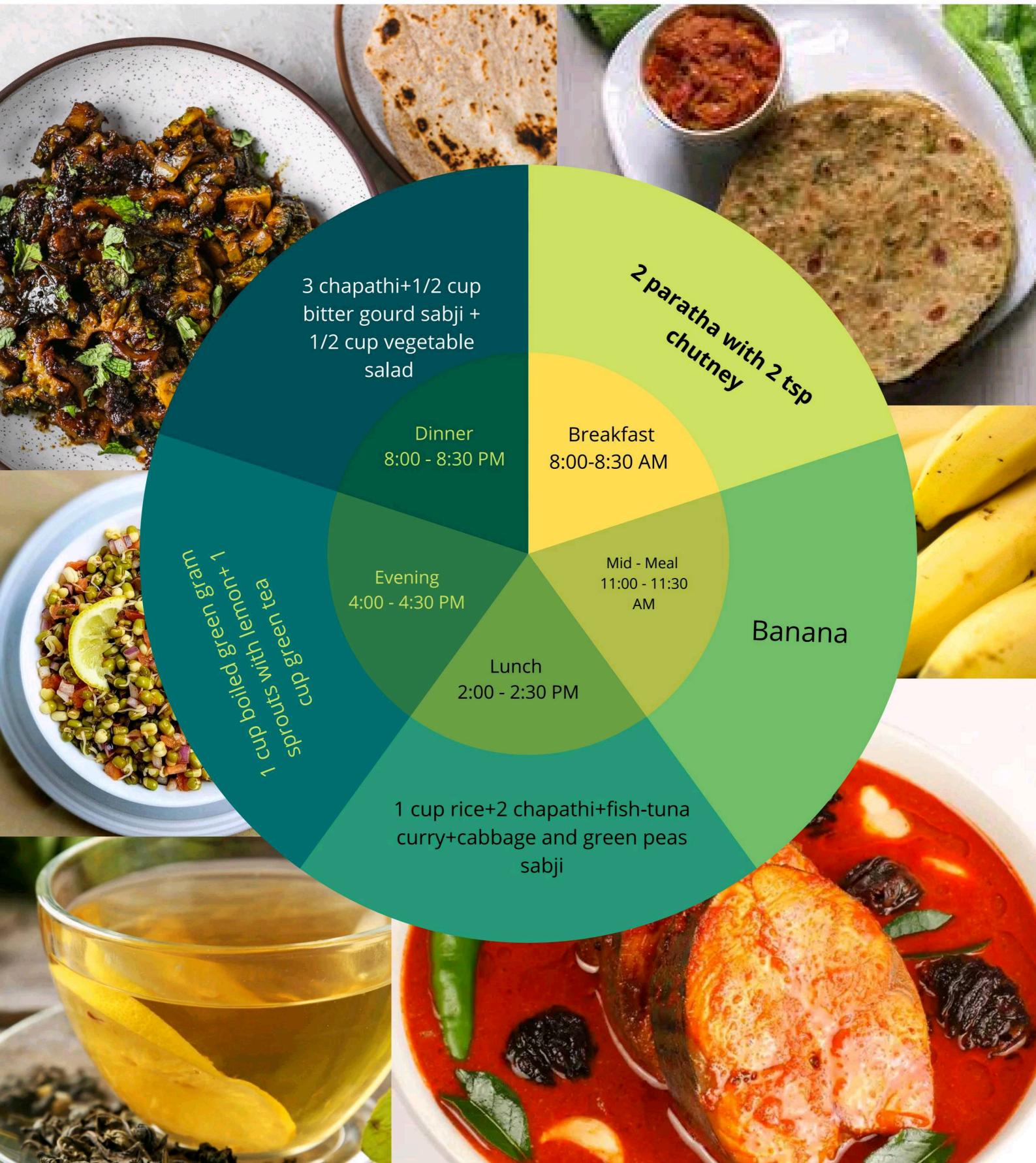


Blood Pressure Diet Chart



Diet Plan for Blood Pressure Patient

Day 1 :

