Seven Day Healthy Meal Plan on the High Blood Pressure Diet

**DAY 1**
**Breakfast:** Very Berry smoothie  
**Lunch:** Chicken Caesar Wrap  
**Snack:** Hummus and veggies  
**Dinner:** Salmon Bake

**Day 2**
**Breakfast:** Mushroom, Pepper and Feta Omelet  
**Lunch:** Chicken Grapple Salad  
**Snack:** Yogurt and berries  
**Dinner:** Turkey chili

**Day 3**
**Breakfast:** Strawberry, banana smoothie  
**Lunch:** Salmon, cream cheese crisps  
**Snack:** Freedom foods  
**Dinner:** Chicken Stir fry

**Day 4**
**Breakfast:** Yogurt and pineapple  
**Lunch:** Tuna crisp and broccoli soup  
**Snack:** Apple, almonds and cheese snack  
**Dinner:** Spaghetti Squash Dinner

**Day 5**
**Breakfast:** Crystals Green Supreme Smoothie  
**Lunch:** Berry Chicken Salad  
**Snack:** Soy nuts  
**Dinner:** Baked vegetables with lemon and herb Mackerel or Tilapia fish

**Day 6**
**Breakfast:** Fiber 1 cereal with berries, flax seed, skim milk  
**Lunch:** Greek salad with chicken  
**Snack:** Homemade trail mix  
**Dinner:** Turkey Leek and Sweet Potato Soup/ Casserole

**Day 7**
**Breakfast:** Oatmeal with protein powder, berries, flax seed and skim milk  
**Lunch:** Egg salad crisp, piece of juicy fruit  
**Snack:** Sliced veggies (celery, cucumber, red pepper, mini carrots), almonds, 1 oz low fat cheese  
**Dinner:** 5 -6 oz Lean Beef Steak, ½ sweet potato, Caesar Salad

**Fluids:**
Fresh quality water, how much do you need? Divide your weight by 2 and that is the number of ounces you need per day.

**EG:** If you weigh 200lbs you need to drink 100 oz of water per day.

**Tip:**
Find yourself a nifty water bottle, if it holds 20 oz that means you need to fill it up 5 times throughout the day! Remember water keeps you hydrated, feeling full and helps flush out fat.

You can also drink a variety of herbal teas so long as they haven’t got sugar added.

*Green tea helps with boosting the metabolism and weight loss,* mint tea is also a favorite of mine.

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