

DATE: _____

CYCLE 4: Regular Diet Modified to Therapeutic, Diabetic (No Concentrated Sweets), Low Fat/Cholesterol and No Added Salt

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST Scrambled Egg (1) Sausage (1oz) Rye Toast (1) Banana (1) Hot Cereal (1/2 cup) or Cold Cereal (3/4 cup) Juice (4oz) Milk /Coffee/Tea(8oz)	Cheese Omelet (1) Sausage (1oz) Hash Brown (1/2 cup) Fruit Cup (1/2 cup) Hot Cereal (1/2 cup) or Cold Cereal (3/4cup) Juice (4oz) Milk /Coffee/Tea(8oz)	Egg (1) Bacon (1oz) French Toast (1) Banana (1) Hot Cereal (1/2 cup) or Cold Cereal (3/4cup) Juice (4oz) Milk /Coffee/Tea(8oz)	Egg / Cheese Stuffed Baguette (1) Bacon (1oz) Hash Brown (1/2 cup) Fruit Cup (1/2 cup) Hot Cereal (1/2 cup) or Cold Cereal (3/4cup) Juice (4oz) Milk /Coffee/Tea(8oz)	Egg (1) Sausage (1oz) Pancake (1) Banana (1) Hot Cereal (1/2 cup) or Cold Cereal (3/4cup) Juice (4oz) Milk /Coffee/Tea(8oz)	Vegetable Omelet (1) Bacon (1oz) Home Fries (1/2 cup) Fruit Cup (1/2 cup) Hot Cereal (1/2 cup) or Cold Cereal (3/4cup) Juice (4oz) Milk /Coffee/Tea(8oz)	Scrambled Egg (1) Sausage (1oz) Wheat Toast (1) Banana (1) Hot Cereal (1/2 cup) or Cold Cereal (3/4cup) Juice (4oz) Milk /Coffee/Tea(8oz)
LUNCH Spinach Kale Soup (6oz) Assorted Bread (1) Kale Salad (1 cup) (Ham/Turkey/Tomato/Egg) Cajun Chicken (4oz) OR Baked Tilapia (4oz) Rice & Beans (1/2 cup) Roasted Corn on the Cob (1) Carrot Cake (1 Slice) Beverage (8 oz)	Pumpkin Coconut Soup (6oz) Assorted Bread (1) Spinach Fetta Tomato Salad (1/2cup) Baked Ham (4oz) OR Grilled Swaii (4oz) Potatoes (1/2 cup) Garlic Mushrooms (1/2 cup) Vanilla Pudding (1/2 cup) Beverage (8 oz)	Rosemary Chicken Soup (6oz) Assorted Bread (1) Spinach Salad (1 cup) Roasted Turkey(4oz) OR Grilled Fish (4oz) Orzo (1/2 cup) Broccoli (1/2 cup) Melon Cup (1/2 cup) Beverage (8 oz)	Butternut Squash Soup (6oz) Assorted Bread (1) Broccoli Carrot Raisin Salad (1/2 cup) Sweet and Sour Chicken (4oz) Shrimp Fried Rice (1 cup) Egg Roll (1) Orange Cake(1 Slice) Beverage (8 oz)	Cream of Broccoli Soup (6oz) Assorted Bread (1) Kale Tomato Salad (1/2 cup) Jerk Style Salmon (4oz) OR Lemon Pepper Chicken (4oz) Yellow Rice (1/2 cup) Brussels Sprouts (1/2 cup) Chocolate Cake (1 sl) Beverage (8 oz)	Split Pea Soup (6oz) Assorted Bread (1) Mixed Green Salad (1 cup) Pepper Steak (4oz) OR Baked Cod (4oz) White Rice (1/2 cup) Roasted Broccoli (1/2 cup) Marble Cake (1Slice) Beverage (8 oz)	Vegetable Cream Soup (6oz) Assorted Bread (1) Caesar Salad (1 cup) Mojo Marinated Baked Chicken (4oz) OR Baked Herb Salmon (4oz) Steamed Garlic Potatoes (1/2 cup) Ice Cream (1/2 cup) Beverage (8 oz)
DINNER Carrot Tarragon Soup (6oz) Spinach Salad (1 cup) Chicken Francaise (3oz) Wild Rice (1 cup) Baby Carrots (1/2 cup) Coconut Cake(1Slice) Beverage (8 oz)	Caesar Salad (1 cup) General Tso's Chicken (3oz) Rice (1/2 cup) Egg Roll (1) Assorted Cookies (2) Beverage (8 oz)	Soup of the Day (6oz) Crackers (2) Boston Fish (3oz) Veggie Burger (3oz) On Bun (1) (Avocado Salsa) Sweet Potato Fries (1/2 cup) Lemon Cake (1 Slice) Beverage (8 oz)	Red Bean Chicken Soup (6oz) Garden Salad (1 cup) Chicken Alfredo(3oz) With Spinach Pasta (1/2 cup) Garlic Bread (1) Chocolate Eclair (1) Beverage (8 oz)	Baked Potato Cheese Soup (6oz) Breaded Pork Chop (4oz) Vegetable Steam Rice (1 cup) Watermelon (1/2cup) Beverage (8 oz)	Cauliflower Cream Soup (6oz) Cuban Sandwich (3oz) Sweet Plantains (1/2 cup) Cole Slaw (1/2 cup) Jello (1/2 cup) Beverage (8 oz)	Chicken Barley with Kale Soup (6oz) Cajun Chicken Sandwich (3oz) Sweet Potato Fries (1/2 cup) Cole Slaw (1/2 cup) Pineapple Cake (1Sl) Beverage (8 oz)

Bedtime Snack: (8oz) Milk and (3) Cookies / Crackers

For Diabetics: Follow portion sizes. Use skim milk. Use sugar substitute, sugarfree beverages, jelly, syrup, gelatin, puddings, fruit juices with no added sugar and fruit in own juice.

No Added Salt: Follow the regular meal plan. Omit salt and substitute salted meats with another roasted meat. No canned soups and no salted crackers, chips or pickles.

Low Fat/Cholesterol: Use skim milk, Lean meats, baked, broiled or boiled, light mayonnaise, light margarines, low fat desserts or fruit.

ALF: EASTSIDE ACTIVE LIVING

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Registered Licensed Dietitian/Certified Diabetes Educator Effective Date: _____

Expiration Date: _____

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To be valid, menus must be signed in red with an embossment seal and an address that matches the place of business