

Meals maker



7-DAY DASH DIET PLAN

WEEK 1

WEEK 1

Introduction



THIS MEAL PLAN INCLUDES:

- 21 meal recipes (3 meals per day for 7 days)
- Necessary Staples for Each Meal
- Weekly Grocery List

INSTRUCTIONS:

Step 1: Briefly review all meals for the week.

Step 2: Review necessary staples for each meal and weekly grocery list.

Step 3: Grocery shop, cook and enjoy!

SPECIAL NOTES: (PLEASE READ)

NOTE 1: Necessary Staples: Most meals will include the use of sea salt and fresh ground pepper so please make sure you are stocked up!

NOTE 2: Grocery List: When it comes to the Oil, Condiments, Herbs and Spices section, please only purchase what you don't already have.

For example, if the section states you need Balsamic Vinegar: 1 (12 oz.) bottle, we simply mean to purchase a bottle of Balsamic Vinegar if you don't already have it. We do not mean you will use the full 12 oz. bottle this week.



Meals maker

DAY 1

Breakfast:

**STRAWBERRY BASIL
SMASHED AVOCADO**

Lunch:

**SPICED QUINOA,
CHICKPEAS AND SHRIMP**

Dinner:

**SUN-DRIED TOMATO
PASTA**

DAY 2

Breakfast:

**EGG WHITE AND BASIL
SPREAD SANDWICH**

Lunch:

**GROUND TURKEY AND
CHEESY EGGPLANT**

Dinner:

**CAULIFLOWER RICE AND
CAJUN SHRIMP**

DAY 3

Breakfast:

**STRAWBERRY BANANA
OATMEAL**

Lunch:

BLACK BEAN SOUP

Dinner:

**SALMON, QUINOA AND
GREENS**

DAY 4

Breakfast:

**EGGPLANT, CHEESE
AND BEAN BOWL**

Lunch:

SALMON CARPACCIO

Dinner:

**SHRIMP AND
VEGETABLES**

DAY 5

Breakfast:

**ASPARAGUS, KALE AND
EGG SANDWICH**

Lunch:

SHRIMP AND AVOCADO

Dinner:

CHICKEN WITH SPINACH

DAY 6

Breakfast:

**EGG WHITES, CHEESE AND
VEGGIE MUFFINS**

Lunch:

**SPICY CHICKPEAS AND
MIXED VEGETABLES**

Dinner:

**MAC N' CHEESE WITH
MIXED VEGETABLES**

DAY 7

Breakfast:

**TOFU AND EGG WHITE
SANDWICH**

Lunch:

**TOMATO AND ARTICHOKE
SANDWICH**

Dinner:

**CHEESY TUNA STUFFED
BELL PEPPERS**

WEEKLY Notes



STRAWBERRY BASIL SMASHED AVOCADO TOASTED

Prep Time: 15 min.

Cook Time: 5 min.

Total Time: 20 min.

Nutritional Information For 1 Serving	
Total Fat: 7 grams	Sodium: 597 milligrams
Saturated Fat: 3 grams	Protein: 8 grams
Sugar: 5 grams	Carbohydrates: 34 grams
Total Calories	272

Ingredients:

- ½ cup strawberries, stemmed and sliced
- 1 tablespoon balsamic vinegar
- ½ an avocado, cubed
- 1 lemon, juiced
- ¼ teaspoon salt
- 1 teaspoon pepper
- 4 slices whole grain bread, toasted if desired
- 2 tablespoons parsley
- 1 teaspoon dried oregano, garnish

Instructions:

1. Place the strawberries in a small bowl and toss with a small drizzle of balsamic vinegar. Let them sit and marinate for about 5 minutes.
2. Using the back of a spoon mash the avocados in a small bowl. Then pour the lemon juice; season with salt and pepper, mix well.
3. Spread the avocado onto the slices of bread, then layer on the strawberries.
4. Top with parsley and dried oregano, serve.



