



DASH Diet 5-Day Meal Planner

Simple, heart-healthy meals you can follow for five days — based on the DASH Diet. Includes breakfast, lunch, dinner, and a complete grocery list.

Day 1

Breakfast: Overnight oats with berries and almond milk

Lunch: Grilled chicken salad with vinaigrette

Dinner: Stir-fried tofu and vegetables over brown rice

Day 2

Breakfast: Greek yogurt parfait with sliced banana and oats

Lunch: Turkey and avocado whole grain wrap

Dinner: Baked salmon, roasted sweet potato, and steamed broccoli

Day 3

Breakfast: Scrambled eggs with spinach and whole grain toast

Lunch: Lentil soup with whole grain crackers

Dinner: Quinoa and black bean bowl with salsa and avocado

Day 4

Breakfast: Smoothie with berries, banana, and unsweetened almond milk

Lunch: Chickpea salad with cucumber, tomato, and lemon

Dinner: Whole wheat pasta with marinara and roasted zucchini

Day 5

Breakfast: Whole grain waffles with fresh fruit

Lunch: Hummus and veggie wrap on whole wheat tortilla

Dinner: Grilled chicken with quinoa and sautéed spinach



DASH Diet Grocery List (5-Day Plan)

Category	Items
Grains & Starches	Brown rice
	Quinoa
	Whole grain bread or tortillas
	Whole wheat pasta
	Whole grain waffles
	Rolled oats
Proteins	Chicken breast
	Salmon or cod
	Eggs
	Greek yogurt
	Tofu
	Canned beans (chickpeas, black beans, lentils)
Fruits	Bananas
	Berries (frozen or fresh)
	Apples
Vegetables	Spinach
	Broccoli
	Zucchini
	Bell peppers
	Cucumber
	Tomatoes
	Sweet potatoes
	Avocado
	Onion
	Lemons
Pantry & Extras	Hummus
	Almond milk (unsweetened)
	Olive oil
	Balsamic vinegar
	Salsa
	Spices: garlic, pepper, chili flakes