

70 Gram Protein Menu

You may have been asked to limit the amount of protein in your diet. This 5 day menu fits with a diabetic (about 4 carbohydrate choices per meal and 1-2 choices per snack), provides about 1000 mg of phosphorus, 2000 mg of potassium, 2000 mg of sodium, 2400 mL of fluid, 1800-2000 calories and 70 g of protein per day. **The bolded foods have the most protein.**

Day 1	Day 2
Breakfast	Breakfast
2 eggs 2 pieces rye toast 2 Tbsp jelly 1/2 cup canned pears 1.5 cups green tea	2 pieces French toast 1 cup strawberries 1/4 cup maple syrup 1 cup almond milk 1 cup black tea
Lunch	Lunch
2 oz grilled salmon 1 cup cooked couscous 1/2 cup grilled zucchini 1/4 tsp salt 1 plum 1 cup raspberries 2 cups water	2 oz lean turkey 2 slices rye bread 1 slice Swiss cheese 1/2 cup spinach 1/2 cup sliced cucumber 2 tsp mayo with olive oil 1 cup blackberries 4 Tbsp cool whip 2 cups water
Snack	Snack
1 English muffin 1 Tbsp honey 2 tsp butter 2 cups water	1 hard boiled egg 2 cups water
Supper	Supper
1 cup cooked spaghetti 2 Tbsp olive oil 2 oz lean ground beef 1/2 cup red pepper 1/2 cup onions 3 Tbsp parmesan cheese 1/2 cup boiled green beans 1 small slice French baguette 2 cups water	3 oz lean pork chop 4 Tbsp BBQ sauce 1 Tbsp olive oil 1/2 cup cooked quinoa 1/2 cup cooked carrots 1/2 cup cooked broccoli 1 tsp butter 1 small apple 2 cups water



Day 3	Day 4
Breakfast	Breakfast
1 cup Cream of Wheat 1 piece whole-wheat toast 1 Tbsp jelly 1 cup strawberries 1 cup tea	1 cup oatmeal 1 Tbsp honey 1/2 English muffin 2 tsp butter 1 cup blueberries 1 cup almond milk 1 cup tea
Lunch	Lunch
2 oz skinless chicken breast 1 whole-wheat bun 1 leaf lettuce 4 slices cucumber 1 tsp mustard 1 Tbsp mayo 1 cup raw carrots 10 raw celery sticks 3 Tbsp Ranch 15 grapes 11 pretzel chips 2 cups water	2 Tacos: 2 oz lean beef 2 medium tortilla shells 1/2 cup black beans 1/2 cup spinach 1/2 cup chopped green pepper 1 medium apple 1/2 cup pineapple 2 cups water
Snack	Snack
5 pita chips 3 Tbsp hummus 2 cups water	1 cup carrots 1/2 cup Cheerios 2 cups water
Supper	Supper
3 oz lean steak 1 cup cooked broccoli 1 tsp butter 1 cup cooked brown rice 1 cup mandarin oranges 2 cups water	3 oz grilled shrimp 2 Tbsp olive oil 6 grilled asparagus spears 1/2 cup cooked cauliflower 1/2 cup boiled peas 1 cup cooked wild rice 3 cups water
Snack	
3 cups air-popped popcorn 2 Tbsp butter 1 cup water	

Day 5
Breakfast
2 cups corn flakes 1 cup almond milk 1 cup blueberries 1 hard-boiled egg 1 cup green tea
Lunch
2 cups spinach 1 cup cabbage 2 oz grilled chicken breast 1/2 cup chickpeas 1/2 cup raisins 1/2 cup red peppers 4 Tbsp parmesan cheese 6 Tbsp balsamic vinaigrette 1 Tbsp olive oil 1 medium apple 2 cups water
Snack
3 cups air-popped popcorn 2 cups water
Supper
2 oz tilapia 2 Tbsp canola oil 1 cup herbed rice 1/2 cup cooked Brussels sprouts 1/2 cup pineapple 2 cups water
Snack
1 medium slice Angel Food Cake 1/2 cup strawberries 1 cup water



How much protein is in each food group?

Food Group	Serving Size	Protein (g)
Meat/Egg/Cheese	1 oz	7
Milk	1 cup	8
Grains	1/2 cup	3
Bread	1 slice	2
Fruits	1/2 cup	0
Vegetables	1/2 cup cooked	2



For more advice and to help fit this meal plan to your lifestyle contact your Registered Dietitian.