

Meal Plans

**Bonus
Chapter**

Whether you're already eating low sodium or retraining your taste buds, the 2-week meal plans that follow can help you target your required sodium intake.

We've put together a meal plan for the widely recommended guideline of 1,500 milligrams sodium daily. If you require more restricted sodium consumption, choose the 1,000 milligrams sodium daily meal plan. If you're stepping down your sodium intake, you can use the 2,000 milligrams sodium per day meal plan to help diminish your taste for salt.

Always check with your doctor, registered dietitian, or nutritionist to learn about appropriate sodium guidelines for you.

Two-Week Menu for 1,000 Milligrams Sodium/Day

First, let's take a look at the meal plan for 1,000 milligrams sodium a day.

Day 1

	Calories	Sodium (mg)
Breakfast:		
Crunchy Berry Parfait (<i>recipe in Chapter 3</i>)	247	86
1 slice whole-grain toast	69	148
1 tsp. spreadable margarine	33	42
<i>Total:</i>	<i>349</i>	<i>276</i>
Lunch:		
1 serving Lemon-Kissed Tuna-Stuffed Tomatoes (<i>recipe in Chapter 5</i>)	155	64
1 cup skim milk	90	130
1 medium apple	95	2

continues

Day 1 (continued)

	Calories	Sodium (mg)
4 low-sodium saltine crackers	47	86
<i>Total:</i>	387	282
Dinner:		
1 serving Grilled T-Bones with Charred Peppers <i>(recipe in Chapter 17)</i>	407	92
1 medium baked potato	161	17
1 TB. light sour cream	20	10
1 cup skim milk	90	130
1 cup tossed green salad	27	17
2 TB. Balsamic Vinaigrette <i>(recipe in Chapter 6)</i>	177	3
<i>Total:</i>	882	269
Afternoon Snack:		
½ toasted whole-grain mini bagel with 2 tsp. all-fruit spread	79	61
½ cup strawberries	24	1
1 cup skim milk	90	130
<i>Total:</i>	193	192
Morning or Evening Snack:		
1 slice Tangy Glazed Lemon Bread <i>(recipe in Chapter 19)</i>	226	17
<i>Total:</i>	226	17
Daily Total:	2,037	1,036

Day 2

	Calories	Sodium (mg)
Breakfast:		
Maple Syrup and Brown Sugar Oatmeal <i>(recipe in Chapter 3)</i>	413	19
1 medium banana	105	1
¾ cup skim milk	68	98
<i>Total:</i>	586	118

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	Calories	Sodium (mg)
Lunch:		
1 serving Split-Pea Soup with Mini Meatballs <i>(recipe in Chapter 7)</i>	233	154
4 low-sodium saltine crackers	47	86
1 medium orange	70	0
<i>Total:</i>	<i>350</i>	<i>240</i>
Dinner:		
1 serving Broiled Salmon with Cherry Tomato Couscous <i>(recipe in Chapter 15)</i>	395	304
1 cup green salad	27	17
2 TB. Italian Dressing <i>(recipe in Chapter 6)</i>	183	0
1 cup skim milk	90	130
<i>Total:</i>	<i>695</i>	<i>451</i>
Afternoon Snack:		
$\frac{3}{4}$ cup plain yogurt	75	101
$\frac{1}{2}$ cup blueberries	42	1
2 TB. unsalted slivered almonds	78	0
<i>Total:</i>	<i>195</i>	<i>102</i>
Morning or Evening Snack:		
4 low-sodium saltine crackers	47	86
1 TB. peanut butter	95	75
<i>Total:</i>	<i>142</i>	<i>161</i>
Daily Total:	1,968	1,072

Day 3

	Calories	Sodium (mg)
Breakfast:		
Peanut Butter and Pineapple Burrito <i>(recipe in Chapter 3)</i>	484	3
$\frac{3}{4}$ cup skim milk	68	98
<i>Total:</i>	<i>552</i>	<i>101</i>

continues

Day 3 (continued)

	Calories	Sodium (mg)
Lunch:		
Turkey and Swiss in a Green Blanket (<i>recipe in Chapter 8</i>)	260	372
¾ cup skim milk	68	98
1 cup seedless grapes	104	4
<i>Total:</i>	432	474
Dinner:		
1 serving Garden-Fresh Balsamic Tomato Sauce over Angel Hair (<i>recipe in Chapter 18</i>)	322	88
Herbed Baby Greens Side Salad (<i>recipe in Chapter 20</i>)	70	31
1 cup melon cubes	54	24
¾ cup skim milk	68	98
<i>Total:</i>	514	241
Afternoon Snack:		
3 (2½-inch-square) cinnamon graham crackers	89	100
¾ cup low-fat banana yogurt	170	80
<i>Total:</i>	259	180
Morning or Evening Snack:		
½ cup edamame	100	5
1 oz. low-sodium cheddar cheese	113	6
<i>Total:</i>	213	11
Daily Total:	1,970	1,007

Day 4

	Calories	Sodium (mg)
Breakfast:		
1½ cups Cheerios	154	240
1 cup skim milk	90	130
½ cup strawberries	24	1
<i>Total:</i>	268	371

Meal Plans

	Calories	Sodium (mg)
Lunch:		
Classic Tomato Sandwich (<i>recipe in Chapter 8</i>)	224	301
1 serving Crunchy Apple Coleslaw (<i>recipe in Chapter 20</i>)	66	26
1 cup skim milk	90	130
<i>Total:</i>	<i>380</i>	<i>457</i>
Dinner:		
1 serving Skillet-Sizzled Sea Scallops (<i>recipe in Chapter 15</i>)	231	185
1 serving Roasted Potatoes with Basil (<i>recipe in Chapter 21</i>)	123	4
1 cup steamed broccoli	44	42
1 tsp. spreadable margarine	33	42
<i>Total:</i>	<i>431</i>	<i>273</i>
Afternoon Snack:		
1 serving Asian-Flavored Carrot Crunch Salsa (<i>recipe in Chapter 13</i>)	35	7
1 oz. unsalted tortilla chips	140	10
<i>Total:</i>	<i>175</i>	<i>17</i>
Morning or Evening Snack:		
1 serving Cake-Crusted Lemon Custard Pie (<i>recipe in Chapter 24</i>)	261	31
<i>Total:</i>	<i>261</i>	<i>32</i>
Daily Total:	1,515	1,150

Day 5

	Calories	Sodium (mg)
Breakfast:		
1 serving Homemaker's Holiday Cranberry Coffeecake (<i>recipe in Chapter 4</i>)	458	207
1 cup blueberries	84	2
1 cup skim milk	90	130
<i>Total:</i>	<i>632</i>	<i>339</i>
Lunch:		
1 serving Open-Face Cheese Steak Sandwiches (<i>recipe in Chapter 8</i>)	555	200

continues

Day 5 (continued)

	Calories	Sodium (mg)
1 cup skim milk	90	130
½ medium cucumber, sliced	23	0
1 TB. store-bought reduced-fat ranch dressing	40	220
1 medium orange	70	0
<i>Total:</i>	778	550
Dinner:		
1 serving Winter Vegetable Spaghetti (<i>recipe in Chapter 18</i>)	390	37
1 cup skim milk	90	130
<i>Total:</i>	480	167
Afternoon Snack:		
1 cup baby carrots	53	60
2 TB. Creamy Herb Dressing (<i>recipe in Chapter 6</i>)	27	15
<i>Total:</i>	80	75
Morning or Evening Snack:		
2 Classic No-Bake Cookies (<i>recipe in Chapter 22</i>)	213	4
<i>Total:</i>	213	4
Daily Total:	2,183	1,135

