

7 Day DASH* Menu Plan

1,600 Calories 2,300 mg Sodium

DAY ONE

Breakfast

Cereal Bar Breakfast

- 1 whole-grain fruit and cereal bar
- Low-fat milk (1 cup)
- Blueberries (½ cup)

Lunch

Garden Tomato Soup & Tuna Sandwich Lunch

- **Campbell's® Tomato Bisque** (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® Whole Grain 15 Grain bread**, top with 2 slices (¾ oz. each) Swiss cheese, 2 tomato slices, 2 pieces of leaf lettuce and another slice of Whole Grain bread.
- 1 medium orange

Dinner

Chicken, Couscous & Broccoli 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.
- Skinless chicken breast (3 oz.) baked with oregano and lemon juice
- Steamed broccoli (½ cup)
- Steamed couscous (1 cup)

Snacks

- 1 medium apple & unsalted sunflower seeds (2 tbsp.)
- Unsalted popcorn (3 cups air-popped)

Calculated Daily Nutrition: Calories 1524, Total Fat 48g, Saturated Fat 15g, Cholesterol 151mg, Sodium 1475mg, Total Carbohydrates 201g, Dietary Fiber 25g, Protein 85g

DASH Food Group Servings: Grains 6, Vegetables 3, Fruits 3, 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

Cereal Breakfast

- Toasted oat cereal (1 ½ cups) with low-fat milk (1 cup)
- 1 medium banana, sliced
- Orange juice (1 cup)

Lunch

Savory Lentil Soup & Pasta Lunch

- **Campbell's® Select Harvest® Minestrone soup** (1 cup)
- Salad: 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.
- Pasta: 1 cup cooked pasta topped with ½ cup **Prego® Chunky Garden Mushroom & Green Peppers Italian sauce** and 2 tbsp. grated Parmesan cheese

Dinner

Salmon, Rice & Asparagus Dinner

- Grilled salmon (3 oz.) with lemon and dill
- Steamed brown rice (1 cup)
- Steamed asparagus (½ cup) with soft unsalted margarine (1 tsp.)

Snacks

- 1 container plain, low-fat yogurt (6 oz.) with 1 sliced medium peach

Calculated Daily Nutrition: Calories 1552, Total Fat 38g, Saturated Fat 10g, Cholesterol 85mg, Sodium 1730mg, Total Carbohydrates 241g, Dietary Fiber 24g, Protein 71g

DASH Food Group Servings: Grains 6, Vegetables 4, 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 THREE

Breakfast

Oatmeal Breakfast

- Cooked oatmeal (1 cup) with raisins (¼ cup)
- Low-fat milk (1 cup)

Lunch

Tomato Soup & Roast Beef Sandwich Lunch

- **Campbell's® Tomato soup** (1 cup prepared)
- Roast Beef Sandwich: Spread 1 slice **Pepperidge Farm® Whole Grain 15 Grain bread** with 2 tsp. mayonnaise; top with 2 oz. sliced roast beef, 2 slices (¾ oz. each) Swiss cheese, 2 tomato slices, 2 pieces of leaf lettuce and another slice of Whole Grain bread.
- Baby carrots & celery sticks (½ cup each)
- 1 medium orange

Dinner

Turkey Burger Dinner

- Turkey Burger: Place a cooked turkey burger (3 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.
- Steamed spinach (½ cup)
- Applesauce (½ cup)

Snacks

- 1 mozzarella cheese stick (1 oz.)
- Canned pineapple chunks packed in juice (½ cup)

Calculated Daily Nutrition: Calories 1594, Total Fat 53g, Saturated Fat 21g, Cholesterol 215mg, Sodium 1597mg, Total Carbohydrates 204g, Dietary Fiber 26g, Protein 92g

DASH Food Group Servings: Grains 6, Vegetables 3.75, Fruits 4; Milk Products 2.75, Meats, Fish, and Poultry 5, Nuts, Seeds, and Legumes 0, Fats and Oils 1, Sweets and Added Sugars 0

DAY FOUR

Breakfast

Egg Substitute Breakfast

- Scramble ½ cup egg substitute in nonstick skillet sprayed with vegetable cooking spray
- **Pepperidge Farm® Whole Grain 15 Grain bread** (1 slice) toasted and spread with soft unsalted margarine (1 tsp.)
- Watermelon (½ cup cubed)
- Low-fat milk (1 cup)

Lunch

Old Fashioned Vegetable Beef Soup & Salad Lunch

- **Campbell's® Chunky™ Healthy Request® Old Fashioned Vegetable Beef soup** (1 cup)
- Salad: Mix 2 cups leafy salad greens, ¼ cup garbanzo beans, 2 oz. cooked chicken breast, 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.)

