

HIGH BLOOD PRESSURE EXAMPLE DIET

Note: Take 1-2 capsules of Optimal 1 Digestion at each meal to lower undigested food pressure on system. Drink 8 oz of water with each meal.

Breakfast:

- 1 fist-sized portion of raw fruit
- 1 serving of oatmeal
 - 1/2 cup old fashioned rolled oats
 - 1 tsp nuts or seeds (slivered almonds, pumpkin, or sunflower seeds)
 - Pinch of flax seeds
 - Organic honey or Stevia to taste

Morning Supplementation:

- 1 NOS Performance Pak (2 if severely high blood pressure)
- 1-2 EFA (based on amount of raw fats in diet)



Morning Snack:

- 1 serving of Optimal Complete Nutrition Plus in 8 oz skim milk, soy milk, almond milk, fresh juice, or water
- OR 1 fist-sized serving of raw fruit (berries if possible)
- OR 1 fist-sized portion of fresh vegetables

Lunch:

- Large salad (2-4 cups) or raw vegetables including dark, leafy greens
- Lean protein (3-4 oz) chicken, turkey, fish, tofu, or whole beans (try to use salmon at least once a week)
- Dressing: vinegar or lemon juice with 1 tsp of healthy oil, such as grape seed oil or extra virgin olive oil

- Add Mrs. Dash (or like) seasoning, if desired
- NO CHEESES, CREAMED DRESSINGS, CROUTONS, BACON BITS, ETC.



Afternoon Snack:

- 1/2 serving of Optimal Complete Nutrition Plus in 4-8 oz skim milk, soy milk, almond milk, fresh juice, or water
- OR 1 fist-sized portion of fresh fruit (berries if possible)
- OR 1 fist-sized portion of fresh vegetables
- Take 2 BFF in early afternoon or F&V drink

Dinner:

For dinner, eat 1 cup whole grains, 3-4 oz lean meat, and 1 cup of vegetables (raw is best). Be sure to avoid adding cheese or processed sauces and dressings. Here are some examples of acceptable dinners in the serving sizes above:

- Turkey sandwich on whole grain bread, with vegetables (lettuce, tomato, sprouts, etc.)
- Fish, brown rice, green salad
- Chicken fajitas (chicken, onions, peppers) on steamed corn tortillas
- Marinara sauce on whole wheat or spinach pasta, green side salad
- Brown rice, chicken, steamed vegetables

Evening Supplementation:

- 1 NOS Performance Pak