Day 6

	Calories	Sodium (mg)
Breakfast:		
Breakfast Stir-Fry Scramble Pita (<i>recipe in Chapter 3</i>)	303	373
1 cup 100-percent orange juice	110	2
<i>Total:</i>	413	375
Lunch:		
1 peanut butter and jelly sandwich (2 slices low-sodium whole-grain bread, 2 TB. peanut butter, 2 tsp. all-fruit spread)	377	150
¾ cup skim milk	68	98
1 cup seedless grapes	104	4
<i>Total:</i>	549	252

Meal Plans

	Calories	Sodium (mg)
Dinner:		
1 serving Slow Cooker Saucy Pork Shoulder Roast <i>(recipe in Chapter 17)</i>	348	175
1 serving Indian Cool Cucumber Raita <i>(recipe in Chapter 13)</i>	22	20
1 medium baked potato	161	17
1 TB. light sour cream	20	10
$\frac{3}{4}$ cup skim milk	68	98
2 TB. Sweet Onion Dressing <i>(recipe in Chapter 6)</i>	101	0
1 cup tossed green salad	27	17
<i>Total:</i>	747	337
Afternoon Snack:		
10 unsalted walnut halves	131	0
3 TB. dried cranberries	70	0
<i>Total:</i>	201	0
Morning or Evening Snack:		
1 Banana Chocolate-Chip Muffin <i>(recipe in Chapter 19)</i>	316	6
$\frac{3}{4}$ cup skim milk, warmed and mixed with $\frac{1}{2}$ teaspoon vanilla extract	74	98
<i>Total:</i>	390	104
Daily Total:	2,300	1,068

Day 7

	Calories	Sodium (mg)
Breakfast:		
1 serving Peach Melba Oatmeal <i>(recipe in Chapter 3)</i>	201	4
$\frac{1}{2}$ cup skim milk	45	65
<i>Total:</i>	246	69
Lunch:		
1 serving Slow-Simmered Minestrone <i>(recipe in Chapter 7)</i>	116	63
6 low-sodium saltine crackers	71	129
1 medium apple	95	2
1 cup skim milk	90	130
<i>Total:</i>	372	324

Day 7 (continued)

	Calories	Sodium (mg)
Dinner:		
1 serving Southwestern-Style Quinoa-Stuffed Peppers <i>(recipe in Chapter 18)</i>	222	125
1 cup skim milk	90	130
2 TB. Hint-of-Lime Cucumber Dressing <i>(recipe in Chapter 6)</i>	9	9
2 cups tossed green salad	54	34
<i>Total:</i>	<i>375</i>	<i>298</i>
Afternoon Snack:		
10 medium strawberries	63	0
1 fat-free chocolate pudding cup	100	150
<i>Total:</i>	<i>163</i>	<i>150</i>
Morning or Evening Snack:		
½ cup low-fat, low-sodium cottage cheese	81	15
½ cup drained crushed pineapple	68	1
<i>Total:</i>	<i>149</i>	<i>16</i>
Daily Total:	1,305	857

Day 8

	Calories	Sodium (mg)
Breakfast:		
1 Banana Chocolate-Chip Muffin <i>(recipe in Chapter 19)</i>	316	6
1 tsp. spreadable margarine	33	42
1 cup skim milk	90	130
1 cup seedless grapes	104	4
<i>Total:</i>	<i>543</i>	<i>182</i>
Lunch:		
1 serving Chinese Chicken Salad <i>(recipe in Chapter 5)</i>	249	94
1 Basic Yeast Roll <i>(recipe in Chapter 19)</i>	127	5
1 tsp. spreadable margarine	33	42
1 cup skim milk	90	130
1 cup melon cubes	54	24
<i>Total:</i>	<i>553</i>	<i>295</i>

	Calories	Sodium (mg)
Dinner:		
2 servings Thai Vegetable Stuffed Shells (<i>recipe in Chapter 9</i>)	216	30
1 cup skim milk	90	130
2 TB. Sweet Onion Dressing (<i>recipe in Chapter 6</i>)	101	0
2 cups tossed green salad	54	34
<i>Total:</i>	<i>461</i>	<i>194</i>
Afternoon Snack:		
1 cup fat-free plain yogurt	100	135
½ cup blueberries (or your favorite)	42	1
2 TB. unsalted slivered almonds	78	0
<i>Total:</i>	<i>220</i>	<i>136</i>
Morning or Evening Snack:		
3 cups light microwave popcorn mixed with 2 TB. raisins and 1 TB. peanut butter	262	291
<i>Total:</i>	<i>262</i>	<i>292</i>
Daily Total:	2,039	1,099

Day 9

	Calories	Sodium (mg)
Breakfast:		
2 slices low-sodium whole-grain bread, toasted	160	0
2 tsp. spreadable margarine	66	84
1 TB. peanut butter	95	75
¾ cup skim milk	68	98
1 medium apple	95	2
<i>Total:</i>	<i>484</i>	<i>259</i>
Lunch:		
1 serving Lightly Curried Fruit and Chicken Salad (<i>recipe in Chapter 5</i>)	340	91
¾ cup skim milk	68	98
<i>Total:</i>	<i>408</i>	<i>189</i>

continues

Day 9 (continued)

	Calories	Sodium (mg)
Dinner:		
1 serving Roasted Poblano Pepper and Chicken Stew <i>(recipe in Chapter 7)</i>	226	196
1 Basic Yeast Roll <i>(recipe in Chapter 19)</i>	127	5
1 tsp. spreadable margarine	33	42
$\frac{3}{4}$ cup skim milk	68	98
2 TB. Hint-of-Lime Cucumber Dressing <i>(recipe in Chapter 6)</i>	9	9
2 cups green salad	54	31
<i>Total:</i>	<i>517</i>	<i>384</i>
Afternoon Snack:		
1 cup baby carrots	53	60
2 TB. Green Herbed Veggie Dip <i>(recipe in Chapter 10)</i>	17	19
<i>Total:</i>	<i>70</i>	<i>70</i>
Morning or Evening Snack:		
1 Bleached Blondie <i>(recipe in Chapter 23)</i>	181	11
$\frac{3}{4}$ cup skim milk, warmed and mixed with $\frac{1}{2}$ tsp. favorite extract	74	98
<i>Total:</i>	<i>255</i>	<i>109</i>
Daily Total:	1,734	1,011

Day 10

	Calories	Sodium (mg)
Breakfast:		
Breakfast Banana Split <i>(recipe in Chapter 3)</i>	373	106
<i>Total:</i>	<i>373</i>	<i>106</i>
Lunch:		
1 egg salad sandwich (2 slices low-sodium whole-grain bread, 1 egg, hard-boiled, peeled, and mashed with 1 TB. reduced-fat mayo)	288	182
1 cup baby carrots	53	60
2 TB. Green Herbed Veggie Dip <i>(recipe in Chapter 10)</i>	17	19
$\frac{3}{4}$ cup skim milk	68	98
<i>Total:</i>	<i>426</i>	<i>359</i>

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	Calories	Sodium (mg)
Dinner:		
2 Quick and Easy Beefy Tacos (<i>recipe in Chapter 8</i>)	501	350
½ cup corn (frozen or unsalted canned)	60	4
¾ cup skim milk	68	98
<i>Total:</i>	629	452
Afternoon Snack:		
1 oz. low-sodium cheddar cheese	113	6
5 low-sodium wheat crackers	47	25
<i>Total:</i>	160	31
Morning or Evening Snack:		
½ cup light or churned ice cream	100	45
¾ cup sliced strawberries	40	1
1 TB. chopped unsalted walnuts	48	0
<i>Total:</i>	188	46
Daily Total:	1,776	994

