## DASH Diet Plan

## Patient information

| Patient name: John Dunn | Date of birth: October 19, 1978 |
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| Gender: Male Female Other: | Age: 45 |

Referring physician: Addison Lowe

| Best to eat | Best to limit |
| :--- | :--- |
| - Vegetables | - Fatty meats |
| - Fruits | - Full-fat dairy |
| - Whole grains | - Sugar-sweetened beverages |
| - Fat-free or low-fat dairy | - Sweets |
| - Fish | - Sodium intake |
| - Poultry |  |
| - Beans |  |
| - Nuts and seeds |  |
| - Vegetable oils |  |

## Tip

Choose foods that are:

- Low in sodium and saturated and trans fats
- Rich in potassium, calcium, magnesium, fiber, and protein

| Date | Breakfast | Lunch | Dinner | Snacks (within <br> the day) |
| :--- | :--- | :--- | :--- | :--- |
| Day 1: <br> November 9, 2023 | Avocado Toast <br> with a Side of <br> Salsa, Coffee | Spicy Chicken with <br> Roasted Sweet <br> Potatoes, Water | Fettuccine with <br> Vegetables, Water | Skim Milk and Trail <br> Mix |
| Day 2: <br> November 10, 2023 | Toast with Peanut <br> Butter and <br> Cinnamon, <br> Banana, Coffee | Turkey Melt, Water | Green Salad with <br> Hummus and <br> Whole Wheat Pita, <br> Water | Low Fat Yogurt, <br> Clementine |
| Day 3: |  |  |  |  |
| November 11, 2023 | Greek yogurt with <br> figs and honey, <br> Coffee | Avocado and Bean <br> Salad, Water | Chicken with Orzo, <br> Clementine, Water | Grapes, Tangerine |


| Date | Breakfast | Lunch | Dinner | Snacks (within the day) |
| :---: | :---: | :---: | :---: | :---: |
| Day 4: <br> November 12, 2023 | Oatmeal with Banana, Coffee and Water | Hummus Plate with Pita, Water | Salmon with Vegetables, Pear, Wild Rice, Water | Low Fat Yogurt, Fruit, and Skim Milk |
| Day 5: <br> November 13, 2023 | Egg Toast with Banana, Pear, Coffee and Water | Veggie-Hummus Sandwich | Cauliflower Steaks with Red Rice | Raspberries,Almon ds |
| Day 6: <br> November 14, 2023 | Bagel with Peanut Butter, Fruits, Coffee and Water | Spinach Salad, Whole Wheat Bread, Water | Zucchini pasta, Melon | Trail Mix, Skim milk |
| Day 7: <br> November 15, 2023 | Avocado toast, Orange, Coffee and Water | Tuna Salad with Crackers, Apple, Water | Vegetable Stir Fry, Brown Rice, Low-fat Yogurt | Peach, Almonds, Skim milk |

## Additional notes

