

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)
- 100%

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 Oatmeal 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® 100% vegetable juice** (5.5 oz.)
- 1 medium orange

Calculated Daily Nutrition: Calories 1980, Total Fat 57g, Saturated Fat 18g, Cholesterol 161mg, Sodium 1923mg, Total Carbohydrates 283g, Dietary Fiber 35g, Protein 102g

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 Oatmeal bread** (1 slice) toasted and spread with jelly (1 tbsp.)
- Orange juice (1 cup)

Lunch

Savory Lentil Soup & Salad Lunch

- **Campbell's® Select Harvest® Minestrone 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 1907, Total Fat 45g, Saturated Fat 11g, Cholesterol 85mg, Sodium 1986mg, Total Carbohydrates 310g, Dietary Fiber 33g, Protein 81g

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 Oatmeal 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® Tomato soup** (1 cup prepared)
- Roast Beef Sandwich: Spread 1 slice **Pepperidge Farm® Whole Grain Oatmeal 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 1964, Total Fat 61g, Saturated Fat 22g, Cholesterol 226mg, Sodium 1922mg, Total Carbohydrates 264g, Dietary Fiber 33g, 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 Oatmeal 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 2030, Total Fat 46g, Saturated Fat 14g, Cholesterol 146mg, Sodium 2332mg, Total Carbohydrates 305g, Dietary Fiber 27g, Protein 107g

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 Sirloin Steak with Hearty Vegetable 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 Oatmeal 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 1935, Total Fat 60g, Saturated Fat 13g, Cholesterol 162mg, Sodium 2355mg, Total Carbohydrates 260g, Dietary Fiber 41g, Protein 109g

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® 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 Oatmeal 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 42g, Saturated Fat 13g, Cholesterol 221mg, Sodium 1768mg, Total Carbohydrates 312g, Dietary Fiber 36g, Protein 109g

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

