



MANITOBA RENAL PROGRAM SAMPLE MENU



BREAKFAST

___ egg(s) or ___ Tbsp peanut butter or ___ ounces cheese
___ toast slice(s) - Rye or White bread
___ tsp(s) margarine or butter
___ cup(s) cereal
___ cup(s) milk
___ cup canned fruit (no added sugar) or ___ low potassium fruit
___ cup coffee or tea

Name: _____
Date: _____
Dietitian: _____
Number: _____

SNACK _____

LUNCH

1 sandwich made with:

___ slice(s) bread
___ tsp(s) margarine, butter or mayonnaise
___ egg whites or ___ ounces meat or chicken or fish
___ cup canned fruit (no sugar added) or ___ low potassium fresh fruit
___ cup coffee or tea

SNACK _____

SUPPER

___ ounces meat, chicken or fish (3 ounces=deck of cards)
___ cup(s) potatoes, rice or pasta
___ slice(s) bread (white or rye) or bannock
___ cup unsalted vegetables
___ cup canned fruit (no sugar added) or ___ low potassium fresh fruit
___ cup coffee or tea

SNACK _____