



# Module 9 – Nutrition and Fluids



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>Scrambled Eggs, 2+ White Toast, 1 slice Margarine, 2 tsp. Cranberry Juice, 4 oz. Coffee/Tea, 8 oz.</p>	<p>Cheerios®, ½ cup with Non-Dairy Creamer, ½ cup White Toast, 1 slice Margarine, 1 tsp. Coffee/Tea, 8 oz.</p>	<p>French Toast, 2 slices: Eggs, 2+ White Bread, 2 slices Margarine, 2 tsp. Low-Sugar Syrup, 2 tbsp. Grape Juice, 4 oz. Coffee/Tea, 8 oz.</p>	<p>Cornflakes, ½ cup with Non-Dairy Creamer, ½ cup Bagel, 1 Sugar-Free Fruit Spread, 2 tsp. or Cream Cheese, 2 tsp. Grapefruit, 1 half Coffee/Tea, 8 oz.</p>
<p>Sliced Turkey Sandwich (1): Turkey, 3 oz. Sourdough Bread, 2 slices Mayonnaise, 1 tbsp. Lettuce, 1 leaf Tangerine, 1 medium Diet Sprite®, 4 oz.</p>	<p>Hamburger (1): Lean Beef Patty, 3-4 oz., on a Hamburger Bun Lettuce, 1 leaf Chopped Onion, 1 tbsp. Sliced Mushrooms, ¼ cup Orange Sherbet, ¾ cup Iced Tea, 4 oz.</p>	<p>Grilled Salmon, 3 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. Grapes, 15 medium Diet Sprite®, 4 oz.</p>	<p>Tuna Sandwich (1): Low Sodium/Water Packed Tuna, flaked, 4 oz. Mayonnaise, 1 tbsp. Chopped Onions, 1 tbsp. Chopped Celery, 1 tbsp. Hard Bread Roll, 1 Apple, 1 medium Mineral Water, 4 oz.</p>
<p>Broiled Garlic Shrimp, 3 oz.* Rice, ½ cup Asparagus, 4 spears Dinner Roll, 1 Margarine, 1 tsp. Pineapple Tidbits, ½ cup Mineral Water, 4 oz.</p>	<p>Oven-Baked Chicken, 4 oz. Mashed Potatoes, ½ cup Margarine, 2 tsp. Carrots, ½ cup Applesauce, ½ cup Crystal Light®, 4 oz.</p>	<p>Salisbury Steak, 4 oz., with: Sliced Mushrooms, ½ cup Chopped Onions, ¼ cup Noodles, ½ cup Dinner Roll, 1 Margarine, 1 tsp. Green Beans, ½ cup Jell-O®, ½ cup Sugar-Free Lemonade, 4 oz.</p>	<p>Baked Pork Chop, 3 oz. Rice, ½ cup Steamed Broccoli, ½ cup Margarine, 1 tsp. Canned Apricots, 3 halves Iced Tea, 4 oz.</p>
<p>Graham Crackers, 2 squares Canned Pears, 2 halves</p>	<p>Vanilla Wafers, 6 Fruit Cocktail, ½ cup</p>	<p>Unsalted Popcorn with Melted Margarine, 3 cups popped</p>	<p>Chili Wheat Treats, ½ cup*</p>

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
<b>BREAKFAST</b>	<p>Oatmeal, ½ cup made with: Non-Dairy Creamer, ½ cup Raisins, 2 tbsp. Coffee/Tea, 8 oz. <i>(Optional: add 1 tbsp. of protein powder to oatmeal)</i></p>	<p>Mushroom Omelet: Eggs, 2+ Sliced Mushrooms, green peppers, onions, ¼ cup White Toast, 2 slices Margarine, 2 tsp. Cranberry Juice, 4 oz. Coffee/Tea, 8 oz.</p>	<p>English Muffin Sandwich (1): English Muffin, 1 Scrambled Eggs, 2+ Natural Cheese, 1 oz. Grapefruit, 1 half Coffee/Tea, 8 oz.</p>
<b>LUNCH</b>	<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 Strawberries, ½ cup Diet 7-Up®, 4 oz.</p>	<p>Roast Beef Sandwich (1): Roast Beef, 3 oz. White Bread, 2 slices Mayonnaise, 1 tbsp. Green Beans, ½ cup Apple, 1 medium Mineral Water, 4 oz.</p>	<p>Lemon Curry Chicken Salad, 1 cup* Crackers, Unsalted Tops, 6 Sorbet, ¾ cup Iced Tea, 4 oz.</p>
<b>DINNER</b>	<p>Baked Cod, 4 oz. in: Margarine, 1 tsp. Lemon Juice, 2 tbsp Black Pepper, ½ tsp. Baked Potato (without skin), 1 small: Margarine, 2 tsp. Chives, 1 tsp. Mustard Greens, ½ cup Sourdough Bread, 1 slice Margarine, 1 tsp. Canned Peaches, ½ cup Iced Tea, 4 oz.</p>	<p>Chicken and Rice, 1 cup** Zucchini, ½ cup Canned Plums, ½ cup Diet Sprite®, 4 oz.</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. Canned Pears, 2 halves Crystal Light®, 4 oz.</p>
<b>SNACK</b>	<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, 1/12 cake</p>

