Sample Menu Phase One

Daily Food Log	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Eggs or Egg Substitute Cantaloupe	Plain Oatmeal Blueberries Skim or Soy Milk	Eggs or Liquid Egg Substitute Low-Sodium Cheese 1 Slice Pumpernickel Toast	Fresh or Frozen Strawberries Cantaloupe Eggs	Soy or Whey Protein Shake Blend with ice and Fresh Fruit	Skim or Soy Milk oatmeal Banana Cinnamon	Liquid egg substitute Grapefruit
Snack	Banana	Grapes Hard Boiled Egg	Grapefruit	Low sodium V-8 juice	Cantaloupe	Fresh Blueberries	Strawberries
Lunch	Vegetable Salad with Low Sodium Dressing Grilled Chicken Breast	Steamed, mixed Vegetables Grilled Turkey Breast Cantaloupe	Roasted Turkey Breast Broccoli Salad	Spinach Salad Tuna Low Sodium Dressing	Chicken Breast Vegetable Salad Low Sodium Dressing	Sliced Turkey or Tuna Sandwich with Lettuce and Lite Mayo or Mustard on Pumpernickel Bread	Pizza or Steak Salad Cake
Snack	Almonds Apple	Cherry Tomatoes	Almonds Cucumbers	Low Sodium Vegetable Soup	Strawberries	Cucumber Slices	Candy Bar
Dinner	Salmon Steamed Green Bans Spinach Sald Low Sodium Dressing	Grilled Tuna Steak Steamed Cabbage Carrots	Grilled Chicken Brest Strips Stir Fry Vegetables	Grilled Tilapia Fish Baby Greens Salad Chick Peas	Grilled Ground Turkey Breast Low Sodium Chesses Spinach Salad	Grilled Chicken Breast Mixed Steamed Veggies Cabbage	Protein Shake With ice chips Banana
Snack	Peach	Plum	Apple Slices	Raw Almonds	Low Fat Yogurt	Pear Slices	Almonds
Water Times	8:00 am	8:15 am	8:00 am	8:20 am	8:00 am	8:00 am	8:20 am
	Noon	Noon	12:15 pm	12:10 pm	Noon	Noon	12:15 pm
	5:30 pm	5:45 pm	5:30 pm	5:30 pm	5:45 pm	5:30 pm	5:15 pm
Vitamin Supplement Checklist	Yes_X_ No__	Yes___No__	Yes__ No__	Yes__ No__	Yes__ No__	Yes__ No__	Yes__ No___