



Blood Pressure Nutrition Guide

What's Inside:

- DASH diet principles proven to reduce systolic BP by 8–14 mmHg
- Meals capped at <800mg sodium each
- Potassium, magnesium, and calcium balanced in every recipe
- Convenient, ready-to-heat meals delivered weekly

Sample Meals

- Herb-Crusted Salmon with Roasted Vegetables
420 calories | 34g protein | 650mg sodium | 850mg potassium
Benefits: Omega-3s, high potassium, no added salt
- Mediterranean Chicken with Lemon Rice
385 calories | 32g protein | 580mg sodium | 920mg potassium
Benefits: Lean protein, high potassium veggies, olive oil fats
- Turkey & Sweet Potato Power Bowl
405 calories | 28g protein | 720mg sodium | 1,100mg potassium
Benefits: Potassium powerhouse, fiber-rich, avocado healthy fats
- Baked White Fish with Root Vegetables
365 calories | 30g protein | 550mg sodium | 875mg potassium
Benefits: Low sodium, root veggies for potassium & antioxidants
- Plant-Based Bean & Vegetable Curry
390 calories | 20g protein | 625mg sodium | 1,200mg potassium
Benefits: Potassium + magnesium for vascular health
- Lean Beef with Garlic Mashed Cauliflower
375 calories | 29g protein | 675mg sodium | 825mg potassium
Benefits: Lower sodium alternative to mashed potatoes

Key Nutrition Principles

- Sodium Smart: <800mg per meal
- Potassium Power: ~1,000mg per meal
- Magnesium Support: 80–120mg per meal
- Fiber Forward: 8–12g per meal