Day 11

	Calories	Sodium (mg)
Breakfast:		
¾ cup Cheerios	77	120
½ cup skim milk	45	65
1 medium banana	105	1
<i>Total:</i>	227	186
Lunch:		
1 serving Summer Garden Cream of Tomato Soup (<i>recipe in Chapter 7</i>)	103	38
1 Basic Yeast Roll (<i>recipe in Chapter 19</i>)	127	5
1 tsp. spreadable margarine	33	42
¾ cup skim milk	68	98
1 cup seedless grapes	104	4
<i>Total:</i>	435	187

continues

Day 11 (continued)

	Calories	Sodium (mg)
Dinner:		
1 serving Tilapia Florentine (<i>recipe in Chapter 15</i>)	180	128
1 serving Mediterranean Millet (<i>recipe in Chapter 21</i>)	108	219
¾ cup skim milk	68	98
2 TB. Sweet Onion Dressing (<i>recipe in Chapter 6</i>)	101	0
1 cup tossed green salad	27	17
<i>Total:</i>	<i>484</i>	<i>462</i>
Afternoon Snack:		
3 graham crackers	89	100
¾ cup milk mixed with 1 TB. chocolate syrup	117	110
<i>Total:</i>	<i>206</i>	<i>210</i>
Morning or Evening Snack:		
1 serving Lightweight Carrot Cake (<i>recipe in Chapter 24</i>)	195	105
<i>Total:</i>	<i>195</i>	<i>105</i>
Daily Total:	1,547	1,150

Day 12

	Calories	Sodium (mg)
Breakfast:		
Very Berry Tofu Breakfast Smoothie (<i>recipe in Chapter 3</i>)	342	17
1 light multi-grain English muffin	100	160
2 tsp. spreadable margarine	66	84
<i>Total:</i>	<i>508</i>	<i>261</i>
Lunch:		
2 Broiled Cheese-Capped Salad Sandwiches (<i>recipe in Chapter 8</i>)	454	314
1 cup skim milk	90	130
½ cup strawberries	24	1
<i>Total:</i>	<i>568</i>	<i>445</i>
Dinner:		
1 serving Saucy Orange Chicken over Angel Hair (<i>recipe in Chapter 16</i>)	271	100

	Calories	Sodium (mg)
1 cup steamed green beans	44	1
1 tsp. spreadable margarine	33	42
1 cup skim milk	90	130
<i>Total:</i>	<i>438</i>	<i>273</i>
Afternoon Snack:		
1 serving Cheddar and Jalapeño Nachos (<i>recipe in Chapter 11</i>)	225	19
<i>Total:</i>	<i>225</i>	<i>19</i>
Morning or Evening Snack:		
Banana Bread Smoothie (<i>recipe in Chapter 26</i>)	181	103
<i>Total:</i>	<i>181</i>	<i>103</i>
Daily Total:	1,920	1,101

Day 13

	Calories	Sodium (mg)
Breakfast:		
1 slice whole-grain toast	69	148
1 tsp. spreadable margarine	33	42
1 egg, poached, hard-boiled, or fried, or scrambled in a nonstick pan without additional fat	78	62
1 cup 100-percent orange juice	110	2
<i>Total:</i>	<i>290</i>	<i>254</i>
Lunch:		
1 serving Spring Salmon Salad (<i>recipe in Chapter 5</i>)	425	103
1 cup skim milk	90	130
6 low-sodium saltine crackers	71	129
1 medium orange	70	0
<i>Total:</i>	<i>231</i>	<i>259</i>
Dinner:		
1 serving Just-Like-Mom's Meat Loaf (<i>recipe in Chapter 17</i>)	368	116
1 medium baked potato	161	17
1 TB. light sour cream	20	10
1 cup skim milk	90	130

continues

Day 13 (continued)

	Calories	Sodium (mg)
1 cup steamed broccoli	44	42
1 tsp. spreadable margarine	33	42
<i>Total:</i>	716	357
Afternoon Snack:		
1 serving Simply Vanilla Pudding (<i>recipe in Chapter 25</i>)	322	93
½ cup strawberries	24	1
<i>Total:</i>	346	94
Morning or Evening Snack:		
1 serving Italian-Seasoned Popcorn (<i>recipe in Chapter 11</i>)	123	1
<i>Total:</i>	123	1
Daily Total:	1,706	965

Day 14

	Calories	Sodium (mg)
Breakfast:		
Sugar-and-Spice Rice (<i>recipe in Chapter 3</i>)	350	79
½ cup skim milk	45	65
<i>Total:</i>	395	144
Lunch:		
1 peanut butter and jelly sandwich (2 slices low-sodium whole-grain bread, 2 TB. peanut butter, 2 tsp. all-fruit spread)	377	150
1 cup skim milk	90	130
1 medium apple	95	2
<i>Total:</i>	562	282
Dinner:		
1 serving Tex-Mex Chicken Fajita Salad (<i>recipe in Chapter 5</i>)	393	177
1 cup skim milk	90	130
1 cup melon cubes	54	24
<i>Total:</i>	537	331

	Calories	Sodium (mg)
Afternoon Snack:		
2 TB. peanut butter	190	150
5 low-sodium wheat crackers	47	17
<i>Total:</i>	<i>237</i>	<i>167</i>
Morning or Evening Snack:		
1 medium banana dipped in 2 TB. Nutella	305	17
<i>Total:</i>	<i>305</i>	<i>17</i>
Daily Total:	2,036	941

Two-Week Menu for 1,500 Milligrams Sodium/Day

Following is the meal plan for 1,500 milligrams sodium a day.

Day 1

	Calories	Sodium (mg)
Breakfast:		
Crunchy Berry Parfait (<i>recipe in Chapter 3</i>)	247	86
1 slice whole-grain toast	69	148
1 tsp. spreadable margarine	33	42
<i>Total:</i>	<i>349</i>	<i>276</i>
Lunch:		
1 serving Jerk Shrimp Fruit-Studded Salad (<i>recipe in Chapter 5</i>)	343	289
1 cup skim milk	90	130
1 medium apple	95	2
4 low-sodium saltine crackers	47	86
<i>Total:</i>	<i>575</i>	<i>507</i>
Dinner:		
1 serving Grilled T-Bones with Charred Peppers (<i>recipe in Chapter 17</i>)	407	92
1 medium baked potato	161	17

continues

Day 1 (continued)

	Calories	Sodium (mg)
1 TB. light sour cream	20	10
1 cup skim milk	90	130
1 cup tossed green salad	27	17
2 TB. store-bought reduced-fat Italian dressing	40	270
<i>Total:</i>	<i>745</i>	<i>536</i>
Afternoon Snack:		
½ toasted whole-grain mini bagel with 2 tsp. all-fruit spread	79	61
½ cup strawberries	24	1
1 cup skim milk	90	130
<i>Total:</i>	<i>193</i>	<i>192</i>
Morning or Evening Snack:		
1 slice Tangy Glazed Lemon Bread (<i>recipe in Chapter 19</i>)	226	17
<i>Total:</i>	<i>226</i>	<i>17</i>
Daily Total:	2,088	1,528

Day 2

	Calories	Sodium (mg)
Breakfast:		
Maple Syrup and Brown Sugar Oatmeal (<i>recipe in Chapter 3</i>)	413	19
1 medium banana	105	1
½ cup skim milk	45	65
<i>Total:</i>	<i>563</i>	<i>85</i>
Lunch:		
1 serving Split-Pea Soup with Mini Meatballs (<i>recipe in Chapter 7</i>)	233	154
4 low-sodium saltine crackers	47	86
1 medium orange	70	0
1 oz. Monterey Jack cheese	101	192
<i>Total:</i>	<i>451</i>	<i>432</i>
Dinner:		
1 serving Broiled Salmon with Cherry Tomato Couscous (<i>recipe in Chapter 15</i>)	395	304