- 1.Breakfast : A bowl of oats with milk + 1 banana.
- 2.Lunch : Simple Summer Salad with Balsamic Vinaigrette
- 3.Dinner : Apple Pecan Chicken. Less the bacon



Day 2 :

- 1.Breakfast: Healthy Chocolate Peanut Butter and Banana Smoothie Bowl
- 2.Lunch: Canned tuna (in oil or water) + salad
- 3.Dinner: Roasted Salmon and Asparagus



Day 3 :

1. Breakfast : Grapefruit Green Smoothie. If you have a blender then smoothies are a quickanddelicious breakfast.
2. Lunch : Quinoa Salad with Nuts. Quinoa is a versatile grain that is naturally gluten-free andhigh protein. This recipe has many tasty alternatives depending on what vegetablesand nuts you have leftover.
3. Dinner : Healthy Chipotle Chicken Sweet Potato Skins. Sweet potato is just one of my all time favourite foods. Recommend using Swiss or mozzarella cheese, or a low-sodium cheddar.



Day 4 :

1. Breakfast: Apple Walnut Quinoa
2. Lunch: Pumpkin Soup Like You've Never Tasted Before. I'm a big fan of soups, especially in colder months. They tend to be lower-calorie than regular meals, rich in vegetables, and can keep you full for longer.
3. Dinner: Green Lentil and Walnut Bolognese served with pasta



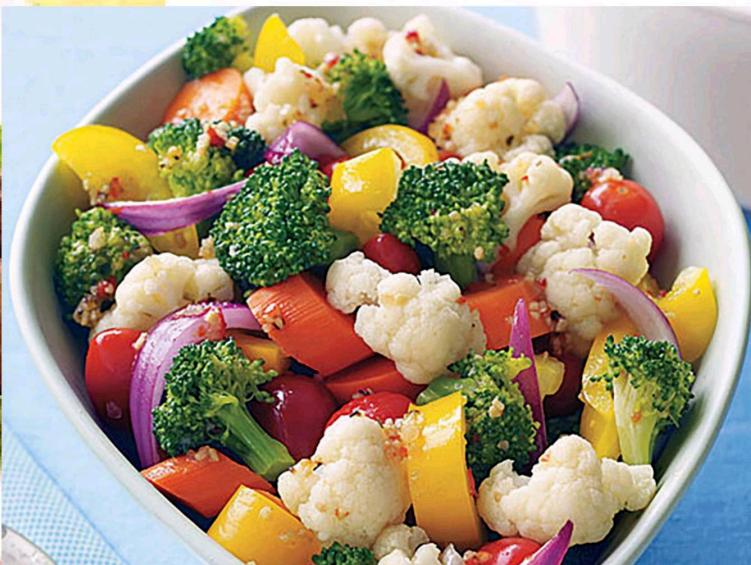
Day 5 :

1. Breakfast: Chocolate Peanut Butter Smoothie. All-natural peanut butter (usually at least 95% peanuts) is the healthiest choice, but it's thick!
2. Lunch: Roasted Sweet Potato Salad
3. Dinner: Choose your favourite / leftovers / eating out



Day 6 :

1. Breakfast: Choose your favourite
2. Lunch: Fresh Spring (Rice-Paper) Rolls.
Perfect for using leftover veggies. Select a maximum of 3 veggies, and add a protein food if you like.
3. Dinner: Grilled Spicy Honey Lime
Chicken Kebabs



Day 7 :

- 1 Breakfast: Creamy Coconut Milk Quinoa Pudding. Swap maple syrup for honey if you don't have it.
2. Lunch: Choose your favourite / leftovers / eating out
3. Dinner: Bibimbap Nourishing Bowl. Bibimbap literally means "mixed rice" in Korean, and is a signature dish packed with veggies, a protein source and topped with a sunny side up egg. Add in any other leftover vegetables or meat you have, and feel free to sub in white rice for brown.



