

High Blood Pressure Meal Plan

Day 1:-

Breakfast (309 calories)

- 1 serving Old-Fashioned Oatmeal
- 1/4 cup raspberries
- 3 Tbsp. chopped walnuts

A.M. Snack (131 calories)

- 1 large pear

Lunch (455 calories)

- 1 serving White Bean & Veggie Salad
- 1 medium apple

P.M. Snack (62 calories)

- 1 medium orange

Dinner (522 calories)

- 1 serving Garlic Butter-Roasted Salmon with Potatoes & Asparagus

Daily Totals: 1,479 calories, 55 g protein, 166 g carbohydrates, 39 g fiber, 75 g fat, 14 g saturated fat, 3,525 mg potassium, 875 mg sodium

To Make it 1,200 Calories: Omit the walnuts at breakfast and change the P.M. snack to 1/4 cup sliced cucumbers.

To Make it 2,000 Calories: Increase to 4 Tbsp. chopped walnuts at breakfast plus add 1/3 cup dry-roasted unsalted almonds to A.M. snack and 1/3 cup dried walnut halves to P.M. snack.

Day 2:-

Breakfast (309 calories)

- 1 serving Old-Fashioned Oatmeal
- 1/4 cup raspberries
- 3 Tbsp. chopped walnuts

A.M. Snack (148 calories)

- 1 cup nonfat plain Greek yogurt
- 1/4 cup blackberries

Lunch (381 calories)

- 1 serving Vegan Superfood Grain Bowls P.M.

Snack (186 calories)

- 10 dry-roasted unsalted almonds
- 2 cups cantaloupe, cubed

Dinner (485 calories)

1 serving Chicken Hummus Bowls

Daily Totals: 1,509 calories, 85 g protein, 144 g carbohydrates, 36 g fiber, 74 g fat, 10 g saturated fat, 3,569 mg potassium, 1,186 mg sodium

To Make it 1,200 Calories: Omit the walnuts at breakfast and the almonds at the P.M. snack plus reduce to 1/2 cup yogurt at the A.M. snack.

To Make it 2,000 Calories: Increase to 2 servings Old-Fashioned Oatmeal at breakfast, add 1 slice wheat toast with 1 Tbsp. almond butter to A.M. snack and increase to 1/3 cup dry-roasted unsalted almonds at P.M. snack.

Day 3:-

Breakfast (278 calories)

1 cup nonfat plain Greek yogurt

1/3 cup blueberries

3 Tbsp. slivered almonds

A.M. Snack (72 calories)

1 1/3 cup cantaloupe, cubed

Lunch (381 calories)

1 serving Vegan Superfood Grain Bowls P.M.

Snack (321 calories)

1 medium banana

1/3 cup dried walnut halves

Dinner (440 calories)

1 serving Baked Eggs in Tomato Sauce with Kale

1-oz. slice whole-wheat baguette

Daily Totals: 1,492 calories, 76 g protein, 153 g carbohydrates, 31 g fiber, 73 g fat, 9 g saturated fat, 3,553 mg potassium, 1,175 mg sodium

To Make it 1,200 Calories: Reduce to 1 Tbsp. slivered almonds at breakfast and omit the walnuts at the P.M. snack.

To Make it 2,000 Calories: Add 1 whole-wheat English muffin with 1 1/2 Tbsp. almond butter to breakfast and 1 serving Guacamole Chopped Salad to dinner.

Day 4:-

Breakfast (278 calories)

1 cup nonfat plain Greek yogurt

1/3 cup blueberries

3 Tbsp. slivered almonds

A.M. Snack (318 calories)

- 1 large banana
- 2 Tbsp. almond butter

Lunch (381 calories)

- 1 serving Vegan Superfood Grain Bowls

P.M. Snack (84 calories)

- 10 dried apricot halves

Dinner (429 calories)

- 1 serving Chicken & Kale Taco Salad with Jalapeño-Avocado Ranch

Meal-Prep Tip: To prepare for dinner tomorrow, soak 1 pound dried cannellini beans in water overnight and gather all ingredients so you're able to start the slow-cooker on low for 7-8 hours in the morning to have the Slow-Cooker Chicken & White Bean Stew ready in time for dinner.

