

	Day - 1 Regular 2300 Kcal	Day - 1 Low sodium 2gm Na	Day - 1 CHO Controlled (300 gms) 6, 6, 6, 2 CHO Choices	Day - 1 Low cholesterol 200mg cholesterol
Breakfast	4 oz. Orange juice ½ c. Oatmeal 2 T. Raisins 2 slices French Toast 2 T. Syrup 1 tsp. Margarine 8 oz. Milk (2%) Coffee/Tea	4 oz Orange juice ½ c Oatmeal 2 Tbsp Raisins 2 slices French Toast 2 Tbsp Syrup 1 tsp. Margarine 8 oz. Milk 2% Def Coffee/Tea	4 oz Orange juice ½ c Oatmeal 2 Tbsp Raisins 2 slices French Toast 2 Tbsp SF Syrup 1 tsp Margarine 8 oz Milk 2% Coffee/Tea	4 oz Orange juice ½ c Oatmeal 2 Tbsp Raisins 2 slices French Toast 2 Tbsp Syrup 1 tsp Margarine 8 oz Milk 2% Coffee/Tea
Lunch	1 c. Tomato Soup Turkey /Cheese Sandwich 3 oz. Roasted turkey breast 2 slices Whole wheat bread 1 oz. Swiss cheese 2 leaves Lettuce leaves 2 tsp. Mayonnaise ½ c. Fresh zucchini ½ c. Macaroni salad 1 lg. Chocolate Chip cookie 8 oz. Milk (2%) Coffee/Tea	1 c (Low Na) Tomato Soup Turkey/Cheese Sandwich 3 oz Roasted turkey breast 2 slices Whole wheat bread 1 oz Swiss cheese (low Na) 2 leaves Lettuce Zucchini ½ c Macaroni Salad 1 lg Choc chip cookie 8 oz Milk 2% 4 oz Def Coffee/Tea	1 c Tomato Soup (Low Na) Turkey /Cheese Sandwich 3 oz Roasted turkey breast 2 slices Whole wheat bread 1 oz Swiss cheese (Low Na) 2 leaves Lettuce leaves ½ c Fresh zucchini ½ c Macaroni salad 1 ct Diet Orange Jello 8 oz Milk (2%) 4 oz Coffee/Tea	1 c Tomato Soup (Low Na) Turkey /Cheese Sandwich 3 oz Roasted turkey breast 2 slices Whole wheat bread 2 slices Swiss cheese (Low Na) 1 oz Swiss cheese (Low Na) 2 leaves Lettuce leaves 2 leaves Lettuce leaves ½ c Fresh zucchini 2 leaves Lettuce leaves ½ c Fresh zucchini ½ c Macaroni salad 1 lg Chocolate Chip cookie 8 oz Milk (skim) 4 oz Coffee/Tea
Dinner	1 c. Vegetable soup 3 oz. Fried Cod Filet ½ c. Steamed broccoli 1 Baked potato 1 Wheat dinner roll 2 T. Margarine 1 slice Apple Pie (½ pie) 8 oz. Milk (2%) Coffee/Tea	½ c Vegetable soup (Low Na) 3 oz Baked Cod Filet ½ c Steamed broccoli 1 Baked potato 1 Wheat dinner roll 1 Tbsp Margarine 1 Tbsp Apple pie 8 oz Milk (2%) 4 oz Def Coffee/Tea	½ c Vegetable soup 3 oz Baked Cod Filet ½ c Steamed broccoli 1 Baked potato 1 Wheat dinner roll 1 Tbsp Margarine 4 oz SF Jello 8 oz Milk (2%) 4 oz Coffee/Tea	½ c Vegetable soup 3 oz Baked Cod Filet ½ c Steamed broccoli 1 Baked potato 1 Wheat dinner roll 1 Tbsp Margarine 1 c Sliced Apple 8 oz Milk (skim) 4 oz Coffee/Tea

Total kcal	3,076 kcal	1,885 kcal	1,955 kcal	1,955 kcal
CHO	370 gms	261 gms	253 gms	253 gms
PRO	110 gms	89 gms	100 gms	100 gms
FAT	125 gms	64 gms	65 gms	65 gms
Cholesterol	590 mg	157 mg	147 mg	147 mg
Sodium-NA	4,750 mg	1,600 mg	1,870 mg	1,870 mg