



2 Gram Sodium Meal Plan

Breakfast:

- 2 Slices Light Whole Wheat Toast
- 2 Egg Whites
- 2 tablespoons unsalted Butter or Margarine
- ½ Medium Banana

Sodium(salt)

- 353 mg**
- 240 mg
- 110 mg
- 3 mg
- 0 mg



Morning Snack:

- 6 oz. Low-Fat, Sugar Free Yogurt
- ¼ cup Dry Roasted Nuts, unsalted

- 97 mg**
- 97 mg
- 0 mg



Lunch:

- Tuna Salad Sandwich on Whole-Wheat Bread with
 - 1 Tablespoon Light Mayo
 - Add Lettuce, Tomato, and any other veggies
- ½ cup Low-fat, Low Sodium Cottage Cheese
- 1 cup Sliced Peaches in Extra Light Syrup or natural juice

- 735 mg**
- 708 mg
- 15 mg
- 12 mg

Afternoon or Evening Snack:

- 6 Whole Wheat Crackers
- 2 Tablespoons Low-fat, Sodium, & Sugar Peanut Butter

- 223 mg**
- 158 mg
- 65 mg



Dinner:

- Garden Salad
- 2 Tablespoons Low-fat Balsamic Vinaigrette Dressing
- 4-5 oz. Grilled Chicken Breast
- 1 cup Whole grain rice or pasta
- 1 cup Broccoli
- ½ cup Cooked Carrots
- 1 cup Sugar Free Jell-O

- 646 mg**
- 20 mg
- 367 mg
- 92 mg
- 15 mg
- 64 mg
- 43 mg
- 45 mg



Totals: Sodium: 2,054mg

Calories: 2,000

Compared to Fast Food:

- Burger King Whopper
- Medium French Fry
- 32 oz. Diet Coke
- Small Vanilla Shake

- 980 mg
- 690 mg
- 115 mg
- 260 mg



Totals: Sodium: 2,045mg

Calories: 1,370