



# Module 9 – Nutrition and Fluids



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<b>BREAKFAST</b>	Scrambled Eggs, 2+ White Toast, 1 slice Margarine, 1 tsp. Cranberry Juice Coffee/Tea	Cheerios®, ½ cup with Non-Dairy Creamer, ½ cup White Toast, 1 slice Margarine, 1 tsp. Orange Juice Coffee/Tea	French Toast, 2 slices: Eggs, 2+ White Bread, 2 slices Margarine, 2 tsp. Low-Sugar Syrup, 2 tbsp. Strawberry/Banana Juice Coffee/Tea	Cornflakes, ½ cup with Non-Dairy Creamer, ½ cup Bagel, 1 Sugar-Free Fruit Spread, 2 tsp. or Cream Cheese, 2 tsp. Grapefruit, 1 whole Coffee/Tea
<b>LUNCH</b>	Sliced Turkey Sandwich (1): Turkey, 4 oz. Sourdough Bread, 2 slices Mayonnaise, 1 tbsp. Tomatoes, 2 slices Lettuce, 1 leaf Orange, 1 medium Diet Sprite	Hamburger (1): Lean Beef Patty, 4 oz., on a Hamburger Bun Tomatoes, 2 slices Lettuce, 1 leaf Chopped Onion, 1 tbsp. Sliced Mushrooms, ¼ cup Orange Sherbet, ¾ cup Iced Tea	Grilled Salmon, 4 oz. Mexican Pasta, 1 cup** Corn Bread Roll, 1 Margarine, 1 tsp. Mixed Green Salad, ½ cup Oil and Vinegar Dressing: Salad/Olive Oil, 2 tsp. Vinegar, 1 tsp. Kiwi, 1 Diet Sprite®	Tuna Sandwich (1): Low Sodium/Water Packed Tuna, flaked, 4 oz. Mayonnaise, 1 tbsp. Chopped Onions, 1 tbsp. Chopped Celery, 1 tbsp. Swiss Cheese, 1 oz. Hard Bread Roll, 1 Apple, 1 medium Mineral Water
<b>DINNER</b>	Broiled Garlic Shrimp, 4 oz.* Rice, ½ cup Asparagus, 4 spears Dinner Roll, 1 Margarine, 1 tsp. Pineapple Tidbits, ½ cup Mineral Water	Oven-Baked Chicken, 4 oz. Baked Potato, 1 small Margarine, 1 tsp. Carrots, ½ cup Applesauce, ½ cup Crystal Light®	Salisbury Steak, 4 oz., with: Sliced Mushrooms, ½ cup Chopped Onions, ¼ cup Dinner Roll, 1 Margarine, 1 tsp. Artichokes, ½ cup Jell-O®, ½ cup Sugar-Free Lemonade	Baked Pork Chop, 4 oz. Rice, ½ cup Steamed Broccoli, ½ cup Margarine, 1 tsp. Fresh Apricots, 4 Iced Tea
<b>SNACK</b>	Graham Crackers, 2 squares Canned Figs, 3 medium	Tuna Salad, ¼ cup Crackers, unsalted tops 6	Unsalted Popcorn with Melted Margarine, 3 cups popped	Chili Wheat Treats, ½ cup*

BREAKFAST

LUNCH

DINNER

SNACK

\*Living Well on Dialysis    \*\*Southwest Cookbook    \*Egg substitute/egg whites can be used in place of whole eggs





(continued)

