

# Sample Menu Plans for One Week (Days 5 - 7)

	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Day 5	<ul style="list-style-type: none"> <li>■ cranberry juice (1/2 c.)</li> <li>■ English muffin (1/2)</li> <li>■ tub margarine (1 tsp.)</li> <li>■ cold cereal (1 c.)</li> <li>■ skim milk (4 oz.)</li> <li>■ coffee or tea</li> </ul>	<ul style="list-style-type: none"> <li>■ pine-apple chunks (1 c.)</li> </ul>	<ul style="list-style-type: none"> <li>■ grilled cheese with Alpine Lace® cheese (1 oz.) and bread</li> <li>■ low-sodium soup (1 c.)</li> <li>■ salad (2 c.) with low-sodium dressing (1 Tbsp.)</li> <li>■ fruit juice (1/2 c.)</li> <li>■ skim milk (4 oz.)</li> </ul>	<ul style="list-style-type: none"> <li>■ melon (quarter of whole)</li> </ul>	<ul style="list-style-type: none"> <li>■ herbed chicken (4 oz.)</li> <li>■ mashed potatoes (1 c.)</li> <li>■ tub margarine (1 tsp.)</li> <li>■ salad (2 c.) with low-sodium dressing (1 Tbsp.)</li> <li>■ skim milk (4 oz.)</li> </ul>	<ul style="list-style-type: none"> <li>■ fruit shake (4 oz. milk and 1/2 c. fruit)</li> </ul>
Day 6	<ul style="list-style-type: none"> <li>■ grapefruit (1/2)</li> <li>■ low-sodium pancakes: homemade with low-sodium baking powder (4 medium)</li> <li>■ syrup (2 Tbsp.)</li> <li>■ skim milk (8 oz.)</li> <li>■ coffee or tea</li> </ul>	<ul style="list-style-type: none"> <li>■ light popcorn (2 c.)</li> </ul>	<ul style="list-style-type: none"> <li>■ seafood salad with low-sodium tuna (3 oz.)</li> <li>■ low-fat mayonnaise (4 tsp.)</li> <li>■ pita pocket (6 oz.)</li> <li>■ mixed greens (1 c.)</li> <li>■ sodium-free crackers</li> <li>■ diet pop</li> <li>■ skim milk (4 oz.)</li> </ul>	<ul style="list-style-type: none"> <li>■ kiwi (1)</li> </ul>	<ul style="list-style-type: none"> <li>■ spaghetti, no salt (2 c.)</li> <li>■ low-sodium sauce (1 c.)</li> <li>■ French bread (1 slice)</li> <li>■ tub margarine (2 tsp.)</li> <li>■ broccoli (1 c.)</li> <li>■ salad (2 c.) with low-sodium dressing (2 Tbsp.)</li> <li>■ skim milk (4 oz.)</li> </ul>	<ul style="list-style-type: none"> <li>■ frozen yogurt (1 c.)</li> </ul>
Day 7	<ul style="list-style-type: none"> <li>■ fruit cup (1/2 c.)</li> <li>■ French toast (1 slice)</li> <li>■ syrup (1 Tbsp.)</li> <li>■ skim milk (8 oz.)</li> <li>■ coffee or tea</li> </ul>	<ul style="list-style-type: none"> <li>■ rice cakes (2)</li> </ul>	<ul style="list-style-type: none"> <li>■ peanut butter (1 Tbsp.) and jelly (1 Tbsp.) sandwich (2 slices bread)</li> <li>■ low-sodium crackers or chips</li> <li>■ salad (2 c.) with low-sodium dressing (1 Tbsp.)</li> <li>■ iced tea</li> </ul>	<ul style="list-style-type: none"> <li>■ 2 cookies (3-inch diameter)</li> </ul>	<ul style="list-style-type: none"> <li>■ fresh turkey with no salt 4 oz.) and low-sodium gravy (2 oz.)</li> <li>■ brown rice (2/3 c.)</li> <li>■ vegetables (1 c.)</li> <li>■ cranberry sauce (1/2 c.)</li> <li>■ tub margarine (1 tsp.)</li> <li>■ skim milk (8 oz.)</li> </ul>	<ul style="list-style-type: none"> <li>■ low-sodium pudding (1/2 c.)</li> </ul>

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