Day 8 :

1. Breakfast : 1/2 cup Oats in 1 glass toned milk
2. Lunch : 4 chapathi+1/2 cup cluster beans curry+1/2 cup capsicum paneer sabji+ 1 glass buttermilk
3. Dinner : 3 chapathi+1/2 cup Snake gourd sabji+1/2 cup vegetable salad



Day 9 :

1. Breakfast : 3 rice dosa+1/2 cup sambhar+1tsp pudina chutney
2. Lunch : 1 cup rice+2 chapathi+1/2 cup yam (jimikand) curry+1/2 cup ivy gourd(parmal) sabji+1 glass buttermilk
3. Dinner : 3 chapathi(multigrain-wheat;jowar;bajra)+lauki sabji+1/2 cup vegetable salad



Day 10 :

1. Breakfast : Vegetable sandwich with 4 whole wheat bread slices+cucumber,tomato, onion,lettuce
2. Lunch : 1 cup rice+2 chapathi+1 portion(100gm) grilled/stewed-tuna fish+1/2 cup rajmah curry
3. Dinner : 3 chapathi+1/2 cup raw banana sabji+1/2 cup vegetable salad



Day 11 :

1. Breakfast : 1 cup broken wheat upma with vegetables+1 glass toned milk/1 cup tea
2. Lunch : 4 chapathi+1/2 cup french beans curry+1/2 cup colocasia(arbi) sabji+ 1 glass buttermilk
3. Dinner : 3 chapathi+ 1/2 cup ridge gourd(thori) sabji+1/2 cup vegetable salad



Day 12 :

1. Breakfast : 4 rice Idly+ 1/2 cup sambhar+1 tsp coconut chutney+1 glass milk/ 1 cup tea
2. Lunch : 4 chapathi+1/2 cup lauki dal+1/2 cup green peas and panner sabji+1 glass butter milk
3. Dinner : 3 chapathi+ 1/2 cup bhindi sabji+ 1 cup vegetable salad



Day 13 :

1. Breakfast : 1 cup roasted oats upma with vegetables+1 glass toned milk/1 cup tea
2. Lunch : 1 cup rice+2 chapathi+aloo brinjal sabji+1/2 cup tomato dal+1 glass buttermilk
3. Dinner : 3 chapathi(multigrain-wheat;jowar;bajra)+1/2 cup tinda sabji+ 1/2 cup vegetable salad



Day 14 :

1. Breakfast : Stuffed cabbage chapati (2) + Cucumber raita (1/2 cup) + Tomato chutney (1/3rd cup)
2. Lunch : Chapati (2) + Chicken curry (1/2 cup)
3. Dinner : Chapati (2) + Bottle gourd curry (1/2 cup)



Day 15 :

1. Breakfast : Milk n Cornflakes with strawberry(3-4) + Cashew nuts(3) + Almonds(4)
2. Lunch : Rice flakes pulav (1 cup) + Cauliflower curry (1/2 cup) + Roasted papad (1-2)
3. Dinner : Chapati (2) + Ridge gourd curry (1/2 cup)



Day 16 :

1. Breakfast : Methi paratha (2) + Cucumber raita (1/2 cup) + Tomato chutney (1/3rd cup)
2. Lunch : Chapati (2) + Soy bean curry (1/2 cup)
3. Dinner : Chapati (2) + Mix veg. curry (1/2 cup)



Day 17 :

1. Breakfast : Spinach paratha (2) + Cucumber n onion raita (1/2 cup) + Tomato chutney (1/3rd cup)
2. Lunch : Chapati (2) + Egg curry (1/2 cup)
3. Dinner : Chapati (2) + Snake gourd curry (1/2 cup)



Day 18 :

1. Breakfast : Milk n Cornflakes with banana() + Cashew nuts(3) + Almonds(4)
2. Lunch : Dosa (2) + Samber (1/2 cup) + Raita (1/3rd cup)
3. Dinner : Chapati (2) + Baked Carrot n Beetroot (1/2 cup)



Day 19 :