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	Calories	Sodium (mg)
1 cup tossed green salad	27	17
2 TB. store-bought reduced-fat Italian dressing	40	270
1 cup skim milk	90	130
<i>Total:</i>	552	721
Afternoon Snack:		
1 cup plain yogurt	100	135
½ cup blueberries	42	1
2 TB. unsalted slivered almonds	78	0
<i>Total:</i>	220	136
Morning or Evening Snack:		
4 low-sodium saltine crackers	47	86
1 TB. peanut butter	95	75
<i>Total:</i>	142	161
Daily Total:	1,928	1,535

Day 3

	Calories	Sodium (mg)
Breakfast:		
Peanut Butter and Pineapple Burrito (<i>recipe in Chapter 3</i>)	484	3
1 cup skim milk	90	130
<i>Total:</i>	574	133
Lunch:		
Turkey and Swiss in a Green Blanket (<i>recipe in Chapter 8</i>)	260	372
1 cup skim milk	90	130
1 cup seedless grapes	104	4
<i>Total:</i>	454	506
Dinner:		
1 serving Garden-Fresh Balsamic Tomato Sauce over Angel Hair (<i>recipe in Chapter 18</i>)	322	88
Herbed Baby Greens Side Salad (<i>recipe in Chapter 20</i>)	70	31
1 cup melon cubes	54	24
1 cup skim milk	90	130
<i>Total:</i>	536	273

continues

Day 3 (continued)

	Calories	Sodium (mg)
Afternoon Snack:		
3 (2½-inch-square) cinnamon graham crackers	89	100
¾ cup low-fat banana yogurt	170	80
<i>Total:</i>	259	180
Morning or Evening Snack:		
½ cup edamame	100	260
1 oz. reduced-fat cheddar cheese	91	182
<i>Total:</i>	191	442
Daily Total:	2,014	1,534

Day 4

	Calories	Sodium (mg)
Breakfast:		
1½ cups Cheerios	154	240
1 cup skim milk	90	130
½ cup strawberries	24	1
<i>Total:</i>	268	371
Lunch:		
Classic Tomato Sandwich (<i>recipe in Chapter 8</i>)	224	301
1 serving Crunchy Apple Coleslaw (<i>recipe in Chapter 20</i>)	66	26
1 cup skim milk	90	130
<i>Total:</i>	380	457
Dinner:		
1 serving Skillet-Sizzled Sea Scallops (<i>recipe in Chapter 15</i>)	231	185
1 serving Roasted Potatoes with Basil (<i>recipe in Chapter 21</i>)	123	4
1 cup steamed broccoli	44	42
1 tsp. spreadable margarine	33	42
<i>Total:</i>	431	273
Afternoon Snack:		
1 cup baby carrots	53	60
1 TB. store-bought reduced-fat ranch dressing	40	220
<i>Total:</i>	93	280

	Calories	Sodium (mg)
Morning or Evening Snack:		
1 serving Cake-Crusted Lemon Custard Pie <i>(recipe in Chapter 24)</i>	261	32
<i>Total:</i>	261	32
Daily Total:	1,433	1,413

Day 5

	Calories	Sodium (mg)
Breakfast:		
1 serving Homemaker's Holiday Cranberry Coffeecake <i>(recipe in Chapter 4)</i>	458	207
1 cup blueberries	84	2
1 cup skim milk	90	130
<i>Total:</i>	632	339
Lunch:		
1 serving Open-Face Cheese Steak Sandwiches <i>(recipe in Chapter 8)</i>	555	200
1 cup skim milk	90	130
½ medium cucumber, sliced	23	0
1 TB. store-bought reduced-fat ranch dressing	40	220
1 medium orange	70	0
<i>Total:</i>	778	550
Dinner:		
1 serving Winter Vegetable Spaghetti <i>(recipe in Chapter 18)</i>	390	37
1 cup skim milk	90	130
1 cup green salad	27	17
2 TB. store-bought reduced-fat Italian dressing	40	270
<i>Total:</i>	547	454
Afternoon Snack:		
1 serving Asian-Flavored Carrot Crunch Salsa <i>(recipe in Chapter 13)</i>	35	7
1 oz. baked tortilla chips	132	243
<i>Total:</i>	167	250

continues

Day 5 (continued)

	Calories	Sodium (mg)
Morning or Evening Snack:		
2 Classic No-Bake Cookies (<i>recipe in Chapter 22</i>)	213	4
<i>Total:</i>	213	4
Daily Total:	2,337	1,597

Day 6

	Calories	Sodium (mg)
Breakfast:		
Breakfast Stir-Fry Scramble Pita (<i>recipe in Chapter 3</i>)	303	373
1 cup 100-percent orange juice	110	2
<i>Total:</i>	413	375
Lunch:		
2 slices low-sodium whole-grain bread	160	0
2 TB. peanut butter	190	150
2 tsp. all-fruit spread	27	0
1 cup skim milk	90	130
1 cup seedless grapes	104	4
<i>Total:</i>	571	284
Dinner:		
1 serving Slow Cooker Saucy Pork Shoulder Roast (<i>recipe in Chapter 17</i>)	348	175
1 medium baked potato	161	17
1 TB. light sour cream	20	10
1 cup skim milk	90	130
2 TB. store-bought reduced-fat Italian dressing	40	270
1 cup tossed green salad	27	17
<i>Total:</i>	686	619
Afternoon Snack:		
10 unsalted walnut halves	131	0
3 TB. dried cranberries	70	0
<i>Total:</i>	201	0

	Calories	Sodium (mg)
Morning or Evening Snack:		
1 Banana Chocolate-Chip Muffin (<i>recipe in Chapter 19</i>)	316	6
1 cup skim milk, warmed and mixed with ½ tsp. vanilla extract	96	130
<i>Total:</i>	412	136
Daily Total:	2,283	1,414

Day 7

	Calories	Sodium (mg)
Breakfast:		
1 serving Peach Melba Oatmeal (<i>recipe in Chapter 3</i>)	201	4
½ cup skim milk	45	65
<i>Total:</i>	246	69
Lunch:		
1 serving Slow-Simmered Minestrone (<i>recipe in Chapter 7</i>)	116	63
6 low-sodium saltine crackers	71	129
1 medium apple	95	2
1 cup skim milk	90	130
<i>Total:</i>	372	324
Dinner:		
1 serving Southwestern-Style Quinoa-Stuffed Peppers (<i>recipe in Chapter 18</i>)	222	125
1 cup skim milk	90	130
1 TB. store-bought reduced-fat Italian dressing	20	135
1 cup tossed green salad	27	17
<i>Total:</i>	359	407
Afternoon Snack:		
10 medium strawberries	63	0
1 fat-free chocolate pudding cup	100	150
<i>Total:</i>	163	150

continues

Day 7 (continued)

	Calories	Sodium (mg)
Morning or Evening Snack:		
½ cup 1-percent cottage cheese	81	459
½ cup drained crushed pineapple	68	1
<i>Total:</i>	<i>149</i>	<i>460</i>
Daily Total:	1,289	1,410

