



Sample Meal Plan – Flexible Potassium

Day 1



Breakfast

- 2 fried eggs
- 1 whole wheat English Muffin
- 1 slice all-natural Canadian bacon
- 1 sliced plum
- 6 oz diet cranberry juice

Morning Snack

- 1 cup Rice Chex[®]
- 1 oz almonds
- 1 oz raisins
- 4 oz water

Lunch

- Hamburger on whole wheat bun, with 2 slices avocado, 1 slice tomato
- ½ cup Crunchy Quinoa Salad*
- ½ cup watermelon
- 3 cups unsalted popcorn
- 10 oz water



Dinner

- 3 oz all-natural Roasted Turkey Breast
- ½ cup Fall Harvest Orzo Salad*
- 3 oz Crunchy Green Bean Casserole*
- 1 Herbed Biscuit*
- 6 oz unsweetened tea



Evening Snack

- ½ cup fresh-sliced strawberries
- 1 oz dark chocolate
- 4 oz water

*Recipes on pages 9-37, 9-38, and 9-39.



Sample Meal Plan – Flexible Potassium

Day 2



Breakfast

- 2 slices multi grain toast
- 3 tablespoons peanut butter
- 1 cup diced cantaloupe
- 6 oz diet cranberry juice



Lunch

- Pita pocket
- Bourbon Glazed Skirt Steak*
- 1 nectarine
- 10 oz water



Dinner

- Crunchy Lemon Herbed Chicken*
- 1 cup sweet potatoes
- 1 cup broccoli
- 1 whole wheat dinner roll
- 10 oz diet ginger ale
- ½ cup animal crackers

Snack

- 1 large tangerine
- 2 sheets of Melba toast

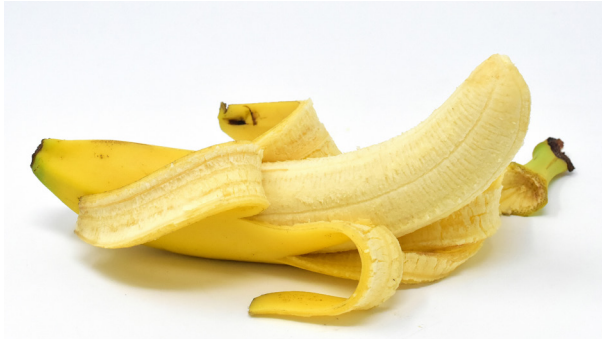
*Recipes on pages 9-53 and 9-60.





Sample Meal Plan – Flexible Potassium

Day 3



Breakfast

- 2 Southwest Baked Egg Breakfast Cups*
- 1 medium banana
- 2 slices whole wheat toast and jam
- 6 oz unsweetened tea



Lunch

- Leftover Crunchy Lemon Herbed Chicken*
- Whole wheat bun
- 15 baked French fries
- ½ cup Cool and Crispy Cucumber Salad*
- 10 oz water



Dinner

- Pesto-Crusted Catfish*
- ½ cup lima beans
- 1 serving Mashed Carrots & Ginger*
- 10 oz diet ginger ale
- 2 sheets cinnamon graham crackers
- 3 tablespoons all-natural peanut butter

Snack

- ½ cup unsalted pretzels
- 4 oz water

*Recipes on pages 9-48, 9-50, 9-51, 9-60, and 9-64.



Sample Meal Plan – Flexible Potassium

Day 4



Breakfast

- 8 oz strawberry Greek yogurt
- ½ cup Oats & Honey Granola
- ½ cup fresh strawberries
- 6 oz diet cranberry juice



Lunch

- 2 small whole wheat tortillas for wrap
- Leftover Crunchy Lemon Herbed Chicken from Dinner on Day 2*
- Lettuce and Caesar salad dressing
- 3 slices tomatoes
- 1 large peach
- 10 oz diet ginger ale



Dinner

- Bourbon Glazed Skirt Steak*
- 1 cup roasted potatoes
- 1 serving Zucchini Sauté*
- 1 whole wheat dinner roll
- 10 oz unsweetened tea
- 1 cup grapes
- ½ cup animal crackers

Snack

- 8 whole wheat crackers
- 3 tablespoons hummus
- 4 oz water

*Recipes on pages 9-49, 9-53, and 9-54.



Sample Meal Plan – Flexible Potassium

Day 5



Breakfast

- 2 fried eggs
- 3 tablespoons sautéed mushrooms
- 2 slices of whole wheat toast
- 2 tablespoons of almond butter
- 6 oz diet cranberry juice



Lunch

- Egg Fried Rice*
- 1 small chicken breast (skinless)
- 1 cup diced honeydew melon
- 10 oz unsweetened tea



Dinner

- Hawaiian Style Slow Cooked Pulled Pork*
- Whole wheat bun
- Sautéed Collard Greens*
- 1 cup mashed potatoes
- 10 oz Sprite Zero®
- 5 oz strawberry Greek yogurt
- ½ cup Oats & Honey granola

Snack

- 1 small box of raisins
- ½ cup unsalted pretzels
- 4 oz water

*Recipes on pages 9-44, 9-45, and 9-46.





Sample Meal Plan – Flexible Potassium

Day 6



Breakfast

- 1 cup cooked whole grain oats
- 1 oz sliced almonds
- 1 large peach
- ½ cup unsalted cottage cheese
- 6 oz unsweetened tea



Lunch

- Jalapeño Lime Turkey Burger with Smoked Mozzarella*
- 3 slices avocado
- 10 onion rings
- 10 oz diet ginger ale



Dinner

- Herb Crusted Pork Loin*
- 1 medium baked potato
- 2 tablespoons sour cream
- Chives
- 4-5 spears of asparagus
- 5 “hint of salt” crackers
- 10 oz diet ginger ale
- 4 sheets cinnamon graham crackers
- 1 tablespoon all-natural peanut butter

Snack

- ½ cup unsalted pretzels
- 3 tablespoons hummus
- 4 oz water

*Recipes on pages 9-41 and 9-42.



Sample Meal Plan – Flexible Potassium

Day 7



Breakfast

- 2 scrambled eggs
- 1 whole wheat bagel
- 1 medium banana (7")
- 6 oz unsweetened tea



Dinner

- 4 oz grilled salmon
- Spaghetti & Asparagus Carbonara*
- 1 whole wheat dinner roll
- 10 oz diet ginger ale
- ½ cup animal crackers



Lunch

- 1 cup Tex-Mex Quinoa and Black Bean Bowl*
- ¼ cup diced tomatoes
- ½ cup applesauce
- 10 oz water

Snack

- 1 cup Rice Chex®
- 1 oz almonds
- 1 oz raisins
- 4 oz water

*Recipes on pages 9-56 and 9-57.

