



# Module 9 – Nutrition and Fluids



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<b>BREAKFAST</b>	Scrambled Eggs, 2+ White Toast, 1 slice Margarine, 1 tsp. Grapefruit 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. Maple Syrup, 4 tbsp. Strawberry/Banana Juice Coffee/Tea	Cornflakes, ½ cup with Non-Dairy Creamer, ½ cup Bagel, 1 Jam/Jelly, 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 Regular/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 Regular/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 Regular/Diet Root Beer
<b>DINNER</b>	Broiled Garlic Shrimp, 4 oz.* Rice, ½ cup Asparagus, 4 spears Dinner Roll, 1 Margarine, 1 tsp. Pineapple Tidbits, ½ cup Regular/Diet Root Beer	Oven-Baked Chicken, 4 oz. Baked Potato, 1 small Margarine, 2 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 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	Baked Apple with: Sugar, 2 tsp. Margarine, 2 tsp. Cinnamon, 1 tsp.	Chili Wheat Treats, ½ cup*

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





THURSDAY	FRIDAY	SATURDAY
<p>Oatmeal, ½ cup made with: Non-Dairy Creamer, ½ cup Raisins, 2 tbsp. Coffee/Tea <i>(Optional: add 1 tsp. 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. 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>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 Regular/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 Regular/Diet Root Beer</p>	<p>Lemon Curry Chicken Salad, 1 cup* Crackers, Unsalted Tops, 6 Sorbet, ¾ cup Iced Tea</p>
<p>Baked Cod, 4 oz. in: Margarine, 1 tsp. Lemon Juice, 2 tbsp Black Pepper, ½ tsp. Baked Potato, 1 small, with: Margarine, 1 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, ½ melon Regular/Diet Sprite®</p>	<p>Beef Stew, 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>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>Cinnamon Crispies, 1 tortilla*</p>

(continued)

BREAKFAST

LUNCH

DINNER

SNACK

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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<b>BREAKFAST</b>	Fried 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. Maple Syrup, 4 tbsp. Grapefruit, 1 whole Coffee/Tea	Oatmeal, ½ cup made with: Non-Dairy Creamer, 1 cup Maple Syrup, 1 tbsp. 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 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. Vanilla Pudding (cooked, not instant), ½ cup 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 Regular/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 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	Roast Beef, 4 oz. French Bread, 2 slices Margarine, 2 tsp. Sautéed Broccoli, ½ cup in: Olive Oil, ½ tsp. Thyme, ⅛ tsp. Caramel Custard, ½ cup** Regular/Diet Root Beer
<b>SNACK</b>	Vanilla Wafers, 6 Fruit Cocktail, ½ cup	Chicken Salad, ¼ cup Crackers, Unsalted Tops, 6	Strawberry 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, ½ 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. Maple Syrup, 4 tbsp. Sausage Patty, 1 oz.: Lean Ground Pork, 1 oz. Black Pepper &amp; Ground Cumin 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 Regular/Diet Root Beer</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* Apple Cider</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 Regular/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 Lemonade</p>
<p><b>SNACK</b></p> <p>Unsalted Popcorn with Melted Margarine, 3 cups popped Cran-Raspberry Juice</p>	<p>Cottage Cheese, ½ cup Pineapple, ½ cup</p>	<p>Jell-O®, ½ cup, topped with Cool Whip®, 2 tbsp.</p>

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