



## Sample Menu for Regular Diet

### Breakfast

- ¼ cup skim milk
- ½ cup low sugar, high fiber ready to eat cereal
- ¼ small banana
- Chewable, sugar-free complete vitamin

**1 hour later: 12 oz. water**

### Snack (1 hour later):

- 1 oz. light string cheese
- 2-3 low sodium, high fiber crackers
- ½ orange (for vitamin C)

**1 hour later: 8 oz. skim milk**

### Lunch

- 2 oz. meat, fish or poultry
- ¼ to ½ cup vegetable (pick a brightly colored one for vitamin A)

**1 hour later: 12 oz. water**

### Snack (1 hour later):

- 6 oz. no added sugar yogurt
- ¼ cup fresh fruit

**1 hour later: 12 oz. crystal lite**

### Dinner

- 2 oz. meat, fish or poultry
- ¼ to ½ cup vegetable or mashed potato
- Chewable, sugar-free complete vitamin

**1 hour later: 12 oz. water**

### Snack (1 hour later):

- 6 oz high protein vanilla shake
- This menu contains about 70-72 gm protein, 900-950 calories, 72 oz. fluid.**