

7-Day Healthy Blood Pressure Meal Plan

1500-Calorie Shopping List

PANTRY STAPLES

- ☐ Canola oil
- ☐ Extra-virgin olive oil
- ☐ Cooking spray
- ☐ Salt & kosher salt
- ☐ Ground black pepper
- ☐ Granulated sugar
- ☐ Red-wine vinegar
- ☐ Honey

CANNED, BOTTLED & DRY GOODS

- ☐ 1/3 cup whole raw almonds
- ☐ 4 Tbsp. slivered almonds
- ☐ 2 ounces unsalted dry-roasted almonds
- ☐ 1/2 cup chopped walnuts
- ☐ 2 (15-ounce) cans low-sodium cannellini beans
- ☐ 1 (15-ounce) can unsalted white beans
- ☐ 1 (15-ounce) can black beans
- ☐ 2 cups low-sodium chicken broth
- ☐ 2 Tbsp. balsamic vinegar
- ☐ 1 cup distilled white vinegar
- ☐ 3 Tbsp. cider vinegar
- ☐ 1/2 cup bulgur
- ☐ 1 cup rolled oats
- ☐ 1 cup lentils
- ☐ 4 tsp. toasted pepitas
- ☐ 3/4 cup white wine, preferably chardonnay
- ☐ 4 slices whole-wheat bread
- ☐ 1 small whole-wheat baguette
- ☐ 4 corn tortillas
- ☐ 1/2 cup salsa
- ☐ 1 (5-ounce) can chunk light tuna in water

DRIED HERBS & SPICES

- ☐ 4 Tbsp. chili powder
- ☐ 1/2 tsp. cinnamon
- ☐ 2 tsp. ground cumin
- ☐ 1/4 tsp. crushed red pepper
- ☐ 1/4 tsp. cumin
- ☐ 1 tsp. dried oregano

DAIRY ITEMS

- ☐ 1/2 cup grated Parmesan cheese
- ☐ 1 1/2 Tbsp. crumbled feta cheese
- ☐ 2 Tbsp. shredded Cheddar cheese
- ☐ 5 Tbsp. reduced-fat sour cream
- ☐ 2 3/4 cups nonfat plain Greek yogurt
- ☐ 1/2 cup nonfat or low-fat plain yogurt
- ☐ 1 1/2 cups nonfat milk

REFRIGERATOR & FREEZER ITEMS

- ☐ 2 cups frozen corn
- ☐ 4 large eggs
- ☐ 3/4 cup hummus

MEAT, POULTRY & FISH

- ☐ 1 1/2 pounds boneless, skinless chicken breast
- ☐ 1 pound raw shrimp (21-25 per pound)
- ☐ 2 slices bacon
- ☐ 8 ounces lean ground beef (90% or leaner)
- ☐ 2 pounds wild-caught salmon fillets

PRODUCE

- ☐ 2 medium apples
- ☐ 3 medium bananas
- ☐ 4 medium oranges
- ☐ 2 lemons
- ☐ 1 lime
- ☐ 1 quart strawberries
- ☐ 2 cantaloupes
- ☐ 3 1/2 cups blueberries
- ☐ 1 medium pear
- ☐ 2 kiwifruit
- ☐ 14 1/2 cups mixed salad greens
- ☐ 1 medium cucumber
- ☐ 2 bunches basil
- ☐ 1 bunch fresh cilantro
- ☐ 1 bunch oregano
- ☐ 1 bunch parsley
- ☐ 1 bunch dill
- ☐ 1 1/2 pounds baby beets with greens attached
- ☐ 2 medium carrots
- ☐ 6 cups Brussels sprouts
- ☐ 4 medium red bell peppers
- ☐ 1 spaghetti squash (about 3 pounds)
- ☐ 2 small delicata squash (about 12 ounces each)
- ☐ 1 fennel bulb
- ☐ 1 medium sweet potato
- ☐ 3 pints grape tomatoes
- ☐ 1 pint cherry tomatoes
- ☐ 3 ears corn
- ☐ 4 medium avocados
- ☐ 1 head romaine lettuce
- ☐ 1 small head red cabbage
- ☐ 1 large onion
- ☐ 1 small onion
- ☐ 1 large red onion
- ☐ 3 heads garlic
- ☐ 1 small shallot