Day 8

	Calories	Sodium (mg)
Breakfast:		
1 Banana Chocolate-Chip Muffin (<i>recipe in Chapter 19</i>)	316	6
1 tsp. spreadable margarine	33	42
1 cup skim milk	90	130
1 cup seedless grapes	104	4
<i>Total:</i>	<i>543</i>	<i>182</i>
Lunch:		
1 serving Chinese Chicken Salad (<i>recipe in Chapter 5</i>)	249	94
1 Basic Yeast Roll (<i>recipe in Chapter 19</i>)	127	5
1 tsp. spreadable margarine	33	42
1 cup skim milk	90	130
1 cup melon cubes	54	24
<i>Total:</i>	<i>553</i>	<i>295</i>
Dinner:		
2 servings Thai Vegetable Stuffed Shells (<i>recipe in Chapter 9</i>)	216	30
1 cup skim milk	90	130
1 TB. store-bought reduced-fat ranch dressing	40	270
2 cups tossed green salad	54	34
<i>Total:</i>	<i>400</i>	<i>464</i>
Afternoon Snack:		
1 cup fat-free plain yogurt	100	135
½ cup blueberries (or your favorite)	42	1
2 TB. unsalted slivered almonds	78	0
<i>Total:</i>	<i>220</i>	<i>136</i>

	Calories	Sodium (mg)
Morning or Evening Snack:		
3 cups light microwave popcorn	100	212
2 TB. raisins	65	5
1 TB. peanut butter	95	75
<i>Total:</i>	260	292
Daily Total:	1,96	1,369

Day 9

	Calories	Sodium (mg)
Breakfast:		
2 slices low-sodium whole-grain bread, toasted	160	0
2 tsp. spreadable margarine	66	84
1 TB. peanut butter	95	75
$\frac{3}{4}$ cup skim milk	68	98
1 medium apple	95	2
<i>Total:</i>	484	259
Lunch:		
1 Chunky Tuna Salad Pita Pocket (<i>recipe in Chapter 8</i>)	288	307
1 medium banana	105	1
$\frac{3}{4}$ cup skim milk	68	98
<i>Total:</i>	461	406
Dinner:		
1 serving Roasted Poblano Pepper and Chicken Stew (<i>recipe in Chapter 7</i>)	226	196
1 Basic Yeast Roll (<i>recipe in Chapter 19</i>)	127	5
1 tsp. spreadable margarine	33	42
$\frac{3}{4}$ cup skim milk	68	98
2 TB. Hint-of-Lime Cucumber Dressing (<i>recipe in Chapter 6</i>)	9	9
2 cups green salad	54	34
<i>Total:</i>	517	384

continues

Day 9 (continued)

	Calories	Sodium (mg)
Afternoon Snack:		
1 cup baby carrots	53	60
¼ cup flavored hummus	100	320
<i>Total:</i>	<i>153</i>	<i>380</i>
Morning or Evening Snack:		
1 Bleached Blondie (<i>recipe in Chapter 23</i>)	181	11
¾ cup skim milk, warmed and mixed with ½ tsp. favorite extract	74	98
<i>Total:</i>	<i>255</i>	<i>109</i>
Daily Total:	1,870	1,538

Day 10

	Calories	Sodium (mg)
Breakfast:		
Breakfast Banana Split (<i>recipe in Chapter 3</i>)	373	106
<i>Total:</i>	<i>373</i>	<i>106</i>
Lunch:		
1 egg salad sandwich (2 slices low-sodium whole-grain bread, 1 egg, hard-boiled, peeled, and mashed with 1 TB. reduced-fat mayo)	288	182
1 cup skim milk	90	130
1 cup baby carrots	53	60
1 TB. store-bought reduced-fat ranch dressing	40	220
<i>Total:</i>	<i>471</i>	<i>592</i>
Dinner:		
2 Quick and Easy Beefy Tacos (<i>recipe in Chapter 8</i>)	501	350
½ cup corn (frozen or unsalted canned)	60	4
¾ cup skim milk	68	98
<i>Total:</i>	<i>629</i>	<i>452</i>
Afternoon Snack:		
1 oz. reduced-fat cheddar cheese	91	182
5 whole-grain crackers	100	150
<i>Total:</i>	<i>191</i>	<i>332</i>

	Calories	Sodium (mg)
Morning or Evening Snack:		
½ cup light or churned ice cream	100	45
¾ cup sliced strawberries	40	1
1 TB. chopped unsalted walnuts	48	0
<i>Total:</i>	188	46
Daily Total:	1,852	1,528

Day 11

	Calories	Sodium (mg)
Breakfast:		
1 cup Cheerios	103	160
¾ cup skim milk	68	98
1 medium banana	105	1
<i>Total:</i>	276	259
Lunch:		
1 serving Summer Garden Cream of Tomato Soup (<i>recipe in Chapter 7</i>)	103	38
1 Basic Yeast Roll (<i>recipe in Chapter 19</i>)	127	5
1 tsp. spreadable margarine	33	42
¾ cup skim milk	68	98
1 cup seedless grapes	104	4
<i>Total:</i>	435	187
Dinner:		
1 serving Tilapia Florentine (<i>recipe in Chapter 15</i>)	180	128
1 serving Mediterranean Millet (<i>recipe in Chapter 21</i>)	108	219
¾ cup skim milk	68	98
2 TB. store-bought reduced-fat Italian dressing	40	270
1 cup green salad	27	17
<i>Total:</i>	423	732
Afternoon Snack:		
3 graham crackers	89	100
¾ cup milk mixed with 1 TB. chocolate syrup	117	110
<i>Total:</i>	206	210

continues

Day 11 (continued)

	Calories	Sodium (mg)
Morning or Evening Snack:		
1 serving Lightweight Carrot Cake (<i>recipe in Chapter 24</i>)	195	105
<i>Total:</i>	195	105
Daily Total:	1,535	1,493

Day 12

	Calories	Sodium (mg)
Breakfast:		
Very Berry Tofu Breakfast Smoothie (<i>recipe in Chapter 3</i>)	342	17
1 light multi-grain English muffin	100	160
2 tsp. spreadable margarine	66	84
<i>Total:</i>	508	261
Lunch:		
2 Broiled Cheese-Capped Salad Sandwiches (<i>recipe in Chapter 8</i>)	454	314
1 cup skim milk	90	130
½ cup strawberries	24	1
<i>Total:</i>	568	445
Dinner:		
1 serving Saucy Orange Chicken over Angel Hair (<i>recipe in Chapter 16</i>)	271	100
1 cup steamed green beans	44	1
1 tsp. spreadable margarine	33	42
1 cup skim milk	90	130
2 TB. store-bought reduced-fat Italian dressing	40	270
2 cups tossed green salad	54	34
<i>Total:</i>	532	577
Afternoon Snack:		
1 serving Cheddar and Jalapeño Nachos (<i>recipe in Chapter 11</i>)	225	19
<i>Total:</i>	225	19

	Calories	Sodium (mg)
Morning or Evening Snack:		
Banana Bread Smoothie (<i>recipe in Chapter 26</i>)	181	103
<i>Total:</i>	<i>181</i>	<i>103</i>
Daily Total:	2,014	1,405

Day 13

	Calories	Sodium (mg)
Breakfast:		
1 slice whole-grain toast	69	148
1 tsp. spreadable margarine	33	42
1 egg, poached, hard-boiled, or fried, or scrambled in a nonstick pan without additional fat	78	62
1 cup 100-percent orange juice	110	2
<i>Total:</i>	<i>290</i>	<i>254</i>
Lunch:		
1 serving Pittsburgh Steak Salad (<i>recipe in Chapter 5</i>)	425	103
1 cup skim milk	90	130
6 saltine crackers	76	201
1 medium orange	70	0
<i>Total:</i>	<i>661</i>	<i>434</i>
Dinner:		
1 serving Just-Like-Mom's Meat Loaf (<i>recipe in Chapter 17</i>)	368	116
1 medium baked potato	161	17
1 TB. light sour cream	20	10
1 cup skim milk	90	130
1 cup steamed broccoli	44	42
1 tsp. spreadable margarine	33	42
2 TB. store-bought reduced-fat Italian dressing	40	270
2 cups tossed green salad	54	34
<i>Total:</i>	<i>716</i>	<i>357</i>

continues

Day 13 (continued)

