



FLAVORFUL MEALS AND SNACKS

FOR THE DASH DIET

Chicken

- Marinate and bake with fresh lemon, minced garlic, and oregano. Serve with vegetables.
- Bake with low sodium Italian herb blend and slice on top of spaghetti noodles with low sodium pasta sauce

Fish

- Bake or grill with fresh olive oil, low sodium lemon pepper seasoning, and fresh lemon juice. Serve with roasted broccoli or asparagus.

Sweet Potatoes

- Fries or chips - bake with olive oil, rosemary, garlic, and pepper. Serve on the side with a swiss and mushroom turkey burger.

Carrots

- Sliced and sauteed in olive oil with sage and garlic. Serve on the side with roasted turkey breast.

Flatbread

- Sliced tomato, fresh basil, and fresh mozzarella on low sodium flatbread. Drizzle with balsamic vinaigrette on top.

6 LOW SODIUM SNACKS

- Unsalted nuts and seeds
- Vanilla Greek yogurt
- Hard boiled eggs
- Fresh vegetables and fruit
- Stovetop popped popcorn
- Dried fruit



**Discovery
Call**

Want personalized advice on the DASH diet? Book a FREE 15-minute discovery call to learn more about my services.