



## 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