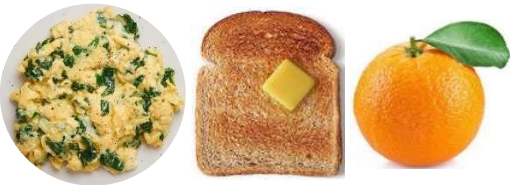
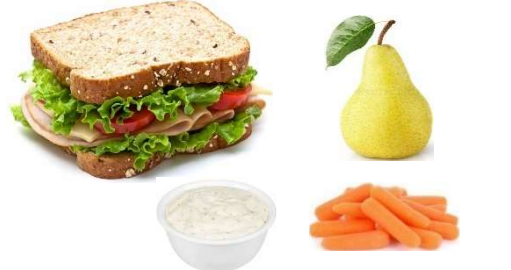


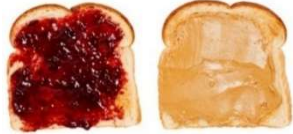
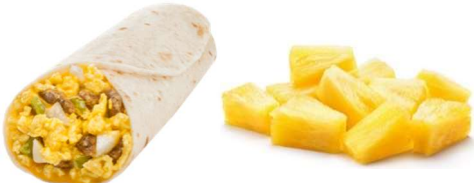
American Cuisine, 1500 Calorie Mechanical Soft, 7-Day Meal Plan

Kidney and Diabetic Healthy

Meal	Day 1	Menu Picture
Breakfast	1 scrambled egg with 1 cup spinach, 1/2 cup chopped mushrooms and onions cooked in 1 Tbsp olive oil 1 slice whole wheat bread (not toasted or seeded) with 1/2 Tbsp light butter and 1 small apple (peeled)	
Lunch	2 ounces salt-free roasted, moist ground turkey on: 2 slices whole wheat sliced (not seeded, not roll) bread with 1 leaf lettuce, 1 Tbsp olive oil mayo, 2 tsp mustard 1 cup steamed, softened baby carrots with 2 Tbsp reduced fat ranch and 1 small Asian pear (peeled)	
PM Snack	2 sheets honey graham crackers (moistened with water) or 1 slice whole wheat bread (not toasted or seeded) 1 Tbsp smooth peanut butter (thin, if needed)	
Dinner	2 ounces chopped boneless, moist, skinless chicken breast 1 cup brown rice with 1 Tbsp. light butter 1 cup sautéed soft sliced zucchini with 1/2 Tbsp olive oil	
Evening Snack	1 cup cut ripe chopped or pureed strawberries (fresh or frozen)	
Meal	Day 2	Menu Picture
Breakfast	1/2 cup dry oats cooked in 1 cup unsweetened almond milk 1/2 cup squished or mashed blueberries	
Lunch	1 cup low-sodium vegetable soup with 2 ounces shredded chicken breast added 2 slices toasted sourdough bread sliced (not toasted or seeded) 1 cup cooked spinach or easy to chew vegetables	
PM Snack	8 whole wheat crackers (moistened with water) or 1 slice whole wheat bread (not toasted or seeded) 1 Tbsp cream cheese	

Dinner	• 2 ounces lean ground beef • 1 dinner roll with 1/2 Tbsp light butter • 1/2 cup creamed corn with 1/2 Tbsp light butter • 1/2 cup chopped small cooked green beans with garlic and olive oil cooking spray	
Evening Snack	• 2 oz smooth yogurt with canned in 100% juice ½ pineapple	
Meal	Day 3	Menu Picture
Breakfast	• 1 scrambled egg, 1 cup spinach and 1/8 cup chopped onion cooked with cooking spray • 1 whole wheat (untoasted) English muffin with 1 Tbsp light butter and 1 Tbsp sugar free jelly	
Lunch	• 1 soft, fresh pita pocket (6-inches across) • 2 ounces boneless, skinless chicken breast (chopped) • 1oz crumbled Feta with sautéed chopped onions and spinach • 2 Tbsp balsamic vinaigrette dressing • 1 cup mixed ripe, chopped strawberries	
PM Snack	• 2 small, peeled plums • 1 cup cooked, very soft baby carrots (steamed) • 2 Tbsp ranch dressing	
Dinner	• 2 ounces shredded or flaked salmon baked with 1 tsp olive oil and 2 slices of lemon (Salmon chopped) • 6 spears of soft, cooked asparagus • 3/4 cup cooked rice with 1/2 Tbsp light butter • 1 medium peeled and cut small oranges	
Evening Snack	• 1 slice whole wheat bread (not seeded) with 1 Tbsp natural smooth peanut butter	
Meal	Day 4	Menu Picture
Breakfast	• 1 scrambled egg, 1/2 cup sautéed bell peppers and 1/2 cup spinach cooked with olive oil cooking spray • 1/2 whole wheat toast (not toasted, no seeds) with 1 Tbsp cream cheese and 1 cup strawberries	
Lunch	• 2 ounces chopped boneless, skinless chicken breast (chopped) • 3/4 cup cooked brown rice • 1 cup no salt added, cooked very soft stir-fry vegetable mix cooked with 1 Tbsp sesame oil	

