



The Healthy Heart Miracle Personal Roadmap



FOOD STRATEGIES

	NEED TO DO	ALREADY DONE	DOES NOT APPLY TO ME
Clean out kitchen/keep it temptation free! (<i>see Week 1</i>)			
Stock cupboards and freezer with DASH Plus foods (<i>see Worksheet</i>)			
Try new DASH Plus recipes each week			
Buy a countertop steamer to make preparing whole grains and vegetables easier (<i>see Week 4</i>)			
Find and eat at DASH Plus–friendly restaurants (<i>see Week 6</i>)			
Patronize food stores and restaurants that offer healthful choices (vote with your dollars) (<i>see Week 6</i>)			
Share recipe success with others (have a party, trade, and share leftovers)			
Find and involve AT LEAST ONE DASH Plus partner—spouse, other family member, friend—in my Fitness program, Food program or BOTH			

For more information refer to *The Healthy Heart Miracle* by Dr. Gabe Mirkin.
Available at bookstores everywhere and at Amazon.com. ISBN 0-06-019680-7