



# DASH Diet

## 5-Day Meal Plan

### MONDAY

#### BREAKFAST

Hot Rolled Oats  
Dried Cranberries  
Honey

#### LUNCH

Hummus & Veggie  
Sandwich on  
Whole Grain Toast

#### SNACK

Dried Apricots  
& Almonds

#### DINNER

Salmon  
Brussels  
Sweet Potato Fries  
Lentils w/Diced Carrots,  
Celery, Onion,  
Tomatoes

#### SNACK

Grapes w/  
Romano  
Cheese

### TUESDAY

Greek Yogurt  
Granola  
Honey  
Strawberries

Salmon Sandwich  
on  
Whole Grain Toast

Dried Mango  
& Walnuts

Chicken  
Sliced Peppers  
Red Cabbage  
Corn Tortillas  
Homemade Guacamole

Apples w/  
Almond  
Butter

### WEDNESDAY

Multigrain Waffles  
Honey  
Raspberries

Sliced Chicken &  
Vegetables

Carrots &  
Hummus

Shrimp  
Whole Grain Pasta w/  
Garlic, Olive Oil, &  
Romano Cheese  
Mixed Greens  
Pomegranate Salad

Clementines  
Sunflower  
Seeds

### THURSDAY

Multigrain Toast w/  
Avocado &  
Fried Egg

Shrimp  
Pasta &  
Sliced Veggies

Celery w/  
Almond Butter

Pork Chops  
Quinoa w/ Dried  
Cranberries  
Broccoli

Pears w/  
Cinnamon

### FRIDAY

MultiGrain French  
Toast  
Orange/Clementine  
Slices

Sliced Pork  
Sandwich on  
Whole Grain Toast

Sliced Peppers  
& Hummus

Monkfish  
Brown Rice  
Crushed Tomatoes &  
Garlic  
Mixed Green Salad w/  
Cucumbers, Pears,  
& Romano Cheese

Popcorn,  
spiced