

7 Day DASH* Menu Plan

2,000 Calories 1,500 mg Sodium

DAY ONE

Breakfast

Puffed Wheat Breakfast

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

Lunch

Chicken Noodle Soup & Salad Lunch

- **Campbell's® Chunky™ Healthy Request® Classic Chicken Noodle soup** (1 cup)
- Salad: Mix 2 cups leafy salad greens, 3 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 whole grain roll (1 oz.)
- 1 medium tangerine

Dinner

Fish, Couscous & Asparagus Dinner

- Baked cod (3 oz.)
- Steamed couscous (1 cup)
- Steamed asparagus (½ cup)
- 1 whole grain roll (1 oz.) with soft unsalted margarine (1 tsp.)

Snacks

- 1 container plain, low-fat yogurt (6 oz.) mixed with raspberries (½ cup)
- **V8 V-Fusion® Peach Mango juice** (8 oz.)
- Unsalted pretzels (3 oz.-about 14 twists)

Calculated Daily Nutrition: Calories 1966, Total Fat 44g, Saturated Fat 12g, Cholesterol 176mg, Sodium 1483mg, Total Carbohydrates 293g, Dietary Fiber 27g, Protein 109g

DASH Food Group Servings: Grains 7, Vegetables 5, Fruits 5, Milk Products 2, Meats, Fish, and Poultry 6, Nuts, Seeds, and Legumes 1, Fats and Oils 3, Sweets and Added Sugars 0

DAY TWO

Breakfast

Oatmeal Breakfast

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

Lunch

Vegetable Soup & Turkey Burger Lunch

- **Campbell's® Chunky™ Healthy Request® Vegetable soup** (1 cup)
- 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.
- Canned fruit cocktail packed in juice (½ cup)

Dinner

Beef, Potato & 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.
- 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

- Low-fat frozen yogurt (1 cup) topped with sliced strawberries (½ cup) & low-fat granola (½ cup)
- 1 mozzarella cheese stick (1 oz.)
- Unsalted popcorn (3 cups air-popped)

Calculated Daily Nutrition: Calories 1982, Total Fat 57g, Saturated Fat 16g, Cholesterol 192mg, Sodium 1396mg, Total Carbohydrates 282g, Dietary Fiber 32g, Protein 105g

DASH Food Group Servings: Grains 7, Vegetables 6, Fruits 5, Milk Products 2.75, Meats, Fish, and Poultry 6, Nuts, Seeds, and Legumes 0.5, Fats and Oils 3, Sweets and Added Sugars 0

DAY THREE

Breakfast

Cereal Bar Breakfast

- 1 whole-grain fruit and cereal bar
- Low-fat milk (1 cup)
- 1 medium banana

Lunch

Tomato Soup & Grilled Cheese Sandwich Lunch

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

Dinner

Pasta with Chicken & Veggies Dinner

- Spray a nonstick skillet with vegetable cooking spray. Add ¼ cup coarsely chopped 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.
- 1 whole grain roll (1 oz.) with soft unsalted margarine (1 tsp.)

Snacks

- 1 container plain, low-fat yogurt (6 oz.) topped with 1 medium peach, sliced, and low-fat granola (½ cup)
- **V8 Splash® Tropical Blend juice drink** (16 oz.)
- Unsalted popcorn (3 cups air-popped)

Calculated Daily Nutrition: Calories 1918, Total Fat 46g, Saturated Fat 17g, Cholesterol 134mg, Sodium 1410mg, Total Carbohydrates 305g, Dietary Fiber 29g, Protein 92g

DASH Food Group Servings: Grains 8, Vegetables 4, Fruits 4, Milk Products 2.75, Meats, Fish, and Poultry 3, Nuts, Seeds, and Legumes 0, Fats and Oils 3, Sweets and Added Sugars 2

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 the egg white mixture; cook over medium heat until done.
- **Pepperidge Farm® Whole Grain Soft Honey Oat bread** (1 slice) toasted and spread with jelly (1 tsp.)
- Sliced strawberries (1 cup)
- Low-fat milk (1 cup)

