

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.