	Calories	Sodium (mg)
Afternoon Snack:		
1 fat-free vanilla pudding cup	80	140
½ cup strawberries	24	1
<i>Total:</i>	<i>104</i>	<i>141</i>
Morning or Evening Snack:		
2 cups reduced-fat white cheddar popcorn	93	187
<i>Total:</i>	<i>93</i>	<i>187</i>
Daily Total:	1,864	1,373

Day 14

	Calories	Sodium (mg)
Breakfast:		
Sugar-and-Spice Rice (<i>recipe in Chapter 3</i>)	350	75
½ cup skim milk	45	65
<i>Total:</i>	<i>395</i>	<i>144</i>
Lunch:		
1 peanut butter and jelly sandwich (2 slices whole-grain bread, 2 TB. peanut butter, 2 tsp. all-fruit spread)	355	446
1 cup skim milk	90	130
1 medium apple	95	2
<i>Total:</i>	<i>540</i>	<i>578</i>
Dinner:		
1 serving Tex-Mex Chicken Fajita Salad (<i>recipe in Chapter 5</i>)	393	177
1 cup skim milk	90	130
1 cup melon cubes	54	24
<i>Total:</i>	<i>537</i>	<i>331</i>
Afternoon Snack:		
2 sticks reduced-fat string cheese	100	360
5 whole-grain crackers	100	150
<i>Total:</i>	<i>200</i>	<i>510</i>

	Calories	Sodium (mg)
Morning or Evening Snack:		
1 small banana dipped into 2 TB. melted semisweet chocolate chips	230	1
<i>Total:</i>	<i>230</i>	<i>1</i>
Daily Total:	1,902	1,564

Two-Week Menu for 2,000 Milligrams Sodium/Day

If you're stepping down from a high intake of sodium, the following meal plan for 2,000 milligrams sodium a day is for you.

Day 1

	Calories	Sodium (mg)
Breakfast:		
Crunchy Berry Parfait (<i>recipe in Chapter 3</i>)	247	86
1 slice whole-grain toast	69	148
1 tsp. spreadable margarine	33	42
<i>Total:</i>	<i>349</i>	<i>276</i>
Lunch:		
1 serving Jerk Shrimp Fruit-Studded Salad (<i>recipe in Chapter 5</i>)	343	289
1 cup skim milk	90	130
6 saltine crackers	76	201
<i>Total:</i>	<i>509</i>	<i>620</i>
Dinner:		
1 serving Grilled T-Bones with Charred Peppers (<i>recipe in Chapter 17</i>)	407	92
1 medium baked potato	161	17
1 TB. light sour cream	20	10
1 cup skim milk	90	130
1 cup tossed green salad	27	17
2 TB. store-bought reduced-fat Italian dressing	40	270
<i>Total:</i>	<i>745</i>	<i>536</i>

continues

Day 1 (continued)

	Calories	Sodium (mg)
Afternoon Snack:		
1 toasted whole-grain mini bagel with 1 TB. all-fruit spread	158	122
½ cup strawberries	24	1
1 cup skim milk	90	130
<i>Total:</i>	272	253
Morning or Evening Snack:		
1 slice Tangy Glazed Lemon Bread (<i>recipe in Chapter 19</i>)	226	17
Spiced Peach Smoothie (<i>recipe in Chapter 26</i>)	271	113
<i>Total:</i>	497	130
Daily Total:	2,372	1,815

Day 2

	Calories	Sodium (mg)
Breakfast:		
Maple Syrup and Brown Sugar Oatmeal (<i>recipe in Chapter 3</i>)	413	19
1 medium banana	105	1
1 cup skim milk	90	130
<i>Total:</i>	608	150
Lunch:		
1 serving Split-Pea Soup with Mini Meatballs (<i>recipe in Chapter 7</i>)	233	154
6 whole-grain crackers	120	180
1 medium orange	70	0
1 oz. Monterey Jack cheese	101	192
<i>Total:</i>	524	526
Dinner:		
1 serving Broiled Salmon with Cherry Tomato Couscous (<i>recipe in Chapter 15</i>)	395	304
1 cup tossed green salad	27	17
2 TB. store-bought reduced-fat Italian dressing	40	270
1 cup skim milk	90	130
<i>Total:</i>	552	721

	Calories	Sodium (mg)
Afternoon Snack:		
1 cup plain yogurt	100	135
½ cup blueberries	42	1
2 TB. unsalted slivered almonds	78	0
<i>Total:</i>	220	136
Morning or Evening Snack:		
6 saltine crackers	76	201
1½ TB. peanut butter	143	113
<i>Total:</i>	219	314
Daily Total:	2,123	1,847

Day 3

	Calories	Sodium (mg)
Breakfast:		
Peanut Butter and Pineapple Burrito (<i>recipe in Chapter 3</i>)	484	3
1 cup skim milk	90	130
<i>Total:</i>	574	133
Lunch:		
Turkey and Swiss in a Green Blanket (<i>recipe in Chapter 8</i>)	260	372
1 cup skim milk	90	130
1 cup seedless grapes	104	4
<i>Total:</i>	454	506
Dinner:		
1 Individual Lasagna Casserole (<i>recipe in Chapter 18</i>)	530	386
1 TB. store-bought reduced-fat Italian dressing	20	135
1 cup tossed green salad	27	17
1 cup skim milk	90	130
1 cup melon cubes	54	24
<i>Total:</i>	721	692
Afternoon Snack:		
3 (2½-inch-square) cinnamon graham crackers	89	100
¾ cup low-fat banana yogurt	170	80

continues

Day 3 (continued)

	Calories	Sodium (mg)
1 cup skim milk	90	130
2 TB. chocolate syrup	100	26
<i>Total:</i>	<i>449</i>	<i>336</i>
Morning or Evening Snack:		
½ cup edamame	100	260
1 oz. reduced-fat cheddar cheese	91	182
<i>Total:</i>	<i>191</i>	<i>442</i>
Daily Total:	2,389	2,109

Day 4

	Calories	Sodium (mg)
Breakfast:		
1½ cups Cheerios	154	240
1 cup skim milk	90	130
½ cup strawberries	24	1
<i>Total:</i>	<i>268</i>	<i>371</i>
Lunch:		
Classic Tomato Sandwich (<i>recipe in Chapter 8</i>)	224	301
1 serving Crunchy Apple Coleslaw (<i>recipe in Chapter 20</i>)	66	26
1 cup skim milk	90	130
1 oz. lightly salted potato chips	150	90
<i>Total:</i>	<i>530</i>	<i>547</i>
Dinner:		
1 serving Skillet-Sizzled Sea Scallops (<i>recipe in Chapter 15</i>)	231	185
1 serving Roasted Potatoes with Basil (<i>recipe in Chapter 21</i>)	123	4
1 cup steamed broccoli	44	42
1 tsp. spreadable margarine	33	42
1 cup skim milk	90	130
<i>Total:</i>	<i>521</i>	<i>403</i>

	Calories	Sodium (mg)
Afternoon Snack:		
1 cup baby carrots	53	60
¼ cup hummus	100	320
<i>Total:</i>	<i>153</i>	<i>380</i>
Morning or Evening Snack:		
1 serving Cake-Crusted Lemon Custard Pie <i>(recipe in Chapter 24)</i>	246	64
1 cup Mocha Latte Punch <i>(recipe in Chapter 26)</i>	116	104
<i>Total:</i>	<i>362</i>	<i>168</i>
Daily Total:	1,834	1,869