	• 2 tsp low-sodium soy sauce	
PM Snack	• 3/4 cup fresh pineapple • 2 oz yogurt	
Dinner	• 1 cup cooked tender whole wheat pasta • 2 ounces lean ground turkey • 1/2 cup low sodium smooth tomato sauce • 1 cup mixed salad greens with 1 Tbsp dressing (1 tsp olive oil + 2 tsp balsamic vinegar)	
Evening Snack	• 1 medium cooked and peeled apple • 1 Tbsp natural smooth peanut butter	
Meal	Day 5	Menu Picture
Breakfast	• 1 scrambled egg cooked with 1/4 cup chopped, and cooked kale and 1/2 Tbsp olive oil • 1/4 cup dry plain grits (add water to cook) with 1 Tbsp light butter • 1 cup ripe, chopped strawberries	
Lunch	• 2 flour steamed tortillas (6-inches across) • 1/8 cup feta cheese, 1/3 cup cooked black beans or pinto beans, and 1/4 cup no salt added corn • 1/2 cup sautéed onion and bell peppers cooked with 2 tsp olive oil	
PM Snack	• 2 ounces canned tuna with 1 Tbsp olive oil mayonnaise and 1 celery stick • 1 slice whole wheat bread (no seeds)	
Dinner	• 2 ounces roasted pork loin (chopped) • 1 cup mixed corn, peas, and carrots cooked with 1/2 Tbsp olive oil • 3/4 cup brown rice with 1/2 Tbsp light butter	
Evening Snack	• 1 medium cooked and peeled peach	

Meal	Day 6	Menu Picture
Breakfast	2 slices wheat bread (not toasted, no seeds) 1 Tbsp natural smooth peanut butter, 1 Tbsp sugar free jelly, and 1 Tbsp light butter	
Lunch	2 ounces lean ground beef 1 whole grain hamburger bun - Spinach and chopped onion 1 Tbsp olive oil mayonnaise 1 ½ cup cubed watermelon	
PM Snack	2 flour steamed tortillas (6-inches across) with ¼ cup shredded Italian cheese blend	
Dinner	2 ounces chopped, no tails on shrimp 1 cup cooked plain spaghetti pasta 1 cup sliced steamed yellow squash and zucchini, and 1/4 cup cabbage sautéed with 2 tsp olive oil 2 Tbsp light butter with Mrs. Dash Garlic & Herb Seasoning	
Evening Snack	½ soft peeled pears	
Meal	Day 7	Menu Picture
Breakfast	1 scrambled egg with 1/3 cup no salt beans 1 cup sautéed spinach, bell peppers, and onion cooked with 1 Tbsp olive oil 1 flour tortilla (6-inches across) 1 cup fresh pineapple	
Lunch	2 ounces canned tuna (in water) with 2 Tbsp olive oil mayonnaise on 2 slices bread (not toasted, no seeds) - and soft, cooked carrots 1/2 cup applesauce (no sugar added)	
PM Snack	1 slice of whole wheat bread (not toasted, no seeds) 1 Tbsp smooth peanut butter	
Dinner	2 ounces fish baked in lemon + 1 tsp olive oil 1 cup cooked plain couscous with 1 Tbsp olive oil butter 1 cup cooked broccoli, cauliflower, and carrot frozen blend with 1 Tbsp olive oil	
Evening Snack	½ cup plain nonfat yogurt 1 cup pitted cherries	

Meal	Calories	Protein	Carbs	Fat	Sodium
B	370	13	34	22	266
L	421	24	50	15	848
D	415	19	48	15	320
S1	230	6	28	11	215
S2	62	0	16	0	2
Day 1	1500	64 g	176 g	63 g	1650 mg
B	326	10	42	15	270
L	385	22	54	9	512
D	373	21	41	13	390
S1	163	2	18	9	238
S2	253	8	25	15	0
Day 2	1500	63 g	180 g	60 g	1410 mg
B	265	12	32	11	394
L	390	20	52	13	556
D	440	24	54	15	100
S1	245	3	27	14	325
S2	160	7	15	9	175
Day 3	1500	66 g	180 g	62 g	1550 mg
B	341	17	46	12	311
L	409	19	44	16	660
D	352	20	47	10	184
S1	213	6	21	14	0
S2	195	4	28	8	54
Day 4	1510	67 g	185 g	61 g	1210 mg

Meal	Calories	Protein	Carbs	Fat	Sodium
B	371	11	42	18	158
L	420	14	48	16	502
D	430	23	50	13	207
S1	235	16	20	11	493
S2	59	1	14	0	0
Day 5	1515	65 g	173 g	58 g	1360 mg
B	280	10	32	14	375
L	372	19	49	12	406
D	499	24	49	22	495
S1	255	11	24	9	512
S2	104	2	27	0	2
Day 6	1510	66 g	181 g	56 g	1790 mg
B	446	16	47	21	258
L	372	21	46	13	688
D	468	18	42	24	136
S1	90	3	18	1	0
S2	124	7	26	0	77
Day 7	1500	66 g	179 g	59 g	1160 mg
Feel free to mix and match different meals and snacks together! Add up the individual meal and snack amounts from this table to keep track of your total daily intake.					