DASH Diet

People with High Blood Pressure · Cardiovascular Risk · Heart Health Support
One-Page Grocery List & Sample Menu (Repeat for 3–4 Weeks)

Grocery List

Proteins: Chicken, turkey, fish, eggs, beans, lentils
Vegetables: Leafy greens, broccoli, carrots, zucchini, peppers, tomatoes, squash
Fruits: Apples, berries, oranges, bananas, melons
Whole grains: Oats, brown rice, quinoa, whole-grain bread (small portions)
Low-fat dairy: Yogurt, milk, kefir (if tolerated)
Healthy fats: Olive oil, nuts, seeds
Beverages: Water, herbal teas

For best results – Eat 100% organic (or as much as possible). Include 30 minutes of movement or exercise daily. Focus on potassium-rich foods and fiber. Limit sodium intake. Avoid these foods: processed meats, salty snacks, fried foods, excess sodium, sugary drinks, sweets, refined grains, processed foods.

Sample 7-Day Menu

Day	Breakfast	Lunch	Dinner
Mon	Oats + fruit	Chicken + vegetables	Fish + quinoa
Tue	Eggs + fruit	Turkey + vegetables	Chicken + brown rice
Wed	Yogurt + berries	Fish + salad	Turkey + vegetables
Thu	Oats + fruit	Leftovers	Chicken + quinoa
Fri	Eggs + fruit	Turkey + vegetables	Fish + brown rice
Sat	Yogurt + fruit	Chicken salad	Turkey + vegetables
Sun	Eggs + fruit	Fish + vegetables	Chicken + quinoa

Frequently Paired With

Cardio & Mineral Balance Support (Nutri-West) – Supports healthy blood pressure, mineral balance, and cardiovascular function.

Recommended Support: Save time, money, and the trial-and-error hassle when you speak with a Holistic Practitioner from Fun And Easy Health. Personalized guidance leads to more accurate outcomes.
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