

# 7 Day DASH\* Menu Plan

2,000 Calories 2,300mg Sodium

## DAY ONE

### Breakfast

#### Cereal Bar Breakfast

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

### Lunch

#### Garden Tomato Soup & Tuna Sandwich Lunch

- **Campbell's® Select™ Garden Tomato 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® Whole 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 container plain, low-fat yogurt (6 oz.) topped with mixed fruit (½ cup)

### 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.
- Cooked skinless chicken breast (3 oz.) baked with oregano and lemon juice
- Steamed broccoli (½ cup)
- Steamed couscous (1 cup)
- 1 whole grain roll (1 oz.) with soft unsalted margarine (1 tsp.)

### Snacks

- 1 medium apple & 2 tbsp. unsalted sunflower seeds
- Unsalted popcorn (3 cups air-popped)
- 1 can **Low Sodium V8® vegetable juice** (5.5 oz.)
- 1 medium orange

**Calculated Daily Nutrition:** Calories 1975, Total Fat 54g, Saturated Fat 18g, Cholesterol 161mg, Sodium 1843mg, Total Carbohydrates 282g, Dietary Fiber 34g, Protein 103g

**DASH Food Group Servings:** Grains 7, Vegetables 4, Fruits 5, Milk Products 2.75, Meats, Fish, and Poultry 5, Nuts, Seeds, and Legumes 1, Fats and Oils 3, 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
- **Pepperidge Farm® Whole Grain bread** (1 slice) toasted and spread with jelly (1 tbsp.)
- Orange juice (1 cup)

### Lunch

#### Savory Lentil Soup & Salad Lunch

- **Campbell's® Select™ Savory Lentil soup** (1 cup)
- 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.
- Pasta: 1 cup cooked pasta topped with ½ cup **Prego® Chunky Garden Mushroom & Green Peppers Italian sauce** and 2 tbsp. grated Parmesan cheese
- 1 whole grain roll (1 oz.) with soft unsalted margarine (1 tsp.)
- Canned pineapple chunks packed in juice (½ cup)

### Dinner

#### Salmon, Rice & Asparagus Dinner

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

### Snacks

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

**Calculated Daily Nutrition:** Calories 1977, Total Fat 45g, Saturated Fat 13g, Cholesterol 85mg, Sodium 2336mg, Total Carbohydrates 321g, Dietary Fiber 36g, Protein 84g

**DASH Food Group Servings:** Grains 8, Vegetables 5, Fruits 5, Milk Products 2, Meats, Fish, and Poultry 3, Nuts, Seeds, and Legumes 0, Fats and Oils 3, Sweets and Added Sugars 1

## DAY THREE

### Breakfast

#### Oatmeal Breakfast

- Cooked oatmeal (1 cup) mixed with raisins (¼ cup)
- **Pepperidge Farm® Whole Grain bread** (1 slice) toasted and spread with soft unsalted margarine (1 tsp.) and jelly (1 tbsp.)
- Low-fat milk (1 cup)

### Lunch

#### Tomato Soup & Roast Beef Sandwich Lunch

- **Campbell's® 25% Less Sodium Tomato soup** (1 cup prepared)
- Roast Beef Sandwich: Spread 1 slice **Pepperidge Farm® Whole 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 (½ cup) & sliced celery (½ cup)
- 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 (1 cup)
- Applesauce (½ cup)

### Snacks

- 1 mozzarella cheese stick (1 oz.)
- Canned pineapple chunks packed in juice (½ cup)
- 1 container plain, low-fat yogurt (6 oz.) topped with low-fat granola (¼ cup)

**Calculated Daily Nutrition:** Calories 2024, Total Fat 62g, Saturated Fat 24g, Cholesterol 226mg, Sodium 2182mg, Total Carbohydrates 264g, Dietary Fiber 30g, Protein 107g

**DASH Food Group Servings:** Grains 7.5, Vegetables 4.75, Fruits 4, Milk Products 3.5, Meats, Fish, and Poultry 5, Nuts, Seeds, and Legumes 0, Fats and Oils 2, Sweets and Added Sugars 0.33

# DAY FOUR

## Breakfast

### Egg Substitute Breakfast

- Scramble ½ cup egg substitute in nonstick skillet sprayed with vegetable cooking spray
- **Pepperidge Farm® Whole 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, 2 tbsp. raisins 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

- 3 oz. unsalted pretzels (about 14 twists)
- **V8® V.Fusion® Strawberry Banana juice** (8 oz.)
- Strawberry Yogurt: 1 container plain, low-fat yogurt (6 oz.) mixed with sliced strawberries (1 cup)

**Calculated Daily Nutrition:** Calories 2013, Total Fat 45g, Saturated Fat 14g, Cholesterol 154mg, Sodium 2345mg, Total Carbohydrates 299g, Dietary Fiber 25g, Protein 108g

**DASH Food Group Servings:** Grains 6, Vegetables 7, Fruits 6, Milk Products 2, Meats, Fish, and Poultry 5, Nuts, Seeds, and Legumes 0.5, Fats and Oils 3, Sweets and Added Sugars 0

# DAY FIVE

## Breakfast

### Puffed Wheat Cereal Breakfast

- Puffed wheat cereal (2 cups) 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 Pepper Steak soup** (1 cup)
- 8 whole wheat crackers topped with 2 tbsp. peanut butter
- Sliced carrot sticks (1 cup) and light ranch dressing (2 tbsp.) for dipping
- 1 medium orange

## Dinner

### Chinese Chicken & 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.
- Steamed chicken breast (3 oz.)
- Steamed broccoli (1 cup)
- Peanut or sesame oil (2 tsp.)
- Hot cooked brown or white rice (1 cup)
- Canned peaches packed in juice (½ cup)

## Snacks

- Turkey Sandwich: Spread 1 slice **Pepperidge Farm® Whole 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 1945, Total Fat 60g, Saturated Fat 14g, Cholesterol 167mg, Sodium 2285mg, Total Carbohydrates 259g, Dietary Fiber 39g, Protein 110g

**DASH Food Group Servings:** Grains 7, Vegetables 5, Fruits 5, Milk Products 2, Meats, Fish, and Poultry 5, Nuts, Seeds, and Legumes 1, Fats and Oils 4, Sweets and Added Sugars 0

# DAY SIX

## Breakfast

### English Muffin Breakfast

- **Pepperidge Farm® 7 Grain 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™ Italian Style Wedding soup** (1 cup)
- Turkey Sandwich: Spread 1 slice **Pepperidge Farm® Whole 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) and low-fat granola (½ cup)
- Low-fat milk (1 cup)
- Graham cracker rectangles (2 large)

**Calculated Daily Nutrition:** Calories 1988, Total Fat 41g, Saturated Fat 14g, Cholesterol 216mg, Sodium 2308mg, Total Carbohydrates 309g, Dietary Fiber 34g, Protein 110g

**DASH Food Group Servings:** Grains 8, Vegetables 4, Fruits 4, Milk Products 3, Meats, Fish, and Poultry 5, Nuts, Seeds, and Legumes 0, Fats and Oils 2, Sweets and Added Sugars 1

