

# DASH Diet Plan

Patient information					
Name:			Date of birth:		
Height:			Weight:		
Date of assessment:					
Goals					
Weeks 1 and 2: Metabolic reset					
<i>This phase is focused on jump-starting your metabolism and involves stringent adherence to the DASH diet's nutritional goals, particularly limiting sodium and increasing intake of potassium, calcium, and magnesium.</i>					
Start date:			End date:		
Day	Breakfast	Lunch	Snack	Dinner	Note
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					

Day	Breakfast	Lunch	Snack	Dinner	Note
Day 6					
Day 7					
Day 8					
Day 9					
Day 10					
Day 11					
Day 12					
Day 13					
Day 14					

### Weeks 3 onwards: Long-term maintenance

*After the metabolic reset, this phase serves as a sustainable approach to healthy eating, continuing the practices from Phase 1 with a more flexible application to support long-term adherence.*

Start date:

End date:

Day	Breakfast	Lunch	Snack	Dinner	Note
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					

Sample Dash Diet Plan					
Start date: January 6, 2024			End date: January 13, 2024		
Day	Breakfast	Lunch	Snack	Dinner	Notes
Day 1	Oatmeal with sliced bananas and a sprinkle of cinnamon (350g)	Grilled chicken salad with mixed greens, cherry tomatoes, and vinaigrette (450g)	Greek yogurt with honey (150g)	Baked salmon, steamed broccoli, and quinoa (550g)	Focus on water intake today.
Day 2	Whole wheat toast with avocado and poached egg (400g)	Turkey and spinach wrap with mustard (400g)	A small apple with peanut butter (200g)	Stir-fried tofu with vegetables over brown rice (500g)	Limit sodium by using fresh or dried herbs for seasoning.
Day 3	Low-fat yogurt with mixed berries and granola (350g)	Lentil soup with a side of whole grain bread (450g)	Raw carrots and hummus (150g)	Grilled lean steak, baked sweet potato, and green beans (550g)	Ensure protein is lean to reduce saturated fat intake.
Day 4	Smoothie with spinach, banana, berries, and almond milk (300g)	Quinoa salad with chickpeas, cucumber, tomato, and feta cheese (450g)	Mixed nuts (180g)	Pasta with marinara sauce and a side salad (570g)	Choose whole-grain pasta for added fiber.
Day 5	Cottage cheese with sliced peaches (350g)	Grilled vegetable and goat cheese panini (400g)	A pear (100g)	Roasted chicken, asparagus, and wild rice (550g)	Use skinless chicken to reduce fat.
Day 6	Scrambled eggs with diced peppers and onions, served on whole-grain toast (400g)	Beef and vegetable stir-fry (450g)	Greek yogurt (150g)	Fish tacos with cabbage slaw (500g)	Use corn tortillas for a healthier option.
Day 7	Pancakes made with whole grain flour topped with fresh strawberries (350g)	Salad with grilled shrimp, avocado, mango, and lime dressing (450g)	Orange slices (100g)	Turkey chili with beans, topped with a dollop of low-fat sour cream (550g)	Aim for lean turkey to keep the meal low in fat.

## Shopping list

## Additional notes

## Healthcare professional information

Name:

License ID number:

Signature:

Date of assessment: