

## DASH Diet Recipes

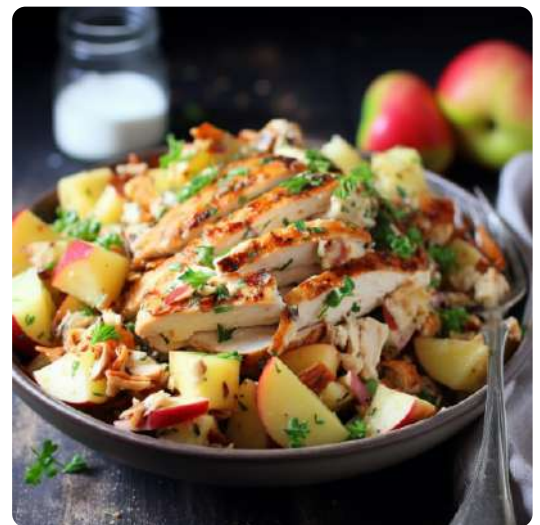
### No Salt Chicken Potato Apple Salad

🕒 30 min 🍽️ 4 servings

*Per serving:* 472 Kcal 41g Protein 12g Fat 52g Carbs

#### Ingredients

- Apples, 2 medium (3" dia) (364 g)
- Lemon juice, 2 tablespoons (30 g)
- Rosemary, 1/2 teaspoon (0 g)
- Potatoes, 4 potato medium (2-1/4" to 3-1/4" dia) (852 g)
- Olive oil, 2 tablespoon (27 g)
- Chicken breasts, 3 small breast (675 g)
- Onion, 1/4 cup (40 g)
- Parsley, 1/4 cup (15 g)
- Pepper, 1/2 teaspoon (1 g)
- Garlic powder, 1/4 teaspoon (0.8 g)



#### Instructions

In a pot, bring water to a boil and add the diced potatoes. Cook for about 10 minutes or until tender. Drain and set aside.

While the potatoes are cooking, preheat a grill or grill pan over medium heat. Season the chicken breasts with black pepper, rosemary and garlic powder.

Grill the chicken breasts for about 6-8 minutes per side or until cooked through. Remove from heat and let them cool.

Once the chicken has cooled, dice it into bite-sized pieces.

In a large bowl, combine the diced chicken, cooked potatoes, diced apples, red onion, and chopped parsley.

In a separate small bowl, whisk together the lemon juice, olive oil, and black pepper.

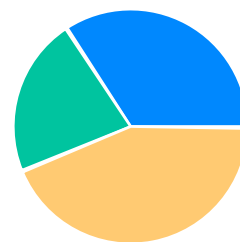
Pour the dressing over the chicken and potato mixture. Toss gently to coat all the ingredients evenly.

Refrigerate the salad for at least 15-20 minutes to allow the flavors to meld together.

Serve chilled and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1886.6	94.1	471.7
Protein [g]	162.9	8.1	40.7
Fat [g]	46.1	2.3	11.5
Carbs [g]	207.3	10.3	51.8
Fiber [g]	28.2	1.4	7.1
Net Carbs [g]	179.1	8.9	44.8



34 % Protein 22 % Fat 44 %  
Carbs

# Vegan Tofu and Spinach Stir-Fry over Quinoa

🕒 10 min 🍽️ 2 servings

Per serving: 328 Kcal 21g Protein 16g Fat 26g Carbs

## Ingredients

- Salt, 1 pinch (0.6 g)
- Tofu, firm, 4 servings (464 g)
- Olive Oil, 1 tablespoon (15 g)
- Spinach, 2 cups (58 g)
- Quinoa, cooked, 1 cup (185 g)

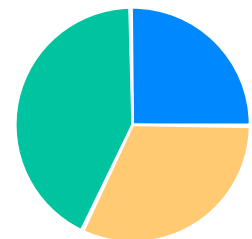


## Instructions

Cook the quinoa according to package instructions.  
Meanwhile, drain and press the tofu to remove excess water.  
In a large pan, heat the oil over medium-high heat.  
Add the tofu cubes and cook for 3-4 minutes until golden brown.  
Add the spinach to the pan and cook for another 2 minutes.  
Season with salt and stir to combine all ingredients.  
Serve the tofu stir-fry over the cooked quinoa.  
Enjoy your quick and delicious vegan meal!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	655.6	90.7	327.8
Protein [g]	41.8	5.8	20.9
Fat [g]	31.3	4.3	15.7
Carbs [g]	52.6	7.3	26.3
Fiber [g]	6.9	1	3.5
Net Carbs [g]	45.7	6.3	22.9



25 % Protein 43 % Fat 32 % Carbs



# Baked Lemon White Fish with Zucchini over Brown Rice

🕒 20 min 🍽️ 2 servings

Per serving: 250 Kcal 28g Protein 3g Fat 29g Carbs

## Ingredients

- Lemon, 1 fruit (2-1/8" dia) (58 g)
- Zucchini, 1 medium (196 g)
- Brown rice, 1 cup (195 g)
- Salt and pepper, 2 pinch (0.2 g)
- White Fish, 2 fillet (240 g)



## Instructions

Preheat the oven to 400°F (200°C).

Place the white fish fillets on a baking sheet lined with parchment paper.

Squeeze the juice of half a lemon over the fish fillets and season with salt and pepper.

Slice the zucchini into thin rounds and arrange them around the fish fillets on the baking sheet.

Drizzle the zucchini with olive oil and sprinkle with salt and pepper.

Bake in the preheated oven for 12-15 minutes, or until the fish is cooked through and flakes easily with a fork.

