

# High Blood Pressure Diet Plan

## Shopping List (save or print)

*Remember this list is to serve 2-4 people. Below this is a customisable list.*

### **Fruit & Vegetables**

- 1 punnet of cherry tomatoes
- 1 bag of arugula (rocket)
- 3 apples
- 6 bananas
- 1 lemon (or lemon/lime juice)
- 1 bunch of asparagus
- 2 cucumbers
- 1 zucchini
- 1 bag of carrots
- 1 piece ginger
- 1 grapefruit
- 1 big bag baby spinach
- 5 sweet potatoes
- 2 bell peppers (capsicums)
- 1 orange
- 3 brown (yellow) onions
- 1 red onion

- 1 lb (500 gram) pumpkin
- 2 whole garlic
- 1 sweet potato
- Mushrooms (optional for kebabs)
- Fresh cilantro (coriander) (optional)
- 1 avocado (optional)
- 3 chilis/peppers (optional)

### **Nuts & Seeds**

- 1 bag cashews or roasted almonds
- 1 small bag of walnuts
- 1 small bag pecans
- Sesame seeds (optional)

### **Dairy Foods & Milk Alternatives**

- 7 oz (200 gram) fresh Mozzarella Cheese
- Milk (skim or full cream)
- Greek yogurt
- Ricotta cheese (or hummus)
- Almond milk (optional)
- Butter

1 can (14oz) coconut milk

### **Meat, Seafood, Eggs, Tofu**

6 eggs

3-4 lb (1.4-1.8 kg) chicken breast

¾ lb (350 gram) salmon

Small block extra firm tofu

### **Grains, Rice & Tinned Food**

1 box of Quinoa (optional)

1 bag pasta

Small bag rice

1 Small bag rolled oats

1 cup dry green lentils

1 cup black beans

2 tins diced tomatoes (no salt added)

1 tin of corn

1 tin chickpeas (if making own hummus)

Tinned tuna (optional if you eat tuna for lunch)

15 rice paper roll wrappers

Popcorn kernels (you also need brown paper bags if microwaving your own)

### **Condiments, Herbs & Spices**

1 tub of Hummus (unless you want to make your own)

Salt and Pepper

Jar of natural peanut butter (85% peanuts or more is best)

1 jar of honey

Small bag cocoa powder

Dried oregano

Cumin powder

Cinnamon

Za'atar (optional for popcorn)

Garlic powder (optional)

Vanilla powder (optional)

Vanilla essence (optional)

Chili flakes (optional)

Tahini paste (for making own hummus)

### **Bottled Foods & Oils**

1 bottle extra virgin olive oil

1 bottle balsamic vinegar

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- punnet of cherry tomatoes
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- bananas
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- bunch of asparagus
- cucumbers
- zucchini
- bag of carrots
- piece ginger
- grapefruit
- big bag baby spinach
- sweet potatoes
- bell peppers (capsicums)
- orange
- brown (yellow) onions
- red onion
- lb (500 gram) pumpkin
- whole garlic
- sweet potato
- Mushrooms (optional for kebabs)

- Fresh cilantro (coriander) (optional)
- avocado (optional)
- chilis/peppers (optional)

### Nuts & Seeds

- bag cashews or roasted almonds
- small bag of walnuts
- small bag pecans
- Sesame seeds (optional)

### Dairy Foods & Milk Alternatives

- oz fresh Mozzarella Cheese
- Milk (skim or full cream)
- Greek yogurt
- Ricotta cheese (or hummus)
- Almond milk (optional)
- Butter
- can coconut milk

### Meat, Seafood, Eggs, Tofu

- eggs
- lb chicken breast

- \_\_\_ lb salmon
- \_\_\_ Small block extra firm tofu

### **Grains, Rice & Tinned Food**

- \_\_\_ Small bag rice
- \_\_\_ Small bag rolled oats
- \_\_\_ bag pasta
- \_\_\_ cup dry green lentils
- \_\_\_ cup black beans
- \_\_\_ tins diced tomatoes (no salt added)
- \_\_\_ tin of corn
- \_\_\_ tin chickpeas (if making own hummus)
- \_\_\_ Tinned tuna (optional if you eat tuna for lunch)
- \_\_\_ rice paper roll wrappers
- \_\_\_ Popcorn kernels (you also need brown paper bags if microwaving your own)
- \_\_\_ box of Quinoa (optional)

### **Condiments, Herbs & Spices**

- \_\_\_ tub of Hummus (unless you want to make your own)
- Salt and Pepper
- \_\_\_ Jar of natural peanut butter (85% peanuts or more is best)
- \_\_\_ Jar of honey
- \_\_\_ Small bag cocoa powder
- \_\_\_ Dried oregano
- \_\_\_ Cumin powder
- \_\_\_ Cinnamon
- \_\_\_ Za'atar (optional for popcorn)
- \_\_\_ Garlic powder (optional)
- \_\_\_ Vanilla powder (optional)
- \_\_\_ Vanilla essence (optional)
- \_\_\_ Chili flakes (optional)
- \_\_\_ Tahini paste (for making own hummus)

### **Bottled Foods & Oils**

- \_\_\_ bottle extra virgin olive oil
- \_\_\_ bottle balsamic vinegar