Day 5

	Calories	Sodium (mg)
Breakfast:		
1 serving Homemaker's Holiday Cranberry Coffeecake <i>(recipe in Chapter 4)</i>	458	207
1 cup blueberries	84	2
1 cup skim milk	90	130
<i>Total:</i>	<i>632</i>	<i>339</i>
Lunch:		
1 serving Open-Face Cheese Steak Sandwich <i>(recipe in Chapter 8)</i>	555	200
1 cup skim milk	90	130
½ medium cucumber, sliced	12	0
1 TB. store-bought reduced-fat ranch dressing	40	220
1 medium orange	70	0
<i>Total:</i>	<i>778</i>	<i>550</i>
Dinner:		
1 serving Winter Vegetable Spaghetti <i>(recipe in Chapter 18)</i>	390	37
1 cup skim milk	90	130
1 cup tossed green salad	27	17
2 TB. store-bought reduced-fat Italian dressing	40	270
<i>Total:</i>	<i>547</i>	<i>454</i>

continues

Day 5 (continued)

	Calories	Sodium (mg)
Afternoon Snack:		
1 serving Asian-Flavored Carrot Crunch Salsa (<i>recipe in Chapter 13</i>)	35	7
1 oz. baked tortilla chips	132	243
<i>Total:</i>	<i>167</i>	<i>250</i>
Morning or Evening Snack:		
½ cup 1-percent cottage cheese	81	459
½ cup drained crushed pineapple	68	1
<i>Total:</i>	<i>149</i>	<i>460</i>
Daily Total:	2,273	2,053

Day 6

	Calories	Sodium (mg)
Breakfast:		
Breakfast Stir-Fry Scramble Pita (<i>recipe in Chapter 3</i>)	303	373
1 cup 100-percent orange juice	110	2
1 slice whole-grain toast	69	148
1 tsp. spreadable margarine	33	42
<i>Total:</i>	<i>515</i>	<i>565</i>
Lunch:		
1 peanut butter and jelly sandwich (2 slices whole-grain bread, 2 TB. peanut butter, 2 tsp. all-fruit spread)	355	446
1 cup skim milk	90	130
1 cup seedless grapes	104	4
<i>Total:</i>	<i>549</i>	<i>580</i>
Dinner:		
1 serving Slow Cooker Saucy Pork Shoulder Roast (<i>recipe in Chapter 17</i>)	348	175
1 serving Indian Cool Cucumber Raita (<i>recipe in Chapter 13</i>)	22	20
1 medium baked potato	161	17
1 TB. light sour cream	20	10
1 cup skim milk	90	130

Meal Plans

	Calories	Sodium (mg)
2 TB. store-bought reduced-fat Italian dressing	40	270
1 cup tossed green salad	27	17
<i>Total:</i>	<i>708</i>	<i>639</i>
Afternoon Snack:		
10 unsalted walnut halves	131	0
3 TB. dried cranberries	70	0
<i>Total:</i>	<i>201</i>	<i>0</i>
Morning or Evening Snack:		
1 Banana Chocolate-Chip Muffin (<i>recipe in Chapter 19</i>)	316	6
1 cup skim milk, warmed and mixed with ½ tsp. vanilla extract	96	130
<i>Total:</i>	<i>412</i>	<i>136</i>
Daily Total:	2,385	1,920

Day 7

	Calories	Sodium (mg)
Breakfast:		
1 serving Peach Melba Oatmeal (<i>recipe in Chapter 3</i>)	201	4
½ cup skim milk	45	65
<i>Total:</i>	<i>246</i>	<i>69</i>
Lunch:		
1 serving Slow-Simmered Minestrone (<i>recipe in Chapter 7</i>)	116	63
1 TB. grated Parmesan cheese	35	105
6 saltine crackers	76	201
1 medium apple	95	2
1 cup skim milk	90	130
<i>Total:</i>	<i>412</i>	<i>501</i>
Dinner:		
1 serving Indian-Inspired Curried Chicken with Golden Raisins (<i>recipe in Chapter 16</i>)	344	232
1 cup skim milk	90	130

continues

Day 7 (continued)

	Calories	Sodium (mg)
2 TB. store-bought reduced-fat Italian dressing	40	270
2 cups tossed green salad	54	34
<i>Total:</i>	528	666
Afternoon Snack:		
10 medium strawberries	63	0
1 fat-free chocolate pudding cup	100	150
<i>Total:</i>	163	150
Morning or Evening Snack:		
1 serving Lightweight Carrot Cake (<i>recipe in Chapter 24</i>)	195	105
1 cup skim milk	90	130
<i>Total:</i>	285	235
Daily Total:	1,634	1,651

Day 8

	Calories	Sodium (mg)
Breakfast:		
1 Banana Chocolate-Chip Muffin (<i>recipe in Chapter 19</i>)	316	6
1 TB. light cream cheese	30	71
1 cup skim milk	90	130
1 cup seedless grapes	104	4
<i>Total:</i>	540	211
Lunch:		
1 Chunky Tuna Salad Pita Pocket (<i>recipe in Chapter 8</i>)	288	307
1 medium banana	105	1
1 cup skim milk	90	130
1 oz. lightly salted potato chips	150	90
<i>Total:</i>	633	528
Dinner:		
2 servings Thai Chicken Basil Balls over Jasmine Rice (<i>recipe in Chapter 16</i>)	362	113
1 cup skim milk	90	130

Meal Plans

	Calories	Sodium (mg)
2 TB. store-bought reduced-fat Italian dressing	40	270
2 cups tossed green salad	54	34
<i>Total:</i>	<i>546</i>	<i>547</i>
Afternoon Snack:		
1 cup baby carrots	53	60
¼ cup flavored hummus	100	320
<i>Total:</i>	<i>153</i>	<i>380</i>
Morning or Evening Snack:		
3 cups light microwave popcorn	100	212
2 TB. raisins	65	5
1 TB. peanut butter	95	75
<i>Total:</i>	<i>260</i>	<i>292</i>
Daily Total:	2,132	1,958

Day 9

	Calories	Sodium (mg)
Breakfast:		
2 slices whole-grain toast	138	296
2 tsp. spreadable margarine	66	84
1 TB. peanut butter	95	75
1 cup skim milk	90	130
1 medium apple	95	2
<i>Total:</i>	<i>484</i>	<i>587</i>
Lunch:		
1 serving Chinese Chicken Salad (<i>recipe in Chapter 5</i>)	249	94
1 Basic Yeast Roll (<i>recipe in Chapter 19</i>)	127	5
1 tsp. spreadable margarine	33	42
1 cup skim milk	90	130
1 cup melon cubes	54	24
<i>Total:</i>	<i>553</i>	<i>295</i>

continues

Day 9 (continued)

	Calories	Sodium (mg)
Dinner:		
1 serving Roasted Poblano Pepper and Chicken Stew <i>(recipe in Chapter 7)</i>	226	196
1 Basic Yeast Roll <i>(recipe in Chapter 19)</i>	127	5
1 tsp. spreadable margarine	33	42
1 cup skim milk	90	130
2 TB. store-bought reduced-fat Italian dressing	40	270
2 cups tossed green salad	54	34
<i>Total:</i>	<i>570</i>	<i>677</i>
Afternoon Snack:		
1 cup fat-free plain yogurt	100	135
½ cup blueberries (or your favorite)	42	1
2 TB. unsalted slivered almonds	78	0
<i>Total:</i>	<i>220</i>	<i>136</i>
Morning or Evening Snack:		
1 serving Lightweight Carrot Cake <i>(recipe in Chapter 24)</i>	195	105
<i>Total:</i>	<i>195</i>	<i>105</i>
Daily Total:	2,022	1,800