Daily Totals: 1,490 calories, 83 g protein, 149 g carbohydrates, 35 g fiber, 71 g fat, 11 g saturated fat, 3,520 mg potassium, 754 mg sodium

To Make it 1,200 Calories: Reduce to 1 Tbsp. slivered almonds at breakfast and omit the almond butter at the A.M. snack.

To Make it 2,000 Calories: Add 1 medium orange to lunch, 1/3 cup dry-roasted unsalted almonds P.M. snack and 1 serving Everything Bagel Avocado Toast to dinner.

Day 5:-

Breakfast (309 calories)

- 1 serving Old-Fashioned Oatmeal
- 1/4 cup raspberries
- 3 Tbsp. chopped walnuts

A.M. Snack (318 calories)

- 1 large banana
- 2 Tbsp. almond butter

Lunch (381 calories)

- 1 serving Vegan Superfood Grain Bowls

P.M. Snack (8 calories)

- 1/2 cup sliced cucumber

Dinner (493 calories)

- 1 serving Slow-Cooker Chicken & White Bean Stew

Meal-Prep Tip: Reserve 2 servings Slow-Cooker Chicken & White Bean Stew to have for lunch on Days 6 and 7.

Daily Totals: 1,509 calories, 78 g protein, 170 g carbohydrates, 55 g fiber, 65 g fat, 10 g saturated fat, 3,721 mg potassium, 935 mg sodium

To Make it 1,200 Calories: Reduce to 1 Tbsp. chopped walnuts at breakfast and omit the almonds at the A.M. snack.

To Make it 2,000 Calories: Increase to 4 Tbsp. chopped walnuts at breakfast, increase to 3 Tbsp. almond butter at A.M. snack, increase to 1 cup sliced cucumber and add 1/4 cup hummus to P.M. snack plus add 1 serving Guacamole Chopped Salad to dinner.

Day 6:-

Breakfast (278 calories)

- 1 cup nonfat plain Greek yogurt
- 1/3 cup blueberries
- 3 Tbsp. slivered almonds

A.M. Snack (90 calories)

- 1 2/3 cup cantaloupe, cubed

Lunch (493 calories)

- 1 serving Slow-Cooker Chicken & White Bean Stew

P.M. Snack (116 calories)

- 1 large apple

Dinner (536 calories)

- 1 serving Coconut-Curry Chicken Cutlets
- 2 cups mixed greens
- 1 serving Citrus Vinaigrette

Daily Totals: 1,513 calories, 108 g protein, 158 g carbohydrates, 44 g fiber, 54 g fat, 12 g saturated fat, 3,550 mg potassium, 1,029 mg sodium

To Make it 1,200 Calories: Omit the almonds at breakfast, reduce the cantaloupe to 3/4 cup at A.M. snack and omit the mixed greens with Citrus Vinaigrette at dinner.

To Make it 2,000 Calories: Add 1/3 cup dry-roasted unsalted almonds to A.M. snack and add 2 Tbsp. almond butter to P.M. snack.

Day 7:-

Breakfast (309 calories)

- 1 serving Old-Fashioned Oatmeal
- 1/4 cup raspberries
- 3 Tbsp. chopped walnuts

A.M. Snack (131 calories)

- 1 large pear

Lunch (493 calories)

- 1 serving Slow-Cooker Chicken & White Bean Stew

P.M. Snack (121 calories)

1 large banana

Dinner (429 calories)

1 serving Charred Shrimp, Pesto & Quinoa Bowls

Daily Totals: 1,484 calories, 86 g protein, 189 g carbohydrates, 53 g fiber, 51 g fat, 9 g saturated fat, 3,507 mg potassium, 1,247 mg sodium

To Make it 1,200 Calories: Omit the walnuts at breakfast, change the A.M. snack to 1 clementine and change the P.M. snack to 1 medium apple.

To Make it 2,000 Calories: Add 1/3 cup dry-roasted unsalted almonds to A.M. snack and add 2 1/2 Tbsp. almond butter to P.M. snack.