chicken & Veggies Dinner

- Spray a nonstick skillet with vegetable cooking spray. Add ¼ cup sliced onion, ½ cup sliced mushrooms, and ½ cup broccoli flowerets. Cook and stir until vegetables are tender. Stir in ¼ tsp. crushed red pepper. Add ½ cup low sodium tomato sauce and heat through. Pour sauce mixture over 1 cup cooked pasta and top with 3 oz. cooked skinless chicken breast and 2 tbsp. grated Parmesan cheese.
- 1 whole grain roll (1 oz.)

Snacks

- 1 medium peach
- Unsalted popcorn (3 cups air-popped)

Calculated Daily Nutrition: Calories 1586, Total Fat 40g, Saturated Fat 16g, Cholesterol 131mg, Sodium 1559mg, Total Carbohydrates 232g, Dietary Fiber 27g, Protein 82g

DASH Food Group Servings: Grains 7, Vegetables 5, Fruits 4, Milk Products 2, Meats, Fish, and Poultry 3, Nuts, Seeds, and Legumes 0, Fats and Oils 2, Sweets and Added Sugars 0

DAY FOUR

Breakfast

Egg White Scramble Breakfast

- Mix 2 egg whites, 2 tbsp. chopped green onion, 2 tbsp. chopped tomato and 2 tsp. chopped fresh basil. Spray a nonstick skillet with vegetable cooking spray. Pour in egg white mixture; cook over medium heat until done.
- **Pepperidge Farm® Whole Grain bread** (1 slice) toasted and spread with soft unsalted margarine (1 tsp.)
- Sliced strawberries (1 cup)
- Low-fat milk (1 cup)

Lunch

Italian Style Wedding Soup & Turkey Sandwich Lunch

- **Campbell's® Select™ Healthy Request® Italian Style Wedding soup** (1 cup)
- Turkey Sandwich: Spread 1 slice **Pepperidge Farm® Thin Sliced whole wheat bread** with 2 tsp. mayonnaise. Add 2 oz. sliced turkey breast, 1 slice Swiss cheese (¾ oz.), 2 tomato slices and 2 pieces leaf lettuce; top with another slice of Thin Sliced bread.
- Sliced cucumber (½ cup)
- 1 medium apple

Dinner

Pork Tenderloin, Rice & Spinach Dinner

- Broiled or grilled trimmed pork tenderloin (3 oz.)
- Hot cooked brown or white rice (1 cup)
- Steamed spinach (1 cup)

Snacks

- 1 container plain, low-fat yogurt (6 oz.) topped with canned pears packed in juice (½ cup) and low-fat granola (½ cup)

Calculated Daily Nutrition: Calories 1573, Total Fat 37g, Saturated Fat 13g, Cholesterol 176mg, Sodium 1543mg, Total Carbohydrates 209g, Dietary Fiber 28g, Protein 104g

DASH Food Group Servings: Grains 6, Vegetables 3, Fruits 4, Milk Products 2, Meats, Fish, and Poultry 5, Nuts, Seeds, and Legumes 0, Fats and Oils 2, Sweets and Added Sugars 0

DAY FIVE

Breakfast

Shredded Wheat Breakfast

- Shredded wheat cereal (1 cup) with low-fat milk (1 cup)
- Orange juice (1 cup)

Lunch

Chicken Noodle Soup & Salad Lunch

- **Campbell's® Healthy Request® condensed Chicken Noodle soup** (1 cup prepared)
- Salad: Mix 2 cups leafy salad greens, ¼ cup garbanzo beans, 2 oz. cooked chicken breast, ½ cup cooked pasta, 1 small plum tomato cut into wedges, ¼ cup red or green bell pepper strips, ¼ cup sliced carrot, 2 tbsp. chopped onion and 2 tbsp. shredded Cheddar cheese. Mix 2 tsp. olive oil and 2 tsp. vinegar; pour over salad and toss.
- 1 whole grain roll (1 oz.)
- Grapes (½ cup)

Dinner

Salmon, Baked Potato & Broccoli Dinner

- Grilled salmon (3 oz.) with lemon slices and fresh dill
- 1 small baked potato (4 ½ oz.) topped with fat-free sour cream (2 tbsp.)
- Steamed broccoli (½ cup)

Snacks

- 1 container plain, low-fat yogurt (6 oz.) topped with low-fat granola (½ cup) & sliced strawberries (½ cup)
- Unsalted popcorn (3 cups air-popped)

Calculated Daily Nutrition: Calories 1658, Total Fat 41g, Saturated Fat 12g, Cholesterol 152mg, Sodium 1385mg, Total Carbohydrates 248g, Dietary Fiber 27g, Protein 89g

DASH Food Group Servings: Grains 6, Vegetables 5, Fruits 4, Milk Products 2, Meats, Fish, and Poultry 5, Nuts, Seeds, and Legumes 0.5, Fats and Oils 2, Sweets and Added Sugars 0

DAY SIX

Breakfast

English Muffin Breakfast

- **Pepperidge Farm® Whole Wheat English muffin** (1) toasted and spread with sugar-free jelly (2 tbsp.)
- Low-fat milk (1 cup)
- Blueberries (½ cup)

Lunch

Mexican Style Chicken Tortilla Soup & Tuna Sandwich Lunch

- **Campbell's® Select™ Healthy Request® Mexican Style Chicken Tortilla soup** (1 cup)
- Tuna Sandwich: Mix 2 oz. drained canned low-sodium tuna packed in water with 1 tbsp. minced red onion and 2 tsp. mayonnaise spread on 1 slice **Pepperidge Farm® Thin Sliced Whole Wheat bread**. Top with 2 tomato slices, 2 pieces of leaf lettuce and another slice of Thin Sliced bread.
- Sliced raw veggies (½ cup)
- 1 medium orange

Dinner

Salad & Hamburger Dinner

- Salad: Mix 1 cup leafy salad greens, ½ plum tomato, sliced and ¼ cup sliced cucumber. Mix 1 tsp. olive oil & 1 tsp. vinegar. Pour over salad and toss.
- Hamburger: Place a 3 oz. cooked lean hamburger patty on a toasted hamburger bun with 2 slices of tomato and 2 slices onion.

Snacks

- Canned pineapple chunks in light syrup (½ cup)
- Low-fat frozen yogurt (1 cup) topped with sliced strawberries (½ cup)

Calculated Daily Nutrition: Calories 1579, Total Fat 40g, Saturated Fat 12g, Cholesterol 127mg, Sodium 1501mg, Total Carbohydrates 250g, Dietary Fiber 28g, Protein 86g

DASH Food Group Servings: Grains 6, Vegetables 3, Fruits 4, Milk Products 2, Meats, Fish, and Poultry 5, Nuts, Seeds, and Legumes 0, Fats and Oils 2, Sweets and Added Sugars 2