DAY 1 *Lunch*



SPICED QUINOA, CHICKPEAS AND SHRIMP



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21 MEAL RECIPES**



WEEK 1

NECESSARY STAPLES



Day 1 Breakfast:
1 tablespoon balsamic vinegar
¼ teaspoon salt
1 teaspoon pepper
1 teaspoon dried oregano

Day 1 Lunch:
olive oil
¼ teaspoon salt
½ tablespoon paprika powder
¼ tablespoon garlic powder
¼ tablespoon dried oregano
¼ tablespoon onion powder

Day 1 Dinner:
olive oil
¼ tablespoon onion powder
¼ tablespoon paprika powder

Day 2 Breakfast:
olive oil
1 teaspoon dried oregano

Day 2 Lunch:
olive oil
¼ teaspoon salt
¼ tablespoon pepper
¼ tablespoon garlic powder

Day 2 Dinner:
olive oil
¼ tablespoon pepper
1 tablespoon Cajun powder

Day 3 Breakfast:
olive oil
¼ tablespoon cinnamon powder

Day 3 Lunch:
olive oil
¼ tablespoon red pepper flakes
¼ tablespoon garlic powder
1½ tablespoons chili powder

Day 3 Dinner:
olive oil
¼ tablespoon pepper
1 teaspoon dried oregano

Day 4 Breakfast:
olive oil
1 teaspoon garlic powder

Day 4 Lunch:
olive oil
¼ teaspoon salt
3 teaspoons pepper

Day 4 Dinner:
¼ teaspoon salt
1 teaspoon garlic powder
¼ tablespoon onion powder

Day 5 Breakfast:
olive oil
¼ teaspoon salt

Day 5 Dinner:
olive oil

Day 6 Lunch:
olive oil
2 teaspoons cumin powder
¼ tablespoon chili powder
¼ tablespoon pepper
1 bay leaf

Day 6 Dinner:
olive oil
¼ tablespoon pepper

Day 7 Breakfast:
olive oil
1 teaspoon pepper
¼ teaspoon salt
¼ tablespoon turmeric powder
¼ tablespoon garlic powder

Day 7 Lunch:
¼ tablespoon olive oil

Day 7 Dinner:
¼ teaspoon salt
1 tablespoon pepper
1 tablespoon hot sauce
non-stick cooking spray



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GROCERY LIST



Produce:

- 1 small garlic head
- 1 jalapeño pepper
- 1 potato
- 1 carrot
- 1 banana
- 2 cucumbers
- 2 eggplants
- 3 onions
- 3 avocados
- 3 tomatoes
- 3 limes
- 4 bell peppers
- 6 lemons
- 3 radishes
- 1 container of parsley leaves
- 1 container of strawberries
- 1 container of cherry tomatoes
- 1 container of parsley
- 1 small container of basil
- 1 small bag of arugula leaves
- 1 bag of asparagus
- 1 small head of cauliflower
- 1 large bag of spinach
- 1 large bag of kale

Frozen:

- 1 (16 ounce) bag of frozen spinach
- 1 (16 ounce) bag of frozen cauliflower

Refrigerated:

- 1 container of low-fat milk
- 1 (8 ounce) block of tofu
- 1 (32 ounce) container of egg whites
- 1 (16 ounce) bag of low-fat shredded cheddar cheese
- 1 (16 ounce) container of low-fat Feta cheese

Seafood:

- 1½ pound of salmon fillet
- 2 pounds of shrimp

Meat & Poultry:

- ½ pound ground turkey
- ½ pound chicken breast, boneless, skinless

Canned & Packaged:

- 1 loaf of whole-grain bread
- 1 (16 ounce) can of chickpeas
- 1 (8 ounce) jar of pitted black olives
- 2 (16 ounce) cans of low-sodium black beans
- 1 (16 ounce) bottle of balsamic vinegar
- 1 (24 ounce) bag of quinoa
- 1 (24 ounce) bag of oats
- 1 (12 ounce) bag of chia seeds
- 1 (12 ounce) bag of sunflower seed kernels
- 1 (12 ounce) bag of coconut shavings
- 1 (8 ounce) container of low-sodium vegetable broth
- 1 (16 ounce) box of whole-grain elbow shaped pasta
- 1 (3 ounce) bag of sun-dried tomatoes
- 1 (8 ounce) jar of basil spread
- 1 (8 ounce) jar of capers
- 1 (5 pound) bag of all-purpose flour
- 1 bottle of soy sauce
- 1 (14 ounce) jar of artichoke hearts
- 1 (5 ounce) can of low-sodium tuna

Other:

- 2 large skillets
- 2 saucepans



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