

## Sample Meal Planning Grid for PD

Breakfast	Protein	Sodium	Potassium	Phosphorus	Fluid
Omelet with 1 whole egg + 2 egg whites with ½ cup mushrooms and 2 tbsp cream cheese	16.4 g	268 mg	322 mg	120 mg	—
1 slice whole wheat toast with a pat of butter	5 g	112 mg	69 mg	100 mg	—
½ cup raspberries + ½ cup blueberries	1.3 g	—	150 mg	27 mg	—
12 oz coffee, brewed	.6 g	8 mg	174 mg	11 mg	12 oz
Lunch	Protein	Sodium	Potassium	Phosphorus	Fluid
Tuna Salad	—	—	—	—	—
3 oz canned tuna	20 g	210 mg	176 mg	130 mg	—
1 tbsp mayonnaise	.1 g	88 mg	3 mg	25 mg	—
1 cup looseleaf lettuce	.8 g	16 mg	110 mg	16 mg	—
1 sliced medium tomato		6 mg	150 mg	15 mg	—
2 tbsp Italian dressing	0 g	18 mg	10 mg	1 mg	1 oz
1 cup cherries (no pits)	.3 g	5 mg	268 mg	32 mg	1 oz
16 oz water	—	—	—	—	16 oz
Dinner	Protein	Sodium	Potassium	Phosphorus	Fluid
2 chicken thighs with skin, roasted	64 g	202 mg	748 mg	270 mg	—
¾ cup green beans	1.2 g	4.5 mg	156 mg	30 mg	—
½ cup cabbage, onion, sweet pepper medley	1 g	52 mg	208 mg	29 mg	—
½ cup diced cantaloupe	2.2 g	12 mg	208 mg	12 mg	—
16 oz water	—	—	—	—	16 oz
Total	112.9 g	1001.5 mg	2980 mg	807 mg	49 oz
Recommended	90 g+	2000 mg	3000-4000 mg	800 mg	Maintain balance