THURSDAY	FRIDAY	SATURDAY
<p><b>BREAKFAST</b></p> <p>Oatmeal, ½ cup made with:                      Non-Dairy Creamer, ½ cup                      Raisins, 2 tbsp.                      Coffee/Tea                      (Optional: add 1 tbsp. of protein powder to oatmeal)</p>	<p>Mushroom Omelet:                      Eggs, 2+                      Sliced Mushrooms, green peppers, onions, ¼ cup                      White Toast, 2 slices                      Margarine, 2 tsp.                      Tangerine Juice                      Coffee/Tea</p>	<p>English Muffin Sandwich (1):                      English Muffin, 1                      Scrambled Eggs, 2+                      Natural Cheese, 1 oz.                      Watermelon, cubed, 1 ¼ cup                      Coffee/Tea</p>
<p><b>LUNCH</b></p> <p>Egg Salad Sandwich (1):                      Hard Boiled Eggs: 3 whites, 1 yolk                      Mayonnaise, 1 tbsp.                      Chopped Celery, 1 tbsp                      Lettuce, 1 leaf                      White Toast, 2 slices                      Plum, Red, 1                      Diet 7-Up®</p>	<p>Roast Beef Sandwich (1):                      Roast Beef, 4 oz.                      White Bread, 2 slices                      Mayonnaise, 1 tbsp.                      Green Beans, ½ cup                      Banana, 1 medium                      Mineral Water, 4 oz.</p>	<p>Lemon Curry Chicken Salad, 1 cup*                      Crackers, Unsalted Tops, 6                      Sorbet, ¾ cup                      Iced Tea</p>
<p><b>DINNER</b></p> <p>Baked Cod, 4 oz. in:                      Margarine, 1 tsp.                      Lemon Juice, 2 tbsp                      Black Pepper, ½ tsp.                      Baked Potato, 1 small, with:                      Margarine, 2 tsp.                      Chives, 1 tsp.                      Mustard Greens, ½ cup                      Sourdough Bread, 1 slice                      Margarine, 1 tsp.                      Fresh Peach, 1                      Iced Tea</p>	<p>Chicken and Rice, 1 cup**                      Zucchini, ½ cup                      Cantaloupe, 1/3 melon                      Diet Sprite®</p>	<p>Beef Stroganoff, ½ cup                      Noodles, ½ cup                      Mixed Green Salad, ½ cup                      Oil and Vinegar Dressing:                      Salad/Olive Oil, 2 tsp.                      Vinegar, 1 tsp.                      Fresh Pear                      Crystal Light®</p>
<p><b>SNACK</b></p> <p>Sorbet, ¾ cup                      Graham Crackers, 2 squares</p>	<p>Cheese Crisp, 1 made with:                      Flour Tortilla, 1, 6-inch                      Natural Cheese, 1 oz.</p>	<p>Angel Food Cake, ½ cake</p>

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(continued)

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<b>BREAKFAST</b>	Scrambled Eggs, 2+ White Toast, 2 slices Margarine, 2 tsp. Orange Juice Coffee/Tea	French Toast, 2 slices: Eggs, 2+ White Bread, 2 slices Margarine, 2 tsp. Low Sugar Syrup, 2 tbsp. Grapefruit, 1 whole Coffee/Tea	Oatmeal, ½ cup made with: Non-Dairy Creamer, ½ cup Sugar Substitute, to taste Cinnamon, ½ tsp. White Toast, 1 slice Margarine, 1 tsp. Honeydew Melon, cubed, 1 cup Coffee/Tea	Grape-Nuts® Flakes, ½ cup Non-Dairy Creamer, ½ cup Hard Boiled Egg, 1 White Toast, 1 slice Margarine, 1 tsp. Cranberry Juice Coffee/Tea
<b>LUNCH</b>	Chicken, 4 oz. on an Onion Roll with: Mayonnaise, 1 tbsp. Tomatoes, 2 slices Lettuce, 1 leaf Carrot Sticks, ½ cup Sugar-Free Lemonade	Grilled Cheese Sandwich (1): White Bread, 2 slices Natural Cheese, 2 oz. Low Sodium Tomato Soup, with water, ½ cup Celery Sticks, ½ cup Low Sodium Dressing, 1 tbsp. Plum, 1 medium Iced Tea	Egg Salad Sandwich (1): Hard Boiled Eggs: 3 whites, 1 yolk Mayonnaise, 1 tbsp. White Toast, 2 slices Tomatoes, 2 slices Sliced Cucumbers, ½ cup Apple, 1 medium Diet 7-Up®	Tuna Pasta Salad: Shell Pasta, 1 cup Tuna, ¾ cup Mayonnaise, 1 tbsp. Chopped Onions, 1 tbsp. Chopped Celery, 1tbsp. Radishes, sliced, ¼ cup Tomatoes, 2 slices Orange Sherbet, ¾ cup Iced Tea
<b>DINNER</b>	Roast Beef, 4 oz. Mashed Potatoes, ½ cup Margarine, 1 tsp. Steamed Carrots & Peas, ½ cup Dinner Roll, 1 Margarine, 1 tsp. Watermelon, cubed, 1 ¼ cup Iced Tea	Baked Pork Chop, 4 oz. Noodles, ½ cup Margarine, 1 tsp. Spinach, ½ cup Applesauce, ½ cup Sugar-Free Lemonade	Scampi Linguini, ½ cup* (double shrimp in recipe) Mixed Green Salad, ½ cup Oil and Vinegar Dressing: Salad/Olive Oil, 2 tsp. Vinegar, 1 tsp. Dinner Roll, 1 Margarine, 1 tsp. Pineapple Tidbits, ½ cup Iced Tea, 4 oz.	Roast Beef, 4 oz. French Bread, 2 slices Margarine, 2 tsp. Sauteed Broccoli, ½ cup in: Olive Oil, ½ tsp. Thyme, ⅓ tsp. Diet Jell-O®, ½ cup, topped with Cool Whip®, 2 tbsp. Mineral Water
<b>SNACK</b>	Vanilla Wafers, 6 Fruit Cocktail, ½ cup	Chicken Salad, ¼ cup Crackers, Unsalted Tops, 6	Quick 'N Easy Chocolate Ice Cream, ½ cup***	Graham Crackers, 2 squares Strawberries, ½ cup

