

Regular

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Swap cereal for oatmeal Add bran muffin instead of French toast	English muffin instead of potatoes	Add LF cottage cheese and 1 muffin instead of pancakes Shredded Wheat	English muffin Bran Flakes	Swap cereal for oatmeal	Add yogurt	½ cup cream of wheat
Lunch	Fresh fruit instead of canned	Remove juice Brown rice instead of mashed potatoes	Fresh Fruit instead of pineapple Add brown rice	Brown rice instead of mashed potatoes	Remove juice Add fresh fruit	Remove canned pineapple and apple juice	Swap canned fruit for fresh fruit
Dinner	Swap juice for LF milk Swap veggies for sm. Green salad Swap potatoes for brown rice	Remove juice Add peas	Swap juice for LF milk	Swap juice for LF milk Swap pudding for yogurt	Swap juice for LF milk	Swap juice for LF milk	Swap juice for LF milk

Carb Controlled

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast			Add yogurt	Add cottage cheese			
Lunch					Add milk	Add milk	
Dinner	Brown rice Add small salad instead of mixed veggies			Add yogurt	Add yogurt Brown rice instead of mashed potatoes		

Low Sodium/ Low Fat

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Swap cheerios for oatmeal					English muffin instead of pancakes	Add fresh fruit
Lunch	Add yogurt	Add brown rice instead of mashed potatoes	Add 1/3 cup brown rice		Add milk instead of juice		Remove juice
Dinner	Green salad	Green salad	Green Salad	Green salad	Green Salad Add yogurt	Green Salad	Green Salad 1/3 cup brown rice

