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

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 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 fruit
_____ cup coffee or tea

SNACK

To be used in conjunction with advice from a Registered Dietitian.

July 2010