

# Sample Menu Plans for One Week (Days 1 - 4)

	Breakfast	Snack	Lunch	Snack	Dinner	Snack
<b>Day 1</b>	<ul style="list-style-type: none"> <li>■ orange juice (8 oz.)</li> <li>■ cold cereal (1 c.)</li> <li>■ toast with jelly (1 slice)</li> <li>■ tub margarine (1 tsp.)</li> <li>■ skim milk (8 oz.)</li> <li>■ coffee or tea</li> </ul>	<ul style="list-style-type: none"> <li>■ banana</li> </ul>	<ul style="list-style-type: none"> <li>■ fresh turkey sandwich, no salt, 2 slices of bread</li> <li>■ lettuce, tomato</li> <li>■ tossed salad, low-sodium dressing (1 Tbsp.)</li> <li>■ low-fat mayonnaise (1 Tbsp.)</li> <li>■ diet pop</li> </ul>	<ul style="list-style-type: none"> <li>■ frozen yogurt</li> </ul>	<ul style="list-style-type: none"> <li>■ roast beef (3 oz.)</li> <li>■ low-sodium gravy (1 Tbsp.)</li> <li>■ medium baked potato</li> <li>■ tub margarine (1 Tbsp.)</li> <li>■ green beans (1 c.)</li> <li>■ skim milk (8 oz.)</li> </ul>	<ul style="list-style-type: none"> <li>■ sherbet (1 cup)</li> </ul>
<b>Day 2</b>	<ul style="list-style-type: none"> <li>■ apple juice</li> <li>■ oatmeal (1 c.)</li> <li>■ blueberries (½ c.)</li> <li>■ toast with jelly (1 slice)</li> <li>■ tub margarine (1 tsp.)</li> <li>■ skim milk (8 oz.)</li> <li>■ coffee or tea</li> </ul>	<ul style="list-style-type: none"> <li>■ low-sodium crackers (3 to 5)</li> </ul>	<ul style="list-style-type: none"> <li>■ tossed salad (2 c.) with low-sodium dressing (1 Tbsp.)</li> <li>■ melon</li> <li>■ low-sodium tuna (3 oz.)</li> <li>■ bread (2 slices)</li> <li>■ low-fat mayonnaise (1 Tbsp.)</li> </ul>	<ul style="list-style-type: none"> <li>■ fruit cocktail</li> </ul>	<ul style="list-style-type: none"> <li>■ broiled walleye (3 oz.)</li> <li>■ corn on the cob (1)</li> <li>■ baby carrots (1 c.)</li> <li>■ noodles, no salt (1 c.)</li> <li>■ tub margarine (1 tsp.)</li> <li>■ skim milk (8 oz.)</li> </ul>	<ul style="list-style-type: none"> <li>■ angel food cake (1 slice) with strawberries (½ cup)</li> </ul>
<b>Day 3</b>	<ul style="list-style-type: none"> <li>■ orange juice (1 c.)</li> <li>■ egg omelet (2 eggs)</li> <li>■ toast with jelly (1 slice)</li> <li>■ tub margarine (1 tsp.)</li> <li>■ skim milk (8 oz.)</li> <li>■ coffee or tea</li> </ul>	<ul style="list-style-type: none"> <li>■ Jell-O®</li> </ul>	<ul style="list-style-type: none"> <li>■ grilled chicken (2 oz.)</li> <li>■ bread (1 slice)</li> <li>■ macaroni salad (homemade)</li> <li>■ low-fat mayonnaise (1 Tbsp.)</li> <li>■ vegetables (1 c.)</li> <li>■ diet pop</li> </ul>	<ul style="list-style-type: none"> <li>■ low-sodium pretzels</li> </ul>	<ul style="list-style-type: none"> <li>■ lean hamburger (3 oz.)</li> <li>■ bun (1/2)</li> <li>■ baked fries with Mrs. Dash® (20 fries)</li> <li>■ asparagus (4 spears)</li> <li>■ skim milk (8 oz.)</li> </ul>	<ul style="list-style-type: none"> <li>■ Nilla Wafers® (8)</li> </ul>
<b>Day 4</b>	<ul style="list-style-type: none"> <li>■ grapefruit juice (4 oz.)</li> <li>■ raisin bagel (1/2)</li> <li>■ cream cheese (1 Tbsp.)</li> <li>■ skim milk (4 oz.)</li> <li>■ coffee or tea</li> </ul>	<ul style="list-style-type: none"> <li>■ yogurt (8 oz.)</li> </ul>	<ul style="list-style-type: none"> <li>■ low-sodium tuna (2 oz.)</li> <li>■ bread (2 slices)</li> <li>■ low-fat mayonnaise (1 Tbsp.)</li> <li>■ lettuce, tomato</li> <li>■ low-sodium crackers (3 to 5)</li> <li>■ raw vegetables (1 c.)</li> <li>■ low-sodium V-8® (6 oz.)</li> </ul>	<ul style="list-style-type: none"> <li>■ orange</li> </ul>	<ul style="list-style-type: none"> <li>■ pork chop (4 oz.)</li> <li>■ applesauce (1/2 c.)</li> <li>■ new potatoes (4)</li> <li>■ tub margarine (2 tsp.)</li> <li>■ tossed salad (2 c.)</li> <li>■ low-sodium dressing (1 Tbsp.)</li> <li>■ spinach (1 c.)</li> <li>■ skim milk (4 oz.)</li> </ul>	<ul style="list-style-type: none"> <li>■ 2 cookies (2-inch diameter)</li> </ul>

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