Day 10

	Calories	Sodium (mg)
Breakfast:		
Breakfast Banana Split <i>(recipe in Chapter 3)</i>	373	106
<i>Total:</i>	<i>373</i>	<i>106</i>
Lunch:		
1 egg salad sandwich (2 slices whole-grain bread, 1 egg hard-boiled, peeled, and mashed with 1 TB. reduced-fat mayo)	266	478
1 cup skim milk	90	130
1 cup baby carrots	53	60
1 TB. store-bought reduced-fat ranch dressing	40	220
<i>Total:</i>	<i>449</i>	<i>888</i>

	Calories	Sodium (mg)
Dinner:		
2 Quick and Easy Beefy Tacos (<i>recipe in Chapter 8</i>)	501	350
½ cup corn (frozen or unsalted canned)	60	4
1 cup skim milk	90	130
<i>Total:</i>	<i>651</i>	<i>484</i>
Afternoon Snack:		
1 oz. reduced-fat cheddar cheese	91	182
5 whole-grain crackers	100	150
<i>Total:</i>	<i>191</i>	<i>332</i>
Morning or Evening Snack:		
½ cup light or churned ice cream	100	45
¾ cup sliced strawberries	40	1
1 TB. chopped unsalted walnuts	48	0
<i>Total:</i>	<i>188</i>	<i>46</i>
Daily Total:	1,852	1,856

Day 11

	Calories	Sodium (mg)
Breakfast:		
1½ cups Cheerios	154	240
1 cup skim milk	90	130
1 medium banana	105	1
<i>Total:</i>	<i>349</i>	<i>371</i>
Lunch:		
1 serving Summer Garden Cream of Tomato Soup (<i>recipe in Chapter 7</i>)	103	38
1 Basic Yeast Roll (<i>recipe in Chapter 19</i>)	127	5
1 tsp. spreadable margarine	33	42
1 cup skim milk	90	130
1 cup seedless grapes	104	4
<i>Total:</i>	<i>457</i>	<i>219</i>

continues

Day 11 (continued)

	Calories	Sodium (mg)
Dinner:		
1 serving Tilapia Florentine (<i>recipe in Chapter 15</i>)	180	128
1 serving Mediterranean Millet (<i>recipe in Chapter 21</i>)	108	219
1 cup skim milk	90	130
2 TB. store-bought reduced-fat Italian dressing	40	270
2 cups tossed green salad	54	34
<i>Total:</i>	472	781
Afternoon Snack:		
3 graham crackers	89	100
$\frac{3}{4}$ cup milk mixed with 1 TB. chocolate syrup	117	110
<i>Total:</i>	206	210
Morning or Evening Snack:		
Banana Bread Smoothie (<i>recipe in Chapter 26</i>)	181	103
1 light multi-grain English muffin	100	160
2 tsp. spreadable margarine	66	84
<i>Total:</i>	347	347
Daily Total:	1,831	1,928

Day 12

	Calories	Sodium (mg)
Breakfast:		
Very Berry Tofu Breakfast Smoothie (<i>recipe in Chapter 3</i>)	342	17
1 light multi-grain English muffin	100	160
2 tsp. spreadable margarine	66	84
<i>Total:</i>	508	261
Lunch:		
2 Broiled Cheese-Capped Salad Sandwiches (<i>recipe in Chapter 8</i>)	454	314
1 cup skim milk	90	130
$\frac{1}{2}$ cup strawberries	24	1
<i>Total:</i>	568	445

	Calories	Sodium (mg)
Dinner:		
1 recipe Saucy Orange Chicken over Angel Hair (<i>recipe in Chapter 16</i>)	271	100
1 cup steamed green beans	44	1
1 tsp. spreadable margarine	33	42
2 cups tossed green salad	54	34
2 TB. store-bought reduced-fat Italian dressing	40	270
1 cup skim milk	90	130
<i>Total:</i>	532	577
Afternoon Snack:		
1 serving Cheddar and Jalapeño Nachos (<i>recipe in Chapter 11</i>)	225	19
1 serving Splash of Sunshine Punch (<i>recipe in Chapter 26</i>)	119	15
<i>Total:</i>	344	34
Morning or Evening Snack:		
3 chocolate sandwich cookies	160	180
1 cup skim milk, warmed and mixed with ½ tsp. favorite extract	96	130
<i>Total:</i>	256	310
Daily Total:	2,208	1,627

Day 13

	Calories	Sodium (mg)
Breakfast:		
2 slices whole-grain toast	138	296
2 tsp. spreadable margarine	66	84
2 eggs, poached, hard-boiled, or fried, or scrambled in a nonstick pan without additional fat	156	124
1 cup 100-percent orange juice	110	2
<i>Total:</i>	470	506
Lunch:		
1 serving Pittsburgh Steak Salad (<i>recipe in Chapter 5</i>)	425	103
1 cup skim milk	90	130

continues

Day 13 (continued)

	Calories	Sodium (mg)
6 saltine crackers	76	201
1 medium orange	70	0
<i>Total:</i>	<i>661</i>	<i>434</i>
Dinner:		
1 serving Turkey Medallions with Sun-Dried Tomatoes and Green Onions (<i>recipe in Chapter 16</i>)	174	157
1 medium baked potato	161	17
1 TB. light sour cream	20	10
1 cup skim milk	90	130
1 cup steamed broccoli	44	42
1 tsp. spreadable margarine	33	42
2 TB. store-bought reduced-fat Italian dressing	40	270
2 cups tossed green salad	54	34
<i>Total:</i>	<i>522</i>	<i>398</i>
Afternoon Snack:		
Frosty Chocolate Raspberry Float (<i>recipe in Chapter 26</i>)	80	40
2 slices whole-grain toast	138	296
1 TB. Nutella	100	8
<i>Total:</i>	<i>218</i>	<i>344</i>
Morning or Evening Snack:		
2 cups reduced-fat white cheddar popcorn	93	187
<i>Total:</i>	<i>93</i>	<i>187</i>
Daily Total:	1,964	1,869

Day 14

	Calories	Sodium (mg)
Breakfast:		
Sugar-and-Spice Rice (<i>recipe in Chapter 3</i>)	350	79
¾ cup skim milk	68	98
<i>Total:</i>	<i>418</i>	<i>177</i>

Meal Plans

	Calories	Sodium (mg)
Lunch:		
1 peanut butter and jelly sandwich (2 slices whole-grain bread, 2 TB. peanut butter, 2 tsp. all-fruit spread)	355	446
1 cup skim milk	90	130
1 medium apple	95	2
<i>Total:</i>	<i>540</i>	<i>578</i>
Dinner:		
1 serving Cincinnati Chili–Style Dinner <i>(recipe in Chapter 17)</i>	581	219
1 cup corn (frozen or unsalted canned)	120	8
1 cup skim milk	90	130
1 cup melon cubes	54	24
<i>Total:</i>	<i>845</i>	<i>381</i>
Afternoon Snack:		
2 sticks reduced-fat string cheese	100	360
5 whole-grain crackers	100	150
<i>Total:</i>	<i>200</i>	<i>510</i>
Morning or Evening Snack:		
1 serving Sweet Strawberry Bread <i>(recipe in Chapter 19)</i>	231	117
1 TB. light cream cheese	30	71
<i>Total:</i>	<i>261</i>	<i>188</i>
Daily Total:	2,264	1,834