Dinner

Campbell's® Beef and Mushroom Dijon Dinner

- **Campbell's® Beef and Mushroom Dijon****
- Steamed mixed vegetables (½ cup)
- Grapes (½ cup)

Snacks

- Unsalted pretzels (1 ½ oz. - about 7 twists)
- 1 container plain, low-fat yogurt (6 oz.) mixed with sliced strawberries (1 cup)

Calculated Daily Nutrition: Calories 1666, Total Fat 44g, Saturated Fat 14g, Cholesterol 144mg, Sodium 1984mg, Total Carbohydrates 225g, Dietary Fiber 24g, Protein 102g

DASH Food Group Servings: Grains 5, Vegetables 6, Fruits 4, Milk Products 2, Meats, Fish, and Poultry 5.5, Nuts, Seeds, and Legumes 0.5, Fats and Oils 3, Sweets and Added Sugars 0

DAY FIVE

Breakfast

Puffed Wheat Cereal Breakfast

- 2 cups puffed wheat cereal topped with sliced strawberries (½ cup) and low-fat milk (1 cup)

Lunch

Grilled Pepper Steak Soup & Peanut Butter Crackers Lunch

- **Campbell's® Chunky™ Grilled Sirloin Steak with Hearty Vegetable soup** (1 cup)
- 4 whole wheat crackers topped with peanut butter (1 tbsp.)
- Sliced carrot sticks (½ cup) and light ranch dressing for dipping (2 tbsp.)
- 1 medium orange

Dinner

Chinese Chicken & Broccoli Dinner

- Steamed chicken breast (3 oz.)
- Steamed broccoli (1 cup)
- Peanut or sesame oil (2 tsp.)
- Hot cooked brown or white rice (1 cup)

Snacks

- Turkey Sandwich: Spread 1 slice **Pepperidge Farm® Whole Grain 15 Grain bread** with 2 tsp. brown mustard. Add 2 oz. sliced turkey breast, 2 tomato slices and 2 pieces leaf lettuce; top with another slice of Whole Grain bread.
- Low-fat milk (1 cup)
- Cantaloupe and honeydew chunks (1 cup)

Calculated Daily Nutrition: Calories 1606, Total Fat 45g, Saturated Fat 11g, Cholesterol 162mg, Sodium 2136mg, Total Carbohydrates 217g, Dietary Fiber 31g, Protein 99g

DASH Food Group Servings: Grains 6, Vegetables 3, Fruits 4, Milk Products 2, Meats, Fish, and Poultry 5, Nuts, Seeds, and Legumes 0.5, Fats and Oils 2.5, Sweets and Added Sugars 0

DAY SIX

Breakfast

English Muffin Breakfast

- **Pepperidge Farm® 100% Whole Wheat English muffin** (1) toasted and spread with jelly (1 tbsp.)
- Low-fat milk (1 cup)

Lunch

Italian Style Wedding Soup & Turkey Sandwich Lunch

- **Campbell's® Select Harvest® Italian-Style Wedding soup** (1 cup)
- Turkey Sandwich: Spread 1 slice **Pepperidge Farm® Whole Grain 15 Grain Bread** with 2 tsp. mayonnaise. Add 2 oz. sliced turkey breast, 2 tomato slices and 2 pieces leaf lettuce; top with another slice of Whole Grain bread.
- 1 medium apple

Dinner

Pork Tenderloin 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.
- Broiled or grilled trimmed pork tenderloin (3 oz.)
- Hot cooked egg noodles (1 cup)
- Steamed spinach (1 cup)
- Applesauce (1 cup)

Snacks

- Low-fat frozen yogurt (1 cup) topped with raspberries (½ cup)

Calculated Daily Nutrition: Calories 1666, Total Fat 37g, Saturated Fat 12g, Cholesterol 209mg, Sodium 1434mg, Total Carbohydrates 256g, Dietary Fiber 34g, Protein 98g

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 1

