



SAMPLE MENUS

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

*Menu based on a diet for: 2,000 calories, 90g protein, 2,800mg potassium, 3g sodium,
800 to 1,200mg phosphorus and 1,000mL fluid*

Breakfast:

3/4 cup apple juice	1 slice toast with margarine
1 cup oatmeal	1/2 cup pears
1 scrambled egg	

Lunch:

8 fl oz can Nepro with Carb Steady
1 apple

Dinner:

3 oz roast chicken	1 dinner roll
1/2 cup rice	Margarine or butter
1/2 cup peas	1/2 cup ice cream
1/2 cup cooked carrots	

Snack:

1 cup cranberry juice
4 graham crackers



SAMPLE MENUS

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

*Menu based on a diet for: 2,000 calories, 90g protein, 2,800mg potassium, 3g sodium,
800 to 1,200mg phosphorus and 1,000mL fluid*

Breakfast:

1 cup hot tea	2 poached eggs
½ cup peaches	½ cup pineapple juice
Toasted bagel with 2 oz cream cheese	

Lunch:

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

Snack:

1 cup iced tea	Margarine or butter
½ cup cottage cheese	OR
Toasted English muffin	½ 8 fl oz can Nepro with Carb Steady

Dinner:

3 oz roast turkey breast	1 dinner roll
½ cup mashed potatoes	Margarine or butter
Lettuce salad with 2 T French dressing	½ cup applesauce
½ cup cooked broccoli	

Snack:

2 cups popcorn with butter	OR
½ cup grapes	½ 8 fl oz can Nepro with Carb Steady
1 oz chicken	