



Lower Your Blood Pressure

Menu Day 1

Breakfast

- 1 package original oatmeal
- 1 teaspoon cinnamon
- ½ cup Light Canned Peaches
- 1 cup pure almond milk

Lunch

- 10 unsalted crackers
- 2 ounces canned tuna
- 1 tablespoon mayonnaise
- ½ cup no salt added golden sweet corn
- 1 applesauce cup

Snack

- ¼ cup raisins

Dinner

- 1 cup long grain brown rice
- ½ cup no salt added green beans
- 2/3 cup no salt added sweet potatoes
- 1 teaspoon cinnamon (on sweet potatoes if desired)

**Mrs. Dash Seasoning can be used as a substitute for salt to add flavor to your dishes*



Lower Your Blood Pressure

Menu Day 2

Breakfast

1 package plain oatmeal

1 teaspoon cinnamon

¼ cup raisins

Lunch

10 unsalted crackers

2 tablespoons natural peanut butter

½ cup Light Canned Peaches

Snack

1 applesauce cup

Dinner

1 cup long grain brown rice

½ cup canned chicken

½ cup no salt added sweet peas

**Mrs. Dash Seasoning can be used as a substitute for salt to add flavor to your dishes*



Lower Your Blood Pressure

Menu Day 3

Breakfast

- 1 package plain oatmeal
- 1 tablespoon natural peanut butter
- ½ cup Light Canned Peaches

Lunch

- 1 cup long grain brown rice
- ½ cup canned chicken
- ½ cup no salt added green beans

Snack

- ¼ cup raisins

Dinner

- 10 unsalted crackers
- 2 ounces canned tuna
- 1 tablespoon mayonnaise
- ½ no salt added golden sweet cup corn
- 1 applesauce cup

**Mrs. Dash Seasoning can be used as a substitute for salt to add flavor to your dishes*



Lower Your Blood Pressure

Menu Day 4

Breakfast

1 package plain oatmeal

1 teaspoon cinnamon

¼ cup raisins

Lunch

½ cup long grain brown rice

½ cup canned chicken

½ cup sliced carrots

Snack

6 unsalted crackers

1 tablespoon natural peanut butter

Dinner

½ cup long grain brown rice

½ cup no salt added green beans

2/3 cup no salt added sweet potatoes

1 teaspoon cinnamon (on sweet potatoes if desired)

**Mrs. Dash Seasoning can be used as a substitute for salt to add flavor to your dishes*





Lower Your Blood Pressure

Menu Day 5

Breakfast

- 1 package plain oatmeal
- 1 tablespoon natural peanut butter
- ½ cup Light Canned Peaches
- 1 cup pure almond milk

Lunch

- 10 unsalted crackers
- 2 ounces canned tuna
- 1 tablespoon mayonnaise
- ½ cup no added salt sweet golden corn
- 1 applesauce cup

Snack

- ¼ cup raisins

Dinner

- 1 cup long grain brown rice
- ½ cup sliced carrots
- ½ cup no salt added sweet peas

**Mrs. Dash Seasoning can be used as a substitute for salt to add flavor to your dishes*





Lower Your Blood Pressure

Menu Day 6

Breakfast

1 package plain oatmeal

1 teaspoon cinnamon

¼ cup raisins

1 cup pure almond milk

Lunch

½ cup long grain brown rice

½ cup sliced carrots

½ cup no salt added sweet peas

1 applesauce cup

Snack

4 unsalted crackers

1 tablespoons natural peanut butter

Dinner

8 unsalted crackers

2 ounces canned tuna

½ cup no salt added sweet golden corn

½ cup Light Canned Peaches

**Mrs. Dash Seasoning can be used as a substitute for salt to add flavor to your dishes*



Lower Your Blood Pressure

Menu Day 7

Breakfast

1 package plain oatmeal
1 teaspoon cinnamon
¼ cup raisins
1 cup pure almond milk

Lunch

10 unsalted crackers
2 ounces canned tuna
1 tablespoon mayonnaise
1 applesauce cup

Snack

½ cup Light Canned Peaches

Dinner

1 cup long grain brown rice
½ cup canned chicken
½ cup no salt added green beans

**Mrs. Dash Seasoning can be used as a substitute for salt to add flavor to your dishes*

