

Sample Menu Plans: Days 1-2

Tbsp. = tablespoon tsp. = teaspoon oz. = ounces mg = milligrams of sodium per serving

Day 1

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> ■ orange juice (8 oz.) (0 mg) ■ cold cereal (1 cup) (160 mg) ■ toast with jelly (1 slice): thin-sliced whole wheat, 45-calorie bread (70 mg) or regular thick-sliced whole wheat bread (140 mg) ■ tub margarine (1 tsp.) (30 mg) ■ skim milk (8 oz.) (95 mg) ■ coffee or tea (0 mg) 	<ul style="list-style-type: none"> ■ fresh turkey sandwich, no salt, 2 slices of bread (140 mg): 2 slices thin-sliced bread (45 calories bread) or regular bread (280 mg) ■ low-fat mayonnaise (1 Tbsp.) (120 mg) ■ lettuce, tomato (0 mg) ■ tossed salad, low-sodium dressing (1 Tbsp.) (175 mg) ■ diet pop (40 mg) 	<ul style="list-style-type: none"> ■ roast beef (3 oz.) (45 mg) ■ low-sodium gravy (1 Tbsp.) (120 mg) ■ baked potato, medium (10 mg) ■ tub margarine (1 Tbsp.) (30 mg) ■ green beans (1 cup) (5 mg) ■ skim milk (8 oz.) (95 mg)
<ul style="list-style-type: none"> ■ Snack between breakfast and lunch: banana (0 mg). ■ Snack between lunch and dinner: frozen yogurt (½ cup) (55 mg). ■ Snack after dinner: sherbet (1 cup) (70 mg). 		

Day 2

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> ■ apple juice (½ cup) (0 mg) ■ oatmeal, no salt added to water (1 cup) (0 mg) ■ blueberries (½ cup) (0 mg) ■ toast with jelly (1 slice): thin-sliced whole wheat, 45-calorie bread (70 mg) or regular thick-sliced whole wheat bread (140 mg) ■ tub margarine (1 tsp.) (30 mg) ■ skim milk (8 oz.) (95 mg) ■ coffee or tea (0 mg) 	<ul style="list-style-type: none"> ■ tossed salad (2 cups) with low-sodium dressing (1 Tbsp.) (175 mg) ■ low-fat mayonnaise (1 Tbsp.) (120 mg) ■ melon (0 mg) ■ low-sodium tuna (3 oz.) (160 mg) ■ bread (2 slices) (140 mg): 2 slices thin-sliced, 45-calorie bread or regular bread (280 mg) 	<ul style="list-style-type: none"> ■ broiled walleye (3 oz.) (55 mg) ■ corn on the cob (1) (5 mg) ■ baby carrots (1 cup) (50 mg) ■ noodles, no salt (1 cup) (10 mg) ■ tub margarine (1 tsp.) (30 mg) ■ skim milk (8 oz.) (95 mg)
<ul style="list-style-type: none"> ■ Snack between breakfast and lunch: low-sodium crackers (3 to 5) (35 to 60 mg). ■ Snack between lunch and dinner: fruit cocktail (½ cup) (0 mg). ■ Snack after dinner: angel food cake (1 slice) with strawberries (½ cup) (210 mg). 		

Actual sodium content will vary according to choices and the way you prepare the food.

Sample Menu Plans: Days 3-4

Tbsp. = tablespoon tsp. = teaspoon oz. = ounces mg = milligrams of sodium per serving

Day 3

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> ■ orange juice (1 cup) (0 mg) ■ plain egg omelet (2 eggs) (155 mg); if you add vegetables, the sodium would stay the same ■ toast with jelly (1 slice) thin-sliced whole wheat, 45-calorie bread (70 mg) or regular thick-sliced whole wheat bread (140 mg) ■ tub margarine (1 tsp.) (30 mg) ■ skim milk (8 oz.) (95 mg) ■ coffee or tea (0 mg) 	<ul style="list-style-type: none"> ■ grilled chicken (2 oz.) (60 mg) ■ bread (1 slice) thin-sliced whole wheat, 45-calorie bread (70 mg) or regular thick-sliced whole wheat bread (140 mg) ■ tub margarine (1 tsp.) (30 mg) ■ macaroni salad (homemade) (140 mg) ■ vegetables (1 cup) (20 mg) ■ diet pop (40 mg) 	<ul style="list-style-type: none"> ■ lean hamburger (3 oz.) (50 mg) ■ whole wheat bun (1) (224 mg) ■ baked fries with Mrs. Dash® (20 fries) (25 mg) ■ asparagus (4 spears) (0 mg) ■ skim milk (8 oz.) (95 mg)
<ul style="list-style-type: none"> ■ Snack between breakfast and lunch: Jell-O® (½ cup) (90 mg). ■ Snack between lunch and dinner: low-sodium pretzels (10 to 12 twist or sticks) (175 mg). ■ Snack after dinner: Nilla Wafers® (8) (115 mg). 		

Day 4

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> ■ grapefruit juice (4 oz.) (0 mg) ■ raisin bagel (one-half) (230 mg) ■ cream cheese (1 Tbsp.) (50 mg) ■ skim milk (4 oz.) (47.5 mg) ■ coffee or tea (0 mg) 	<ul style="list-style-type: none"> ■ low-sodium tuna (2 oz.) (160 mg) ■ bread (2 slices) (140 mg): 2 slices thin-sliced, 45-calorie bread or regular bread (280 mg) ■ low-fat mayonnaise (1 Tbsp.) (120 mg) ■ lettuce, tomato (0 mg) ■ raw vegetables (1 cup) (20 mg) ■ vegetable juice (6 oz.) (90 mg) 	<ul style="list-style-type: none"> ■ pork chop (4 oz.) (75 mg) ■ applesauce (½ cup) (0 mg) ■ new potatoes (4) (0 mg) ■ tub margarine (2 tsp.) (30 mg) ■ tossed salad (2 cup) (35 mg) ■ low-sodium dressing (1 Tbsp.) (140 mg) ■ spinach (1 cup) (0 mg) ■ skim milk (4 oz.) (47.5 mg)
<ul style="list-style-type: none"> ■ Snack between breakfast and lunch: Greek non-fat yogurt (8 oz.) (60 mg). ■ Snack between lunch and dinner: orange (0 mg). ■ Snack after dinner: 2 cookies (2-inch diameter) (140 mg). 		

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