Lunch

Italian Style Wedding Soup & Turkey Sandwich Lunch

- **Campbell's® Select Harvest® Healthy Request® Italian-Style Wedding soup** (1 cup)
- Turkey Sandwich: Spread 1 slice **Pepperidge Farm® Very Thin Sliced 100% Whole Wheat bread** with 2 tsp. mayonnaise. Add 2 oz. sliced turkey breast, 1 slice Swiss cheese (¼ oz.), 2 tomato slices and 2 pieces leaf lettuce; top with another slice of Thin Sliced bread.
- Sliced cucumbers (1 cup)
- 1 medium apple

Dinner

Pork Tenderloin, Rice & Spinach 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 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)
- Unsalted mixed nuts (1/3 cup) and raisins (¼ cup)

Calculated Daily Nutrition: Calories 1926, Total Fat 64g, Saturated Fat 17g, Cholesterol 171mg, Sodium 1423mg, Total Carbohydrates 248g, Dietary Fiber 34g, Protein 110g

DASH Food Group Servings: Grains 6, Vegetables 6, Fruits 5, Milk Products 2, Meats, Fish, and Poultry 5, Nuts, Seeds, and Legumes 1, Fats and Oils 2, Sweets and Added Sugars 0.33

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® Chicken Noodle soup** (1 cup prepared)
- Salad: Mix 2 cups leafy salad greens, ¼ cup garbanzo beans, 3 oz. cooked chicken breast, 1 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 medium baked potato (6 oz.) topped with fat-free sour cream (2 tbsp.)
- Steamed broccoli (1 cup) with soft unsalted margarine (1 tsp.)

Snacks

- 1 container plain, low-fat yogurt (6 oz.) topped with low-fat granola (½ cup) and sliced strawberries (½ cup)
- Unsalted popcorn (3 cups air-popped)
- **V8 Splash® Tropical Blend juice drink** (8 oz.)

Calculated Daily Nutrition: Calories 1953, Total Fat 46g, Saturated Fat 13g, Cholesterol 176mg, Sodium 1417mg, Total Carbohydrates 296g, Dietary Fiber 31g, Protein 103g

DASH Food Group Servings: Grains 7, Vegetables 6, Fruits 4, Milk Products 2, Meats, Fish, and Poultry 6, Nuts, Seeds, and Legumes 0.5, Fats and Oils 3, Sweets and Added Sugars 1

DAY SIX

Breakfast

English Muffin Breakfast

- **Pepperidge Farm® 100% Whole Wheat English muffin** (1) toasted and spread with sugar-free jelly (2 tbsp.)
- Low-fat milk (1 cup)
- Blueberries (1 cup)

Lunch

Mexican Style Chicken Tortilla Soup & Tuna Sandwich Lunch

- **Campbell's® Select Harvest® 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® Very Thin Sliced 100% Whole Wheat bread**, top with 2 tomato slices, 2 pieces of leaf lettuce and another slice of Thin Sliced bread.
- Sliced raw veggies (1 cup)
- 1 medium orange

Dinner

Hamburger & Salad Dinner

- Hamburger: Place a 3 oz. cooked lean hamburger patty on a toasted hamburger bun with 2 slices of tomato and 2 slices onion.
- 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.
- Canned pineapple chunks packed in juice (½ cup)

Snacks

- Low-fat frozen yogurt (1 cup) topped with sliced strawberries (½ cup)
- **V8 Splash® Berry Blend juice drink** (8 oz.)
- Unsalted mixed nuts (1/3 cup)

Calculated Daily Nutrition: Calories 1822, Total Fat 65g, Saturated Fat 17g, Cholesterol 132mg, Sodium 1425mg, Total Carbohydrates 260g, Dietary Fiber 29g, Protein 88g

DASH Food Group Servings: Grains 6, Vegetables 4, Fruits 5, Milk Products 2, Meats, Fish, and Poultry 5, Nuts, Seeds, and Legumes 1, Fats and Oils 2, Sweets and Added Sugars 3

