

Charming Health

Healthy Living • Weight Loss • BP-Friendly Guides



7-Day High Blood Pressure Diet Plan



Important Note: This is general guidance only. If you have kidney disease, diabetes, heart problems, are on BP medication, or have special dietary needs, please consult your doctor or dietitian first.



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This guide is created to support healthy lifestyle and blood pressure balance.

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Introduction

High blood pressure and unwanted weight gain often go hand-in-hand. The good news is that the right food choices can help control both. This 7-day **Weight-Loss + BP Control Diet Plan** is based on the medically recommended **DASH diet**, which focuses on low sodium, high potassium, fiber-rich foods, and healthy protein. It helps reduce water retention, supports heart health, stabilizes blood pressure, boosts metabolism, and promotes gradual, sustainable weight loss.

How to Use This Plan

- Aim for **1200–1500 calories per day** depending on your size and activity.
- Drink **8–10 glasses of water** daily.
- Avoid extra table salt—use herbs, lemon, and spices for flavor.
- Walk **30–40 minutes daily**.
- Avoid fried food, bakery items, packaged snacks, and sugary drinks.
- Consult your doctor if you have diabetes, kidney disease, or other conditions.

Key Rules to Control Blood Pressure

- Limit salt to 1,500–2,000 mg per day
- Avoid fried food, packaged snacks, bakery items, soda, and processed meats
- Drink 8–10 glasses of water
- No smoking, limit caffeine and alcohol
- Add 30 minutes of walking daily if possible

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Foods to Avoid

- ✗ Salted snacks
- ✗ Pickles & sauces
- ✗ White bread & refined flour
- ✗ Fast food
- ✗ Processed meat
- ✗ Too much tea/coffee



Helpful BP-Friendly Foods

- ✓ Bananas
- ✓ Spinach
- ✓ Oats
- ✓ Beans & lentils
- ✓ Yogurt
- ✓ Nuts
- ✓ Olive oil
- ✓ Garlic



7-Day Weight Loss + BP Control Meal Plan

Day 1

Breakfast: Oatmeal + 1 banana + 1 tsp chia seeds

Snack: Apple

Lunch: Grilled chicken / fish + small portion brown rice + salad

Snack: Low-fat yogurt

Dinner: Vegetable soup + 1 whole-wheat roti

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Day 2

Breakfast: Brown bread + 1 boiled egg OR low-fat cheese + cucumber

Snack: Orange

Lunch: Lentils (dal) + 1 roti + salad

Snack: 8–10 almonds

Dinner: Stir-fried mixed vegetables + grilled fish/chicken (small portion)

Day 3

Breakfast: Green smoothie (spinach + banana + yogurt)

Snack: Pear

Lunch: Chickpea or bean salad (olive oil + lemon dressing)

Snack: Green tea

Dinner: Vegetable curry + 1 roti / quinoa

Day 4

Breakfast: Oats porridge + berries/dates

Snack: Carrot sticks

Lunch: Grilled chicken/fish + brown rice

Snack: Fruit bowl (no sugar)

Dinner: Lentil soup + salad

Day 5

Breakfast: Scrambled eggs + whole grain toast

Snack: Apple or banana

Lunch: Vegetable quinoa / brown rice + salad

Snack: Yogurt

Dinner: Beans / chicken + steamed vegetables

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Day 6

Breakfast: Oatmeal + chia seeds + fruit

Snack: A handful of nuts

Lunch: Lentils + brown rice + steamed vegetables

Snack: Herbal tea

Dinner: Fish / chicken + green salad

Day 7

Breakfast: Berry smoothie or oatmeal

Snack: Fruit

Lunch: Bean salad / chickpeas + grilled vegetables

Snack: 6–8 almonds

Dinner: Vegetable soup + whole-grain bread or 1 roti



Sodium & Weight-Loss Tips

- ✓ No extra salt on salads
- ✓ Avoid pickles, chips, sauces
- ✓ Prefer boiled, baked, grilled, or steamed food
- ✓ Limit bread, rice portions
- ✓ Sleep 7–8 hours daily



Grocery List (Weight Loss + BP Control)



Vegetables

Spinach

Cucumber

Tomatoes

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Carrots
Broccoli
Zucchini
Green beans
Mixed salad greens
Bell peppers
Cauliflower

Fruits

Bananas
Apples
Oranges
Pears
Berries (or seasonal fruit)
Dates (limited)
Lemon

Protein Sources

Chicken breast
Fish (salmon, mackerel, tuna if possible)
Eggs
Beans
Chickpeas
Lentils (dal)
Low-fat yogurt

Whole Grains

Brown rice
Quinoa

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Whole wheat roti / chapati

Whole grain bread

Oats

Healthy Fats

Olive oil

Chia seeds

Almonds

Walnuts

Pantry & Extras

Green tea / herbal tea

Garlic

Black pepper

Turmeric

Herbs & spices

Low-fat milk or yogurt

Recommended Daily Portions

- 2–3 servings fruit
- 3–5 servings vegetables
- 2–3 servings lean protein
- 1–2 servings whole grains
- Limited healthy fats
- Sodium: under 1500–2000 mg/day

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