



## 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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## Recommended Daily Portions

## 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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