7-Day Healthy Blood Pressure Meal Plan

2000-Calorie Shopping List

PANTRY STAPLES

- ☐ Canola oil
- ☐ Extra-virgin olive oil
- ☐ Cooking spray
- ☐ Salt & kosher salt
- ☐ Ground black pepper
- ☐ Granulated sugar
- ☐ Red-wine vinegar
- ☐ Honey

CANNED, BOTTLED & DRY GOODS

- ☐ 1/3 cup whole raw almonds
- ☐ 4 ounces unsalted dry-roasted almonds
- ☐ 1/2 cup finely chopped toasted walnuts
- ☐ 3 1/2 Tbsp. peanut butter
- ☐ 4 Tbsp. dark chocolate chips
- ☐ 2 (15-ounce) cans low-sodium cannellini beans
- ☐ 2 (15-ounce) cans unsalted white beans
- ☐ 1 (15-ounce) can black beans
- ☐ 1 Tbsp. pesto
- ☐ 2 cups low-sodium chicken broth
- ☐ 2 1/2 Tbsp. balsamic vinegar
- ☐ 1 cup distilled white vinegar
- ☐ 3 Tbsp. cider vinegar
- ☐ 1/2 cup bulgur
- ☐ 2 cups rolled oats
- ☐ 1 1/4 cups lentils
- ☐ 4 tsp. toasted pepitas
- ☐ 2 Tbsp. popcorn kernels
- ☐ 3/4 cup white wine, preferably chardonnay
- ☐ 6 slices whole-wheat bread
- ☐ 1 whole-wheat baguette
- ☐ 8 corn tortillas
- ☐ 1/2 cup salsa
- ☐ 1 (5-ounce) can chunk light tuna in water

DRIED HERBS & SPICES

- ☐ 4 Tbsp. chili powder
- ☐ 1/2 tsp. cinnamon
- ☐ 2 1/4 tsp. ground cumin
- ☐ 1/4 tsp. crushed red pepper
- ☐ 1 tsp. dried oregano
- ☐ 1/4 tsp. rosemary
- ☐ 1 tsp. no-salt-added Italian seasoning

DAIRY ITEMS

- ☐ 1/2 cup grated Parmesan cheese
- ☐ 2 Tbsp. crumbled feta cheese
- ☐ 3 Tbsp. shredded Cheddar cheese
- ☐ 5 Tbsp. reduced-fat sour cream
- ☐ 3 3/4 cups nonfat plain Greek yogurt
- ☐ 1/2 cup nonfat or low-fat plain yogurt
- ☐ 2 1/4 cups nonfat milk

REFRIGERATOR & FREEZER ITEMS

- ☐ 1 cup frozen corn
- ☐ 4 large eggs
- ☐ 3/4 cup hummus
- ☐ 3 Tbsp. pico de gallo

MEAT, POULTRY & FISH

- ☐ 1 1/2 pounds boneless, skinless chicken breast
- ☐ 1 pound raw shrimp (21-25 per pound)
- ☐ 2 slices bacon
- ☐ 8 ounces lean ground beef (90% or leaner)
- ☐ 2 pounds wild-caught salmon fillets

PRODUCE

- ☐ 5 medium apples
- ☐ 4 medium bananas
- ☐ 4 medium oranges
- ☐ 2 lemons
- ☐ 1 lime
- ☐ 1 quart strawberries
- ☐ 2 cantaloupes
- ☐ 3 cups blueberries
- ☐ 1 medium pear
- ☐ 1 kiwifruit
- ☐ 15 cups mixed salad greens
- ☐ 1 medium cucumber
- ☐ 3 medium stalks celery
- ☐ 2 bunches basil
- ☐ 1 bunch fresh cilantro
- ☐ 1 bunch oregano
- ☐ 1 bunch parsley
- ☐ 1 bunch dill
- ☐ 1 1/2 pounds baby beets with greens attached
- ☐ 5 medium carrots
- ☐ 6 cups Brussels sprouts
- ☐ 3 medium red bell peppers
- ☐ 1 spaghetti squash (about 3 pounds)
- ☐ 2 small delicata squash (about 12 ounces each)
- ☐ 1 fennel bulb
- ☐ 1 medium sweet potato
- ☐ 3 pints grape tomatoes
- ☐ 1 pint cherry tomatoes
- ☐ 3 ears corn
- ☐ 4 medium avocados
- ☐ 1 head romaine lettuce
- ☐ 1 small head red cabbage
- ☐ 1 large onion
- ☐ 1 small onion
- ☐ 1 medium red onion
- ☐ 3 heads garlic
- ☐ 1 small shallot