### 1 Week DASH Meal Planner 1600 calories

<table>
<thead>
<tr>
<th></th>
<th>BREAKFAST</th>
<th>LUNCH</th>
<th>DINNER</th>
<th>SNACKS</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXAMPLE</td>
<td>1 whole-wheat bagel</td>
<td>turkey sandwich</td>
<td>baked chicken breast</td>
<td>1 cup fat-free yogurt</td>
</tr>
<tr>
<td></td>
<td>2 tablespoons peanut butter</td>
<td>½ cup baby carrots</td>
<td>1 cup brown rice pilaf</td>
<td>1 cup fresh seasonal fruit</td>
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<tr>
<td></td>
<td>1 medium banana</td>
<td>1 medium apple</td>
<td>1/2 cup green beans</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 cup fat-free milk</td>
<td>1 cup fat-free milk</td>
<td>1 cup salad</td>
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</tr>
<tr>
<td>MONDAY</td>
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<td></td>
<td></td>
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</tr>
<tr>
<td>TUESDAY</td>
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</tr>
<tr>
<td>WEDNESDAY</td>
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<tr>
<td>THURSDAY</td>
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</tr>
<tr>
<td>FRIDAY</td>
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<tr>
<td>SATURDAY</td>
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<tr>
<td>SUNDAY</td>
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</table>

**DASH Thru the Day**

**Better Breakfasts:** Start your day with fresh fruit, fat free milk or a latte. Enjoy whole grains: oatmeal, bran muffin, cereal or toast.

**Sweet & Savory Snacks:** Keep a bag of dried fruits and nuts in your glove box or desk. A small handful is sure to satisfy.

**Terrific Tasting Tips**

**Season Sensibly:** Enhance food’s natural flavors. Cook with herbs, salt-free spices and lemon juice. Choose low-sodium condiments.

**Make it Milk:** Fill your glass with refreshing fat free milk. Grab a yogurt cup for a quick snack.

### DASH Eating Style Goals

Based on 1600 calories

<table>
<thead>
<tr>
<th>Category</th>
<th>Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits</td>
<td>2 cups Daily</td>
</tr>
<tr>
<td>Vegetables</td>
<td>1 ½-2 cups Daily</td>
</tr>
<tr>
<td>Fat Free or Lowfat Milk and Dairy</td>
<td>2-3 cups Daily</td>
</tr>
<tr>
<td>Whole Grains</td>
<td>6 oz Daily</td>
</tr>
<tr>
<td>Lean Meat, Fish and Poultry</td>
<td>3-6 oz Daily</td>
</tr>
<tr>
<td>Nuts, Seeds and Legumes</td>
<td>3-4 Times Weekly</td>
</tr>
<tr>
<td>Oils</td>
<td>2 teaspoons</td>
</tr>
<tr>
<td>Sweets, Salt and Alcohol</td>
<td>Use Sparingly</td>
</tr>
</tbody>
</table>

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Go to odncouncil.org to find menus, tips and recipes.