

# 7-Day DASH Meal Plan for Weight Loss

## Day 1

- Breakfast: Oatmeal (1/2 cup oats) with skim milk, banana, 1 tbsp peanut butter
- Snack: 1 apple
- Lunch: 90g grilled chicken, 1 cup brown rice, 1 cup mixed vegetables, green salad
- Snack: 1 cup low-fat yogurt with berries
- Dinner: 120g baked fish, small boiled potato, 1 cup steamed broccoli

## Day 2

- Breakfast: 2 slices whole wheat bread, 1 boiled egg, tomatoes, 1 orange
- Snack: 1 pear
- Lunch: Lentil stew (1 cup), 1/2 cup brown rice, side salad
- Snack: 10-12 almonds
- Dinner: 90g grilled chicken, grilled vegetables, 1/2 cup couscous

## Day 3

- Breakfast: Low-fat yogurt (1 cup) with oats and fruit
- Snack: 1 banana
- Lunch: 90g lean meat, boiled potatoes, cooked vegetables
- Snack: Fruit salad (1 cup)
- Dinner: Tuna sandwich (whole wheat), green salad

## Day 4

- Breakfast: 2 slices whole wheat bread, low-fat cheese, orange juice (1/2 cup)
- Snack: 1 apple
- Lunch: 120g grilled salmon, 1/2 cup brown rice, sautéed vegetables
- Snack: Low-fat yogurt with peaches

- Dinner: 2 boiled eggs, green salad, 1 slice whole wheat bread

## **Day 5**

- Breakfast: Oatmeal with skim milk, berries, walnuts
- Snack: 1 orange
- Lunch: 150g grilled fish, mashed potatoes, broccoli
- Snack: Whole-grain biscuits with low-fat cheese
- Dinner: Chicken salad with quinoa

## **Day 6**

- Breakfast: 2 boiled eggs, whole wheat bread, cucumber and tomatoes
- Snack: 1 banana
- Lunch: 90g lean beef, mixed vegetables, brown rice
- Snack: Pear and low-fat yogurt
- Dinner: Tuna salad with beans or chickpeas

## **Day 7**

- Breakfast: Oatmeal with skim milk, apple, cinnamon
- Snack: Almonds (10-12)
- Lunch: Whole wheat pasta with tomato sauce and lean meatballs, salad
- Snack: Berries or fruit (1 cup)
- Dinner: 90g grilled chicken, cooked vegetables, 1/2 cup brown rice