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THURSDAY	FRIDAY	SATURDAY
<p><b>BREAKFAST</b></p> <p>Scrambled Eggs, 2+ Bagel, 1 Cream Cheese, 1 oz. Melon, cubed, 1 cup Coffee/Tea</p>	<p>Cream of Wheat, ½ cup made with: Non-Dairy Creamer, ½ cup Raisins, 2 tbsp. Fresh Fruit Salad, ½ cup Sourdough Toast, 1 slice Margarine, 1 tsp. Coffee/Tea <i>(Optional: add 1 tbsp. of protein powder to Cream of Wheat)</i></p>	<p>French Toast, 2 slices: Eggs, 2+ White Bread, 2 slices Margarine, 2 tsp. Low Sugar Syrup, 2 tbsp. Sausage Patty, 1 oz.: Lean Ground Pork, 1 oz. Black Pepper &amp; Ground Cumin Orange Juice Coffee/Tea</p>
<p><b>LUNCH</b></p> <p>Sliced Turkey Sandwich (1): Turkey, 4 oz. Rye Bread, 2 slices Mayonnaise, 1 tbsp. Tomatoes, 2 slices Lettuce, 1 leaf Papaya, ½ cup Mineral Water</p>	<p>Roast Beef Sandwich (1/2): Roast Beef, 2 oz. White Bread, 1 slice Mayonnaise, ½ tbsp. Low Sodium Vegetable Soup, 1 cup Crackers, Unsalted Tops, 6 Green Salad, ½ cup Oil &amp; Vinegar Dressing, 1 tbsp. Iced Tea</p>	<p>Stir-Fried Chicken and Vegetables: Cubed Chicken, ½ cup Zucchini, Carrots, Onions Egg Fried Rice, 1 cup* Chinese Almond Cookies, 3 cookies* Mineral Water</p>
<p><b>DINNER</b></p> <p>Hamburger (1): Lean Beef Patty, 4 oz. on a Hamburger Bun Mustard, 1 tbsp. Catsup, 1 tbsp. Lettuce, 1 leaf Coleslaw, ½ cup Banana, 1 medium Iced Tea</p>	<p>Broiled Skinless Chicken Breast, 4 oz. Rice, ½ cup Steamed Broccoli, ½ cup Margarine, 1 tsp. Fresh Pear, 1 Diet Sprite®</p>	<p>Broiled Halibut, 4 oz., in: Lemon Juice, 2 tbsp. Cilantro, 2 tbsp. Black Pepper, ¼ tsp. Asparagus, 4 spears Dinner Roll, 1 Margarine, 1 tsp. Fresh Apricots, 4 Sugar-Free Lemonade</p>
<p><b>SNACK</b></p> <p>Unsalted Popcorn with Melted Margarine, 3 cups popped Cran-Raspberry Juice + Diet 7-Up®, ¼ cup each</p>	<p>Cottage Cheese, ½ cup Pineapple, ½ cup</p>	<p>Diet Jell-O®, ½ cup, topped with Cool Whip®, 2 tbsp.</p>

(continued)

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