

1 Week DASH Meal Planner 2600 calories

	BREAKFAST	LUNCH	DINNER	SNACKS
EXAMPLE Approx. 2600 calories	1 whole-wheat bagel 2 tbs peanut butter 1 medium banana 1 OZ bran flakes w/1 c fat-free milk 4 OZ orange juice	turkey sandwich ½ cup baby carrots 1 medium apple 1 cup fat-free milk 1 OZ whole grain crackers	baked chicken breast 1 cup brown rice pilaf 1/2 cup green beans 1 cup salad 1 small dinner roll	1 cup fat-free yogurt w/½ cup frozen berries and ¼ cup granola ½ cup sliced cucumbers 1 cup fresh seasonal fruit
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

DASH Thru the Day

Better Breakfasts: Start your day with fresh fruit, fat free milk or a latte. Enjoy whole grains: oatmeal, bran muffin, cereal or toast.

Sweet & Savory Snacks: Keep a bag of dried fruits and nuts in your glove box or desk. A small handful is sure to satisfy.

Terrific Tasting Tips

Season Sensibly: Enhance food's natural flavors. Cook with herbs, salt-free spices and lemon juice. Choose low-sodium condiments.

Make it Milk: Fill your glass with refreshing fat free milk. Grab a yogurt cup for a quick snack.

DASH Eating Style Goals

Based on 2000 calories

Fruits	2½-3 cups Daily
Vegetables	2½-3 cups Daily
Fat Free or Lowfat Milk and Dairy	3 cups Daily
Whole Grains	10-11 oz Daily
Lean Meat, Fish and Poultry	6 oz Daily
Nuts, Seeds and Legumes	1 Portion Daily
Oils	2-3 teaspoons
Sweets, Salt and Alcohol	Use Sparingly

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Go to www.dashdietoregon.org to find menus, tips and recipes.