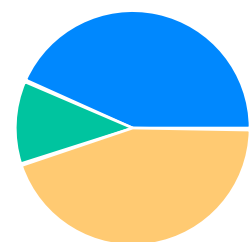
Meanwhile, cook the brown rice according to package instructions.

Serve the baked lemon white fish and zucchini over a bed of cooked brown rice.

Garnish with a squeeze of fresh lemon juice and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	498.9	72.4	249.5
Protein [g]	55.7	8.1	27.9
Fat [g]	6.5	0.9	3.3
Carbs [g]	57.3	8.3	28.7
Fiber [g]	7.1	1	3.6
Net Carbs [g]	50.2	7.3	25.1



44 % Protein 11 % Fat 45 % Carbs



# Baked Garlic Salmon and Carrots

🕒 20 min 🍽️ 2 servings

*Per serving:* 378 Kcal 34g Protein 24g Fat 4g Carbs

## Ingredients

- Olive oil, 2 tablespoon (27 g)
- Salmon, 2 fillet (340 g)
- Salt and pepper, 1 pinch (0.1 g)
- Garlic powder, 1 teaspoon (3 g)
- Carrots, sliced, 1 medium (61 g)



## Instructions

Preheat the oven to 400°F (200°C).

Place the salmon fillets on a baking sheet lined with foil or parchment paper.

Drizzle the salmon with 1 tablespoon of olive oil and sprinkle with garlic powder, salt, and pepper.

Slice the carrots and arrange them around the salmon on the baking sheet.

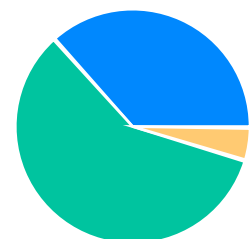
Drizzle the carrots with the remaining tablespoon of olive oil and season with salt and pepper.

Bake in the preheated oven for 12-15 minutes, or until the salmon is cooked through and the carrots is tender.

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	756.4	175.5	378.2
Protein [g]	68.5	15.9	34.3
Fat [g]	48.7	11.3	24.4
Carbs [g]	8	1.9	4
Fiber [g]	2	0.5	1
Net Carbs [g]	6	1.4	3



37 % Protein 59 % Fat 4 % Carbs

# Mango and Grilled Chicken Salad

🕒 15 min    🍽️ 2 servings

*Per serving:* 275 Kcal 26g Protein 9g Fat 23g Carbs

## Ingredients

- **Mango**, 1 1/2 cups (247.5 g)
- **Onion**, 1/2 medium (52.9 g)
- **Chicken breasts**, 2 portion (226 g)
- **Salad greens**, 2 cup (80 g)
- **Balsamic vinaigrette**, 2 tablespoons (30 g)



## Instructions

Preheat grill to medium-high heat.

Season the chicken breasts with salt and pepper.

Grill the chicken for 6-8 minutes per side, or until cooked through.

Remove the chicken from the grill and let it rest for a few minutes.

Slice the chicken into thin strips.

In a large bowl, combine the mango, red onion, and mixed salad greens.

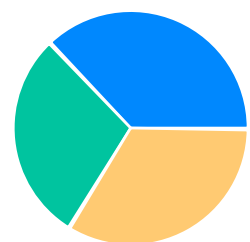
Drizzle the balsamic vinaigrette over the salad and toss to coat.

Divide the salad onto plates and top with the sliced grilled chicken.

Serve immediately and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	550.1	86.4	275.1
Protein [g]	51.6	8.1	25.8
Fat [g]	17.9	2.8	9
Carbs [g]	46.6	7.3	23.3
Fiber [g]	4.9	0.8	2.5
Net Carbs [g]	41.7	6.6	20.9



37% Protein 29% Fat 34% Carbs





# Shopping List

## Fats and Oils

- Olive oil, 1 1/2 tablespoons (20.3 g)
- Balsamic vinaigrette, 1 tablespoons (15 g)
- Olive Oil, 1/2 tablespoon (7.5 g)

## Finfish and Shellfish Products

- Salmon, 1 fillet (171.1 g)
- White Fish, 1 fillet (120.1 g)

## Spices and Herbs

- Salt and pepper, 1 1/2 pinch (0.2 g)
- Garlic powder, 1/5 teaspoon (0.6 g)
- Rosemary, 1/8 teaspoon (0 g)
- Pepper, 1/8 teaspoon (0.2 g)
- Salt, 1/2 pinch (0.3 g)

## Vegetables and Vegetable Products

- Carrots, sliced, 1/2 medium (30.7 g)
- Zucchini, 1/2 medium (98.1 g)
- Potatoes, 1 potato medium (2-1/4" to 3-1/4" dia) (212.9 g)
- Onion, 0 cup (10 g)
- Parsley, 0 cup (3.7 g)
- Onion, 1/4 medium (26.4 g)
- Salad greens, 1 cup (40 g)
- Spinach, 1 cups (29.1 g)

## Fruits and Fruit Juices

- Lemon, 1/2 fruit (2-1/8" dia) (29 g)
- Apples, 1/2 medium (3" dia) (91 g)
- Lemon juice, 1/2 tablespoons (7.5 g)
- Mango, 2/3 cups (123.7 g)

## Cereal Grains and Pasta

- Brown rice, 1/2 cup (97.6 g)
- Quinoa, cooked, 1/2 cup (92.9 g)

## Meals, Entrees, and Side Dishes

- Chicken breasts, 2/3 small breast (168.7 g)
- Chicken breasts, 1 portion (112.9 g)

## Legumes and Legume Products

- Tofu, firm, 2 servings (233.1 g)