



90 Gram Protein Sample Menu Plan

Day 1

Breakfast:

½ cup scrambled egg substitute
1 cup grits
½ cup liquid non dairy creamer
1 slice toasted white bread
1 tsp margarine
1 Tbsp jam
1 cup apple juice

Lunch:

3 ounces roast beef
1 med potato (peeled & soaked)
½ cup mixed vegetables
12-15 grapes
1 cup pink lemonade

Snack:

15-20 jelly beans

Dinner:

4 ounces chicken breast
1 cup green beans
1 small dinner roll with margarine
½ cup fruit cocktail
¾ cup iced tea with sugar and lemon

Snack:

6 graham cracker squares
½ cup milk

Day 2

Breakfast:

1 fried egg
1 small blueberry muffin
1 tsp margarine
¾ cup corn flakes with
½ cup milk
½ medium grapefruit
¾ cup coffee with sugar

Lunch:

4 ounces hamburger on bun with
mayonnaise, tomato slice, & lettuce
1 cup carrots
1 medium peach
1 cup lemon lime soda

Snack:

1 medium apple

Dinner:

4 ounces pork chop
1 cup buttered noodles
½ cup broccoli
1 cup applesauce
1 cup cran-apple juice

Snack:

10 vanilla wafers

Day 3

Breakfast:

1 hard boiled eggs
1 cup oatmeal
½ cup liquid non dairy creamer
1 English muffin
2 tsp margarine
½ cup grape juice

Lunch:

Sandwich: 3 oz turkey breast
1 oz cheese
2 pieces white bread
1 Tbsp mayonnaise
Lettuce salad with
1-2 tablespoons dressing
10 unsalted pretzels
1 cup ginger ale

Snack:

½ cup fresh blueberries
1 corn muffin with
1 Tbsp honey

Dinner:

4 ounces broiled halibut with lemon juice
1 cup white rice
½ cup brussel sprouts
1 slice apple pie
1 cup iced tea

Snack:

1 popsicle

Day 4

Breakfast:

¾ cup Rice Krispies™
½ cup liquid non dairy creamer
½ cup scrambled egg substitute
1 small doughnut
½ cup grapefruit juice

Lunch:

Sandwich: 3 oz canned, unsalted
(in water) tuna
1 Tbsp mayo & lettuce
2 slices of sourdough bread
1 small carrot
½ cup pineapple chunks
½ cup cranberry juice

Snack:

8 crackers
1 medium plum

Dinner:

4 ounces top sirloin steak
1 cup noodles
½ cup asparagus
½ cup peach slices
1 cup lemonade

Snack:

2 sugar cookies
½ cup milk

Day 5

Breakfast:

1 bowl of cream of wheat
½ cup liquid non dairy creamer
2 slices white bread, toasted with margarine and jelly
½ cup grape juice

Lunch:

Sandwich: 4 ounces turkey breast
2 slices sourdough bread
1 slice tomato
1 Tbsp mayonnaise
Lettuce salad with
1 Tablespoon salad dressing
10 unsalted pretzels
1 cup root beer

Snack:

½ cup watermelon
1 corn muffin with honey

Dinner:

4 ounces broiled chicken
½ cup rice
1 cup broccoli
1 slice French bread with margarine
1 cup lemonade

Snack:

1 apple



Note:

3 ounces of meat is equal to the size of a deck of cards.

This diet provides approximately 2100 calories per day, and is limited in potassium, sodium, and phosphorus.

