



# Your Weekly Evening Meal Plan

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**Diet:** Renal with Diabetic Limits

**Meal:** *Baked Asparagus Omelette RDM*

Recipe	Ingredients	Instructions	Nutritionals
<b>Baked Asparagus Omelet</b> <b>Serves: 6</b> <b>Serving Size: 1/6 pie</b>	16 Ounces Vegetable, Asparagus Fresh 1 Cup Cheese, Mozzarella Part Skim 0.25 Cup Vegetable, Green Onion 0.5 Cup Egg Substitute 1 Each Egg, Whole 0.5 tsp Salt 2 tsp Spice, Black Pepper 1 cup Fat Free Half and Half Cream	Microwave asparagus in 1/2 cup water for 2-3 minutes or until crispy-tender. Drain and arrange in bottom of pie pan that has been sprayed with pan spray. Sprinkle cheese and chopped onions evenly on top. Combine egg substitute, eggs, half & half, salt and pepper. Pour over asparagus slowly. Bake for 40 minutes at 350'	Calories 157 Sodium: 425 Protein: 13.8 Phos 277 Fat: 7.8 Carbs: 8.9 Chol: 118 Pot: 354 Sat Fat: 3.3 Fiber: 1.7 Sugar: 2.5

Recipe	Ingredients	Instructions	Nutritionals
<b>Pear</b> <b>Serves: 6</b> <b>Serving Size: 1 medium pear</b>	6 Fruit Fruit, Pear Raw	Piece of fruit	Calories 115.5 Sodium: 0 Protein: 1.3 Phos 30.2 Fat: 0.6 Carbs: 29.3 Chol: 0 Pot: 332.8 Sat Fat: 0 Fiber: 9.9 Sugar: 19.4

Recipe	Ingredients	Instructions	Nutritionals
<b>Rice and Beans Side</b> <b>Serves: 4</b> <b>Serving Size: 1/2 cup</b>	1 Cup Grain, Rice, Brown, Long grain 1 Cup Beans, Black, Canned 0.25 Cup Herb, Cilantro Raw 0.25 tsp Spice, Cumin, Ground 0.25 teaspoo Spice, Chili Powder	Cook long-grain brown rice according to package directions. Combine cooked rice, 1 cup rinsed and drained canned black beans, 1 tablespoon chopped fresh cilantro, 1/4 teaspoon salt, 1/4 teaspoon ground cumin, and 1/4 teaspoon chili powder.	Calories 221.8 Sodium: 97.6 Protein: 6.859 Phos 201. Fat: 1.619 Carbs: 44.9 Chol: 0 Pot: 274.6 Sat Fat: 0.33 Fiber: 3.909 Sugar: 0.722

**Meal:** *Patty Melt with Onion RDM*

<i>Recipe</i>	<i>Ingredients</i>	<i>Instructions</i>	<i>Nutritionals</i>			
<p><i>Patty Melts with Grilled Onions , light</i></p> <p><i>Serves: 4</i></p> <p><i>Serving Size: 1 Patty</i></p>	1 Cup Vegetable, Onions, Vidalia, raw	<p>1. Arrange onion slices on a plate. Drizzle vinegar over onion slices. Heat a large grill pan over medium heat. Coat pan with cooking spray. Add onion to pan; cover and cook 3 minutes on each side. Remove from pan; cover and keep warm.</p> <p>2. Heat pan over medium-high heat. Coat pan with cooking spray. Divide beef into 4 equal portions, shaping each into a 1/2-inch-thick patty. Sprinkle patties evenly with pepper. Add patties to pan; cook 3 minutes on each side or until done.</p> <p>3. Spread about 1 teaspoon mustard blend over 4 bread slices; layer each slice with 2 tablespoons cheese, 1 patty, 2 onion slices, and 2 tablespoons cheese. Spread about 1 teaspoon mustard blend over remaining bread slices; place, mustard side down, on top of sandwiches.</p> <p>4. Heat pan over medium heat. Coat pan with cooking spray. Add sandwiches to pan. Place a cast-iron or other heavy skillet on top of sandwiches; press gently to flatten. Cook 3 minutes on each side or until bread is toasted (leave cast-iron skillet on sandwiches while they cook).</p>	Calories 353	Sodium: 473	Protein: 30	Phos 362.5
	1 Tablespoon Vinegar, balsamic		Fat: 15	Carbs: 25.9	Chol: 67.3	Pot: 411.7
	12 ounces Beef, Ground (95% lean)		Sat Fat: 5.708	Fiber: 6.044		
	0.25 tsp Spice, Black Pepper		Sugar: 3.761			
	3 Tablespoon Mustard, Dijon					
	8 slice Bread, Rye, Hi Fiber, reduced kcal					
	1 Cup Cheese, Mozzarella Part Skim					

