



SAMPLE MENUS

SAMPLE MENU PLAN WITH 1 CAN OF SUPLENA® WITH CARB STEADY™ PER DAY

Menu based on a diet for: 2,000 calories, 50g protein, 2,000mg sodium

Breakfast:

$\frac{3}{4}$ cup apple juice	1 slice toast with margarine
$\frac{3}{4}$ cup cornflakes	1 scrambled egg
$\frac{1}{2}$ cup nondairy creamer	Coffee or tea
1 banana	

Lunch:

Turkey sandwich (2 oz turkey, 2 tsp mayonnaise, 2 slices bread, lettuce and tomato slices)	$\frac{3}{4}$ cup cranberry-apple juice
1 oz unsalted pretzels	OR
$\frac{1}{2}$ cup fruit cocktail	8 fl oz can Suplena
	1 apple

Dinner:

2 oz pork roast	$\frac{1}{2}$ cup applesauce
$\frac{3}{4}$ cup cooked carrots	$\frac{1}{2}$ cup grapes
1 baked potato with margarine or sour cream	Iced or hot tea with lemon

Snack:

1 slice angel food cake
 $\frac{1}{2}$ cup raspberry sorbet



SAMPLE MENUS

SAMPLE MENU PLAN WITH 1-2 CANS OF SUPLENA® WITH CARB STEADY™ PER DAY

Menu based on a diet for: 2,000 calories, 50g protein, 2,000mg sodium

Breakfast:

1 cup hot tea		½ cup oatmeal
½ cup peaches		¼ cup nondairy creamer
Toasted bagel with 2 oz cream cheese		

Lunch:

2 oz hamburger		1 cup cranberry juice
Hamburger bun		OR
Mayonnaise, lettuce, tomato		8 fl oz can Suplena with Carb Steady
½ cup coleslaw		½ cup pears
½ cup raw carrots and radishes		

Dinner:

3 oz grilled chicken		1 fresh orange
½ cup cooked broccoli		1 cup lettuce with 2 tsp French dressing
1 cup pasta noodles with margarine and 2 tsp Parmesan cheese		

Snack:

1 slice pound cake		OR
½ cup grapes		½ 8 fl oz can Suplena with Carb Steady
1 cup pineapple juice		