

Sample Menus

When starting a new eating plan, sometimes having a sample menu can help you learn new ways to include new principles into your daily routine. Below is a sample 3-day menu using the DASH Eating Plan.

Simple 3 Day DASH Eating Plan Menu:

Day 1

Breakfast:

Whole Wheat Bagel
2 Tbs. Fat-Free Cream Cheese
8 oz. Skim Milk
½ Cup Applesauce
8 oz. Lowfat Yogurt

Lunch:

1 Cup Romaine Lettuce
½ Cup Diced Tomatoes
2 Tbs. Slivered Almonds
½ Cup Mandarin Oranges
½ Cup Black Beans
Reduced Fat Dressing of Choice
1 Orange
8 oz. Skim Milk
½ Cup Unsalted Pretzels

Dinner:

1 Cup Steamed Rice
3 oz. Grilled Chicken
1 Cup Frozen Stir Fry Vegetables
¼ Cup Sweet and Sour Sauce* (jump down to recipe)
1 Whole Wheat Roll
½ Cup Vanilla Ice Cream
½ Cup Raspberries
1 Glass of Water

Snack:

4 Carrot Sticks
4 Celery Sticks
2 Tbs. Reduced Fat Ranch Dressing.

Day 2

Breakfast:

1 Cup Raisin Bran Cereal
8 oz. Skim Milk
1 Slice Whole Wheat Toast
1 Tbs. Jelly
1 tsp. Soft Margarine
6 oz. Orange Juice

Lunch:

2 Slices Whole Wheat Bread
2 Tbs. Reduced Fat Peanut Butter
1 Tbs. Jelly
1 Lowfat Granola Bar
1 Fresh Peach
6 oz. Apple Juice

Dinner:

3 oz. Grilled Chicken
1 Cup Pasta
2 Tbs. Parmesan Cheese
1 Cup Steamed Asparagus
1 Cup Green Salad with Tomatoes and Carrots
Reduced Fat Dressing of Choice
8 oz. Skim Milk

Snack:

Banana Berry Smoothie*(jump down to recipe)

Day 3**Breakfast:**

1 Cup Frozen Hashbrowns
1 Banana
1 Tbs. Ketchup
8 oz. Skim Milk
1 slice Whole Wheat Toast
1 tsp. Soft Margarine

Lunch:

2 oz. Sliced Roast Beef
1 oz. Swiss Cheese
2 Slices of Whole Wheat Bread
1 tsp. Mustard
½ Cup Grape Tomatoes
1 apple
6 oz. Grape Juice

Dinner:

3 oz. Extra Lean Ground Beef Patty

Hamburger Bun

Lettuce

2 Tomato Slices

Condiments of Choice

1 Cup Baked Potato Wedges

½ Cup Frozen Peas

8 oz. Skim Milk

Snack:

¼ Cup Unsalted Nuts

¼ Cup Raisins