



Sample Meal Plan – Lower Potassium

Day 1



Breakfast

- 2 eggs
- 2 whole wheat English muffin halves
- 1 slice all-natural Canadian Bacon
- 1 small apple
- 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
- ½ cup Crunchy Quinoa Salad*
- ½ cup fresh blueberries
- 3 cups unsalted popcorn
- 10 oz water



Dinner

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



Snack

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

*Recipes on pages 9-36, 9-37, 9-38, and 9-39.



Sample Meal Plan – Lower Potassium

Day 2



Breakfast

- 1 cup cooked whole grain oats with sliced almonds (1 oz) and pears (1 large)
- ½ cup unsalted cottage cheese
- 8 oz unsweetened tea



Lunch

- Jalapeño Lime Turkey Burger with Smoked Mozzarella*
- 10 onion rings
- ½ cup steamed cauliflower
- Apple slices, 1 medium
- 8 oz diet ginger ale



Dinner

- Herb Crusted Pork Loin*
- 1 cup wild rice
- 4-5 spears of asparagus
- 10 oz diet ginger ale
- 4 sheets cinnamon graham crackers
- 1 tablespoon peanut butter

Snack

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

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





Sample Meal Plan – Lower Potassium

Day 3



Breakfast

- 2 soft or hard boiled eggs
- 2 slices whole wheat toast
- 2 tablespoons almond butter
- 6 oz diet cranberry juice



Lunch

- Egg Fried Rice*
- Asian pear
- 6 oz unsweetened tea



Dinner

- Hawaiian Style Slow Cooked Pulled Pork*
- Whole wheat bun
- Sautéed Collard Greens*
- 1 ear corn on the cob
- 12 oz Sprite Zero
- 5 oz strawberry Greek yogurt
- ½ cup Oats & Honey granola

Snack

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

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



Sample Meal Plan – Lower Potassium

Day 4



Breakfast

- 2 Southwest Baked Egg Breakfast Cups*
- 1 cup fresh strawberries
- 2 slices whole wheat toast and jam
- 6 oz unsweetened tea



Lunch

- Herb-Roasted Chicken Breasts*
- Whole wheat bun
- ½ cup Cool and Crispy Cucumber Salad*
- ½ cup raspberries (fresh/fresh-frozen)
- 10 oz water



Dinner

- Pesto-Crusted Catfish*
- 1 cup grits
- 1 cup sugar snap peas
- 10 oz diet ginger ale
- 1 medium apple, sliced
- 3 tablespoons all-natural peanut butter

Snack

- ½ cup unsalted pretzels
- 4 oz water

*Recipes on pages 9-48, 9-49, 9-50 and 9-51.



Sample Meal Plan – Lower Potassium

Day 5



Breakfast

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



Dinner

- Bourbon Glazed Skirt Steak*
- 1 cup wild rice
- 1 cup Zucchini Sauté*
- 1 whole wheat roll
- 10 oz unsweetened tea
- 1 cup grapes
- ½ cup animal crackers



Lunch

- 2 small whole wheat tortillas as wraps
- 4 oz Herb-Roasted chicken (leftover Herb-Roasted Chicken from Day 4)
- Lettuce and Caesar salad dressing
- 1 large peach
- 10 oz diet ginger ale

Snack

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

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





Sample Meal Plan – Lower Potassium

Day 6



Breakfast

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



Dinner

- 4 oz grilled salmon
- Spaghetti & Asparagus Carbonara*
- 1 whole wheat dinner roll
- 10 oz diet ginger ale
- 1 Sweet & Nutty Protein Bar*



Lunch

- 1 cup Tex-Mex Quinoa & Black Bean Bowl*
- ½ cup applesauce
- ½ cup animal crackers
- 8 oz water

Snack

- 3 cups unsalted popcorn
- 6 oz water

*Recipes on pages 9-56, 9-57, and 9-58.



Sample Meal Plan – Lower Potassium

Day 7



Breakfast

- 2 slices multi grain toast
- 3 tablespoons peanut butter
- ½ cup pineapple
- 6 oz diet cranberry juice



Lunch

- Pita pocket
- Leftover Bourbon Glazed Skirt Steak
(Uses left-over skirt steak from Dinner on Day 5)
- ½ cup strawberries
- 6 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
- 3 sheets of Melba toast
- 4 oz water

*Recipe on page 9-60.