

Sample Menu

The DASH Eating Plan

When starting a new eating plan having a sample menu can help you learn new ways to include new principles into your daily routine. Use this three day menu to get you started.

For a seven day menu visit www.nhlbi.nih.gov/health/public/heart/hbp/dash/week_dash.html.

Day 1			
Breakfast	Lunch	Dinner	Snack
Whole Wheat Bagel 2 Tbs. Fat Free Cream Cheese 8 oz. Skim Milk ½ C. Applesauce 8 oz. Lowfat Yogurt	1 C. Romaine Lettuce ½ C. Diced Tomatoes 2 Tbs. Slivered Almonds ½ C. Mandarin Oranges ½ C. Black Beans Reduced Fat Dressing 1 Orange 8 oz. Skim Milk ½ C. Unsalted Pretzels	1 C. Steamed Rice 3 oz. Grilled Chicken 1 C. Frz. Stir Fry Vegetables ¼ C. Sweet and Sour Sauce* Whole Wheat Roll ½ C. Vanilla Ice Cream ½ C. Raspberries Glass of Water	4 Carrot sticks 4 Celery Sticks 2 Tbs. Reduced Fat Ranch Dressing

Day 2			
Breakfast	Lunch	Dinner	Snack
1 C. Raisin Bran Cereal 8 oz. Skim Milk 1 Slice Whole Wheat Toast 1 Tbs. Jelly 1 tsp. Soft Margarine 4 oz. Orange Juice	2 Slices Whole Wheat Bread 2 Tbs. Reduced Fat Peanut Butter 1 Tbs. Jelly Lowfat Granola Bar Fresh Peach 4 oz. Apple Juice	3 oz. Grilled Chicken 1 C. Pasta 2 Tbsp. Parmesan Cheese 1 C. Steamed Asparagus 1 C. Green Salad with Tomatoes and Carrots Reduced Fat Dressing 8 oz. Skim Milk	Banana Berry Smoothie*

Day 3			
Breakfast	Lunch	Dinner	Snack
1 C. Frz. Hashbrowns 1 Banana 1 Tbs. Ketchup 8 oz. Skim Milk 1 slice Whole Wheat Toast 1 tsp. Soft Margarine	2 oz. Sliced Roast Beef 1 oz. Swiss Cheese 2 Slices of Whole Wheat Bread 1 tsp. Mustard ½ C. Grape Tomatoes 1 apple 4 oz. Grape Juice	3 oz. Extra Lean Ground Beef Patty Hamburger Bun Lettuce 2 Tomato Slices Condiments of Choice 1 C. Baked Potato Wedges ½ C. Frz Peas 8 oz. Skim Milk	¼ C. Unsalted Nuts ¼ C. Raisins

*See recipes on next page

Recipes

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Berry Banana Smoothie

1 Cup Milk
1 Banana
1 tsp. Honey
3 Strawberries, Frozen or Fresh
1 Tbsp. Vanilla Yogurt

Combine ingredients in a blender and mix on high for 30 sec. or until uniform consistency.

Allrecipes.com

Low Sodium Sweet and Sour Dipping Sauce

1 tsp. Cornstarch
1/3 Cup Distilled Vinegar
2 tsp. Vegetable Oil
2/3 Cup Pineapple Juice
3Tbsp. Brown Sugar
2 Tbsp. Ketchup

In a small saucepan over medium-low heat, whisk together vinegar and cornstarch. Add oil, pineapple juice, ketchup, brown sugar and salt; whisking constantly until the mixture is heated through.

For a thicker consistency, dissolve another ¼ tsp. of cornstarch in 1/8-1/4 cup cold water. Once dissolved, stir the mixture into the sauce and continue to heat and whisk until sauce thickens.

Adapted from Allrecipes.com

Lazy Beef Casserole

Vegetable oil spray
1 pound beef chuck roast, all visible fat removed, cut into cubes
1/2 cup dry red wine
1 1/4 cup homemade beef broth or low-sodium beef broth
3 tablespoons no-salt-added tomato paste
1/4 teaspoon garlic powder
1/4 teaspoon rosemary
1/4 cup flour
1 8-ounce package fresh mushrooms, sliced
1 cup chopped onion

Preheat broiler. Lightly spray a broiler pan with vegetable oil spray. Place meat on prepared broiler pan and place in broiler. Allow meat to brown on all sides, turning frequently. Remove from broiler and set aside.

Set oven to bake at 300° F.

In 1 1/2-quart casserole, combine wine, broth, tomato paste, spices and flour. Stir to mix well. Place meat in casserole and add mushrooms and onion. Cover and bake 2 1/2 to 3 hours, or until meat is tender.

Deliciousdesicion.org

Shopping List

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Bread/ Grains/ Cereals:

- Raisin Bran Cereal (1 cup)
- Whole Wheat bagel (1 each)
- Unsalted Pretzels (1 cup)
- Rice (1 cup)
- Whole Wheat Roll (1 each)
- Whole Wheat Bread (6 slices)
- Lowfat Granola Bar (1 each)
- Pasta of Choice (1 cup)
- Hamburger Bun (1 each)

Vegetables:

- Romaine Lettuce (1 head)
- Tomatoes (3)
- Frozen Stir Fry Vegetables (1 cup)
- Asparagus (1 cup)
- Carrots (~4 sticks)
- Celery (~4 sticks)
- Grape Tomatoes (1/2 cup)
- Frozen Hashbrowns (1 cup)
- Frozen Peas (1/2 cup)

Fruits:

- Applesauce (1/2 cup)
- Bananas (2)
- Pineapple Juice (2/3 cup)
- Fresh or Frozen Raspberries (1/2 cup)
- Mandarin Oranges (1/2 cup)
- Orange (1)
- Peach (1)
- Fresh or Frozen Strawberries (3 each)
- Raisins (1/4 cup)
- Apple (1)
- Grape Juice (4 oz.)
- Apple Juice (4 oz.)
- Orange Juice (4 oz.)

Dairy:

- Skim Milk (1 Gallon)
- Fat Free Cream Cheese (2 Tbs)
- Lowfat Yogurt (8 oz.)
- Vanilla Yogurt (1 Tb.)
- Vanilla Ice Cream (1/2 cup)
- Parmesean Cheese (2 Tbs)
- Swiss Cheese (1oz)

Condiments/ Seasonings/ Misc.:

- Reduced Fat Dressing of Choice
- Reduced Fat Peanut Butter (2 Tbs)
- Slivered Almonds (2 Tbs)
- Unsalted Nuts(1/4 cup)
- Honey (1 tsp)
- Cornstarch (~1 tsp.)
- Distilled White Vinegar (1/3 cup)
- Vegetable Oil (2 tsp.)
- Low Sodium Ketchup (2 Tbsp.)
- Brown sugar (3 Tbsp.)
- Jelly (2 Tbsp.)
- Soft Margarine (2 tsp.)
- Mustard (1 tsp.)