

DASH DIET WEEKLY PLANNER

Daily Serving Tracking Chart (2,000 Calorie Standard)

Food Group	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Grains 6-8 servings/day							
Vegetables 4-5 servings/day							
Fruits 4-5 servings/day							
Low-fat Dairy 2-3 servings/day							
Lean Protein Max 6 servings/day							
Nuts & Seeds 4-5 per week							
Fats & Oils 2-3 servings/day							

Date Range: _____ Daily Sodium Goal: <2,300mg Weight Tracking:
_____ lbs