

Sample Menus for Low Potassium, Low Sodium Diet

Monday	Tuesday	Wednesday
Breakfast	Breakfast	Breakfast
1 cup corn flakes ½ cup milk 2 slices white toast with margarine	1 cup Rice Krispies ½ cup milk Whole English muffin with margarine and jelly	2 slices French toast with margarine and light syrup
Lunch	Lunch	Lunch
Whole sandwich with— 2 slices white bread 2-3 ounces low salt turkey Lettuce and onion slices Mayonnaise 1 ounce unsalted pretzels ½ cup grapes (about 15)	Whole sandwich with— 2 slices white bread 2-3 ounces low salt roast beef Lettuce and onion slices 1 teaspoon mustard ½ cup coleslaw ½ cup canned, drained peaches	3 ounces baked chicken breast 1 cup macaroni salad with mayonnaise ½ cup canned applesauce 3 graham cracker squares
Afternoon Snack	Afternoon Snack	Afternoon Snack
5 vanilla wafers	6-8 unsalted top saltine crackers with margarine	1 unsalted soft pretzel
Dinner/Supper	Dinner/Supper	Dinner/Supper
1 hamburger roll 3-4 ounces lean hamburger patty ½ - 1 Tablespoon ketchup ½ cup frozen green beans ½ cup pre-soaked mashed potatoes 1 tangerine	3-4 ounces lean steak 1 cup white rice 1 dinner roll with margarine Tossed salad with iceberg lettuce, onion, and carrot slices 1 blueberry muffin	3 ounces baked fish 1 cup cooked buttered noodles ½ cup summer squash ½ cup canned, drained fruit cocktail
Bedtime Snack	Bedtime Snack	Bedtime Snack
½ c berry sherbet	2 slices white toast with margarine	1 small baked apple with cinnamon/sugar (or sugar substitute)

Sample Menus for Low Potassium, Low Sodium Diet

Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast
3 medium sized pancakes with margarine and light syrup ½ cup cranberry juice	1 cup cooked cream of wheat Small bagel with cream cheese	2 poached eggs 2 slices white toast with margarine ½ cup cranberry juice
Lunch	Lunch	Lunch
1 ½ cup cold pasta salad with mayonnaise ½ cup low salt tuna ½ cup applesauce	Whole sandwich made with— 3 ounces leftover meat loaf Mayonnaise and onion and lettuce 2 slices toast 1 ounce unsalted pretzels ½ cup vanilla sugar-free pudding	½ cup cottage cheese ½ cup canned drained fruit cocktail 2 slices garlic bread (made with margarine and garlic powder) 2-3 vanilla wafers
Afternoon Snack	Afternoon Snack	Afternoon Snack
3 graham cracker squares	8 animal crackers	3 cups unsalted popcorn
Dinner/Supper	Dinner/Supper	Dinner/Supper
3-4 ounces meat loaf ½ cup presoaked mashed potatoes ½ cup cooked carrots 1 dinner roll with margarine small piece of angel food cake	3-4 ounces lean pork 1 cup rice ½ cup cooked cauliflower ¼ cup jellied cranberry sauce 1 dinner roll with margarine	3 ounces baked salmon or halibut ½ cup rice ½ cup frozen bell peppers 1 dinner roll with margarine 1 blueberry muffin
Bedtime Snack	Bedtime Snack	Bedtime Snack
Whole sandwich with ¼ cup egg salad, on white bread	Whole English muffin with margarine, cinnamon/sugar (or sugar substitute)	Small bagel with cream cheese