

Sample Meal Planning Grid for Standard In-center HD

Breakfast	Protein	Sodium	Potassium	Phosphorus	Fluid
Scrambled eggs (1 whole egg + 2 egg whites)	13.2 g	180 mg	203 mg	115 mg	—
Blueberry muffin (2 oz)	3.7 g	251 mg	70 mg	83 mg	—
½ cup fresh strawberries	0.5 g	0.5 mg	110 mg	17.5 mg	—
12 oz coffee, brewed	—	5 mg	116 mg	7 mg	12 oz
Lunch	Protein	Sodium	Potassium	Phosphorus	Fluid
<i>Turkey sandwich:</i>					
1.4 oz turkey	7 g	426 mg	126 mg	68 mg	—
2 slices tomato (⅓ tomato)	—	1 mg	49 mg	5 mg	—
Lettuce (¼ cup iceberg)	—	1 mg	20 mg	3 mg	—
½ tbsp Kraft® Mayo Light	—	60 mg	4 mg	5 mg	—
2 slices whole wheat bread	7.2 g	264 mg	138 mg	104 mg	—
2.6 cup cheese popcorn	2.6 g	249 mg	73 mg	101 mg	—
¾ cup peaches, canned in juice	1.2 g	7.5 mg	240 mg	31.5 mg	—
8 oz grape juice	—	13 mg	263 mg	35 mg	8 oz
Dinner	Protein	Sodium	Potassium	Phosphorus	Fluid
4 oz baked Atlantic cod	25 g	88 mg	276 mg	156 mg	—
4 spears of asparagus	—	1.2 mg	128 mg	34 mg	—
1 cup lettuce salad (iceberg)	—	6 mg	78 mg	11 mg	—
1 tbsp sweet and sour salad dressing	—	33 mg	5 mg	—	—
Cherry pie (⅛ pie)	—	308 mg	101 mg	36 mg	—
12 oz water	—	—	—	—	12 oz
Total	62.3 g	1890 mg	2000 mg	821 mg	32 oz
Recommended	50 g+	1200-2000 mg	2000 mg	800-1200 mg	32 oz

Source: Bowes & Church's *Food Values of Portions Commonly Used* (19th Edition) by Jean A. T. Pennington and Judith Spungen, 2010.