



May 2018

1 in 3 Americans have high blood pressure. For National High Blood Pressure Education Month, learn how to take back your health.

SUN	MON	TUE	WED	THU	FRI	SAT
MEAL PREP DAY	RAW PRODUCE FOCUS	HYDRATION FOCUS	MEAL PREP DAY	3-COLOR FOCUS	NIGHT OUT / VEGAN	SHOPPING / ACTIVITY
Notes: <ul style="list-style-type: none"> SHARE your journey! TAG pics/videos #FitMenCook and/or #FitWomenCook on Instagram, Twitter & Facebook MP = meal prep Find MP recipes on FitMenCook.com and FMC App on iOS & Android. 		1 CHALLENGE: Have 8oz glass of water after every meal. Water helps flush excess sodium (which raises blood pressure) out of your system.	2 Soluble fiber in beans may help reduce blood pressure and inflammation. MP = red beans & "rice"	3 SCAVENGER HUNT: Try purple fingerling potatoes! Anthocyanin gives purple potatoes their color and lowers blood pressure.	4 DYK 75% of the sodium in a diet can come from processed foods, like sauces and gravies? Get it on the side and use as needed.	5 CHALLENGE: Take a brisk walk! 30 minutes of walking, jogging or similar exercise can lower blood pressure by 5-8 mm Hg.
6 VEGAN MP = Spicy Peanut Butter Tempeh & Rice	7 BE LIKE POPEYE! Add spinach to a smoothie to help lower blood pressure and reduce disease-causing inflammation.	8 KEEP IT SIMPLE! If you have a cup of coffee or tea today, add NO sugar or sweetener.	9 Eating more oats lowers cholesterol and improves overall cardiovascular health. MP = overnight oats	10 Use more hot, colorful spices like cayenne or paprika! Hot flavors can heighten sodium awareness, encouraging you to use less salt.	11 Go meatless today! A vegan diet can lower blood pressure by 33-75%.	12 CELEBRATE the anniversary of the FMC Apps launch and... MY BIRTHDAY! 😊
13 MP = Taco Casserole Stuffed Bell Peppers	14 DRINK BEET JUICE! A glass of raw beetroot juice lowers systolic/diastolic blood pressure and can improve energy levels.	15 Five cups/day of green tea has been shown to reduce stress by up to 20%, and stress is linked with high blood pressure.	16 Use olive oil to make vinaigrette dressing. It reduces cardiovascular risks and improves blood pressure. MP = chopped Greek salad	17 Red pomegranate juice lowers blood pressure according to long-term studies.	18 Watch out for restaurant options that usually have higher levels of sodium – anything smoked, brined and/or marinated are usual suspects.	19 TREAT YO'SELF! Indulge in raw dark chocolate. Chocolate lovers have lower risks of heart disease, diabetes and stroke.
20 MP = Italian Veggie "Meatballs" & Spaghetti	21 Start a food diary. Writing down what you eat can reveal surprising eating habits and help identify any unhealthy patterns.	22 Drink a lot of soda? Reducing your soda intake by half can drop your systolic blood pressure by 1.8 points.	23 MP = make a fruit salad! Mix cherries, sliced apples, sliced mangos and other vitamin C-rich fruits to keep blood pressure levels healthy.	24 GO GREEN with pistachios! They brighten snacks/salads and lower blood pressure while boosting heart health.	25 Swap the meat for tofu today! The isoflavones raise the level of enzymes that widen your arteries, lowering blood pressure.	26 Pace yourself at the bar! A drink or two can lower blood pressure; more than that can raise your blood pressure by several points.
27 MP = Easy Firecracker Shrimp & Pineapple	28 Bite into a juicy tomato. All tomatoes have been linked with improved blood pressure, but the best effects come when raw.	29 End your day with chamomile tea. It may help you relax and sleep, while also lowering blood pressure.	30 To-go Greek yogurt cups make snacks easy to prep/pack. Enjoying several servings can result in a significant reduction in blood pressure risks.	31 Orange foods are high in blood pressure-lowering potassium. Try pumpkin, butternut squash, yams and sweet potato!	1	2