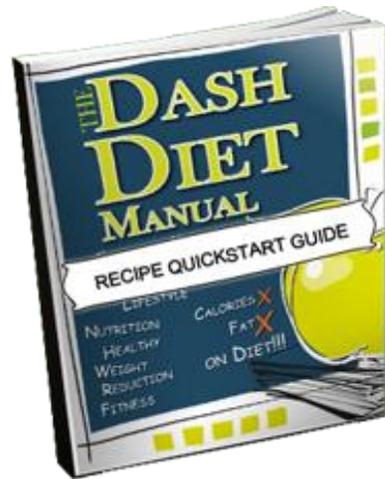


# DASH DIET QUICKSTART GUIDE

The guidelines for the dash diet eating guide are based on the following meal schedule. If you can't follow the meal schedule, that's OK — just try to compensate and plan in advanced and most importantly, stay consistent!

**In life you can suffer one of two things. You can suffer the pain of discipline or the pain of regret. You've got to choose discipline, versus regret, because discipline weighs ounces and regrets weighs tons. – Jim Rohn**



## **SAMPLE MEAL SCHEDULE**

8:00 AM **Breakfast**

10:30 AM **Morning snack**

12:00 PM **Lunch**

3:30 PM **Afternoon snack**

7:00 PM **Dinner**

## **THE 3-MONTH DASH DIET MEAL PLAN: CONDITIONS AND GUIDELINES**

1. Follow the meal plan as closely as you can
  2. Substitute whole wheat flour for all purpose flour or other refined flour when the recipe calls for it
  3. DO NOT use salt even if the recipe calls for it
  4. This is based on an 1800 to 2000 calorie diet and it is based on 1 serving of the food
  5. Consume at least 4 servings of fruits/vegetables a day
  6. Consume about 3 servings of whole grains a day
  7. Consume about 2-3 servings of dairy a day
  8. If using package products – be sure that the label reads less than 10 grams of fat and sugar per serving and less than 300 mg of sodium
  9. Have meals and snacks 2.5 to 3 hours apart – no more than 4 hours
  10. Cooked vegetables are either steamed, boiled, grilled or baked – NO FRIED vegetables
- \*You may make changes to the fruit and vegetable recommendations depending on the season
11. Choose whole wheat pasta instead of regular pasta whenever having a pasta dish
  12. Try to make sauces at home rather than buying – if buying look for the low sodium kind

## **DASH DIET RECIPES**

[Breakfast](#)

[Lunch](#)

[Dinner](#)

[Snacks](#)

[Desserts](#)