1. Breakfast : Aloo paratha(1.5) + Cucumber n onion raita (1/2 cup) + Tomato chutney (1/3rd cup)
2. Lunch : Chapati (2) + Paneer curry (1/2 cup)
3. Dinner: Chapati (2) + Spinach curry (1/2 cup)



Day 20 :

1. Breakfast : Grated carrot paratha (2) + Cucumber raita (1/2 cup) + Tomato chutney (1/3rd cup)
2. Lunch :Veg. pulav (1 cup) + Dum aloo (1/2 cup) + Roasted papad (1-2)
3. Dinner : Chapati (2) + Baked Pumpkin (1/2 cup)



Day 21 :

1. Breakfast: Healthy Chocolate Peanut Butter and Banana Smoothie Bowl
2. Lunch: Canned tuna (in oil or water) + salad
3. Dinner: Roasted Salmon and Asparagus



Day 22 :

1. Breakfast : Stuffed cabbage chapati (2) + Cucumber raita (1/2 cup) + Tomato chutney (1/3rd cup)
2. Lunch : Chapati (2) + Chicken curry (1/2 cup)
3. Dinner : Chapati (2) + Bottle gourd curry (1/2 cup)



Day 23 :

1. Breakfast : Spinach paratha (2) + Cucumber n onion raita (1/2 cup) + Tomato chutney (1/3rd cup)
2. Lunch : Chapati (2) + Egg curry (1/2 cup)
3. Dinner : Chapati (2) + Snake gourd curry (1/2 cup)



Day 24 :

1. Breakfast : Milk n Cornflakes with strawberry(3-4) + Cashew nuts(3) + Almonds(4)
2. Lunch : Rice flakes pulav (1 cup) + Cauliflower curry (1/2 cup) + Roasted papad (1-2)
3. Dinner : Chapati (2) + Ridge gourd curry (1/2 cup)



Day 25 :

1. Breakfast : A bowl of oats with milk + 1 banana.
2. Lunch : Simple Summer Salad with Balsamic Vinaigrette
3. Dinner : Apple Pecan Chicken. Less the bacon



Day 26 :

1. Breakfast: Creamy Coconut Milk Quinoa Pudding. Swap maple syrup for honey if you don't have it.
2. Lunch: Choose your favourite / leftovers / eating out
3. Dinner: Bibimbap Nourishing Bowl. Bibimbap literally means "mixed rice" in Korean, and is a signature dish packed with veggies, a protein source and topped with a sunny side up egg. Add in any other leftover vegetables or meat you have, and feel free to sub in white rice for brown.



Day 27 :

1. Breakfast : 3 rice dosa+1/2 cup sambhar+1tsp pudina chutney
2. Lunch : 1 cup rice+2 chapathi+1/2 cup yam (jimikand) curry+1/2 cup ivy gourd(parmal) sabji+1 glass buttermilk
3. Dinner : 3 chapathi(multigrain-wheat;jowar;bajra)+lauki sabji+1/2 cup vegetable salad



Day 28 :

1. Breakfast : Stuffed cabbage chapati (2) + Cucumber raita (1/2 cup) + Tomato chutney (1/3rd cup)
2. Lunch : Chapati (2) + Chicken curry (1/2 cup)
3. Dinner : Chapati (2) + Bottle gourd curry (1/2 cup)



Day 29 :

1. Breakfast : 4 rice Idly+ 1/2 cup sambhar+1 tsp coconut chutney+1 glass milk/ 1 cup tea
2. Lunch : 4 chapathi+1/2 cup lauki dal+1/2 cup green peas and panner sabji+1 glass butter milk
3. Dinner : 3 chapathi+ 1/2 cup bhindi sabji+ 1 cup vegetable salad



Day 30 :

1. Breakfast : Vegetable sandwich with 4 whole wheat bread slices+cucumber,tomato, onion,lettuce
2. Lunch : 1 cup rice+2 chapathi+1 portion(100gm) grilled/stewed-tuna fish+1/2 cup rajmah curry
3. Dinner : 3 chapathi+1/2 cup raw banana sabji+1/2 cup vegetable salad