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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<b>BREAKFAST</b>	Fried Eggs, 2 White Toast, 2 slices Margarine, 2 tsp. Apple Juice, 4 oz. Coffee/Tea, 8 oz.	French Toast, 2 slices: Eggs, 2+ White Bread, 2 slices Margarine, 2 tsp. Low-Sugar Syrup, 2 tbsp. Grapefruit, 1 half Coffee/Tea, 8 oz.	Oatmeal, ½ cup made with: Non-Dairy Creamer, 1/2 cup Sugar Substitute to taste Cinnamon, ½ tsp. Blueberries, ½ cup White Toast, 1 slice Margarine, 1 tsp. Coffee/Tea, 8 oz.	Grape-Nuts® Flakes, ½ cup Non-Dairy Creamer, ½ cup White Toast, 1 slice Margarine, 1 tsp. Cranberry Juice, 4 oz. Coffee/Tea, 8 oz.
<b>LUNCH</b>	Chicken, 3 oz. on an Onion Roll with: Mayonnaise, 1 tbsp. Lettuce, 1 leaf Carrot Sticks, ½ cup Sugar-Free Lemonade, 4 oz.	Grilled Cheese Sandwich (1): White Bread, 2 slices Natural Cheese, 2 oz. Celery Sticks, ½ cup Low Sodium Dressing, 1 tbsp. Canned Plums, ½ cup Iced Tea, 4 oz.	Egg Salad Sandwich (1): Hard Boiled Eggs: 2 whites, 1 yolk Mayonnaise, 1 tbsp. White Toast, 2 slices Sliced cucumbers, ½ cup Apple, 1 medium Diet 7-Up®, 4 oz.	Tuna Pasta Salad: Shell Pasta, 1 cup Tuna, ½ cup Mayonnaise, 1 tbsp. Chopped Onions, 1 tbsp. Chopped Celery, 1 tbsp. Green Peppers, Radishes, sliced ¼ cup Orange Sherbet, ¾ cup Iced Tea, 4 oz.
<b>DINNER</b>	Roast Beef, 3 oz. Mashed Potatoes, ½ cup Margarine, 1 tsp. Steamed Carrots & Peas, ½ cup Dinner Roll, 1 Margarine, 1 tsp. Grapes, 15 medium Iced Tea, 4 oz.	Baked Pork Chop, 4 oz. Noodles, ½ cup Green Beans, ½ cup Dinner Roll, 1 Margarine, 1 tsp. Applesauce, ½ cup Sugar-Free Lemonade, 4 oz.	Scampi Linguini, ½ cup* 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, 3 oz. French Bread, 2 slices Margarine, 2 tsp. Sautéed Broccoli, ½ cup in: Olive Oil, ½ tsp. Thyme, ⅓ tsp. Diet Jell-O®, ½ cup, topped with Cool Whip®, 2 tbsp. Mineral Water, 4 oz.
<b>SNACK</b>	Vanilla Wafers, 6 Fruit Cocktail, ½ cup	Crackers, Unsalted Tops, 6 Flavored Cream Cheese, 2 oz.	Quick 'N Easy Chocolate Ice Cream, ½ cup***	Graham Crackers, 2 squares Strawberries, ½ cup

(continued)

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(continued)

THURSDAY	FRIDAY	SATURDAY
<p><b>BREAKFAST</b></p> <p>Scrambled Eggs, 2+ Bagel, 1 Cream Cheese, 2 oz. Canned Peaches, 2 halves Coffee/Tea, 8 oz.</p>	<p>Cream of Wheat, ½ cup made with: 1% Milk, ½ cup Raisins, 2 tbsp. Sourdough Toast, 1 slice Margarine, 1 tsp. Coffee/Tea, 8 oz.  <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 Grape Juice, 4 oz. Coffee/Tea, 8 oz.</p>
<p><b>LUNCH</b></p> <p>Sliced Turkey Sandwich (1): Turkey, 3 oz. Rye Bread, 2 slices Mayonnaise, 1 tbsp. Lettuce, 1 leaf Fruit Cocktail, ½ cup Mineral Water, 4 oz.</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 Fresh Fruit Salad, ½ cup Apples, Grapes, Mandarin Oranges Iced Tea, 4 oz.</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, 4 oz.</p>
<p><b>DINNER</b></p> <p>Hamburger (1): Lean Beef Patty, 3-4 oz. on a Hamburger Bun Mustard, 1 tbsp. Catsup, 1 tbsp. Lettuce, 1 leaf Coleslaw, ½ cup Apple, 1 medium Iced Tea, 4 oz.</p>	<p>Broiled Skinless Chicken Breast, 3 oz. Rice, ½ cup Steamed Broccoli, ½ cup Margarine, 1 tsp. Dinner Roll, 1 Margarine, 1 tsp. Pineapple, ½ cup Diet Sprite®, 4 oz.</p>	<p>Broiled Halibut, 4 oz., in: Lemon Juice, 2 tbsp. Cilantro, 2 tbsp. Black Pepper, ¼ tsp. Steamed Green Beans, ½ cup Dinner Roll, 1 Margarine, 1 tsp. Canned Apricots, 3 halves Sugar-Free Lemonade, 4 oz.</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>Graham Crackers, 2 squares Canned Pears, 2 halves</p>	<p>Diet Jell-O®, ½ cup, topped with Cool Whip®, 2 tbsp.</p>

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