<i>Recipe</i>	<i>Ingredients</i>	<i>Instructions</i>	<i>Nutritionals</i>			
<p><i>Asparagus</i></p> <p><i>Serves: 6</i></p> <p><i>Serving Size: 1/2 Cup</i></p>	54 Ounces Vegetable, Asparagus Fresh	<p>Wash and clean asparagus by cutting off hard ends of stalk. Steam for 10 minutes in steamer or cook in 1 in water in microwaveable bowl for 5-7 minutes until desired tenderness.</p>	Calories 21.5	Sodium: 1.8	Protein: 2.3	Phos 48.3
			Fat: 0.2	Carbs: 3.7	Chol: 0	Pot: 143.2
			Sat Fat: 0	Fiber: 1.5		
			Sugar: 0			

<i>Recipe</i>	<i>Ingredients</i>	<i>Instructions</i>	<i>Nutritionals</i>			
<p><i>Grapes</i></p> <p><i>Serves: 6</i></p> <p><i>Serving Size: 1.5 cups of grapes</i></p>	9 Cup Fruit, Grapes, raw	<p>Wash and remove stems from grapes prior to eating.</p>	Calories 92.5	Sodium: 2.7	Protein: 0.8	Phos 13.8
			Fat: 0.4	Carbs: 23.7	Chol: 0	Pot: 263.6
			Sat Fat: 0.1	Fiber: 1.2		
			Sugar: 22.4			

**Meal:** *Chicken Cordon Bleu RDM*

<i>Recipe</i>	<i>Ingredients</i>	<i>Instructions</i>	<i>Nutritionals</i>
<p><i>Chicken Cordon Bleu Lighter</i></p> <p><i>Serves: 4</i></p> <p><i>Serving Size: 1 Rolled Chicken Breast</i></p>	0.25 cup Soup, Chicken Broth Low Sodium	<p>Preheat oven to 350°.</p> <p>Place broth in a small microwave-safe bowl; microwave at high 15 seconds or until warm. Stir in butter and garlic. Combine breadcrumbs, Parmesan, and paprika in a medium shallow bowl; set aside.</p> <p>Place each chicken breast half between 2 sheets of heavy-duty plastic wrap, and pound each to 1/4-inch thickness using a meat mallet or rolling pin. Sprinkle both sides of chicken with oregano, and pepper. Top each breast half with 1/2 slice of prosciutto. Roll up each breast half jelly-roll fashion. Dip each roll in chicken broth mixture; dredge in breadcrumb mixture. Place rolls, seam side down, in an 8-inch square baking dish coated with cooking spray. Pour remaining broth mixture over chicken. Bake at 350° for 28 minutes or until juices run clear and tops are golden.</p>	Calories 151.4 Sodium: 363.8 Protein: 18.2 Phos 195.
	1.5 tablespoo Butter, Light w/no added salt		Fat: 5.695 Carbs: 6.034 Chol: 54.8 Pot: 339.1
	0.25 Teaspoon Herb, Garlic, Raw		Sat Fat: 2.489 Fiber: 0.661
	0.25 cup Breadcrumbs, Seasoned		Sugar: 0.517
	0.5 Ounces Cheese, Parmesan, dry grated - Romano, grated		
	1 teaspoon Spice, Paprika		
	10 ounces Chicken, Breast Boneless		
	0.25 Teaspoon Herb, Oregano, Ground		
	0.25 tsp Spice, Black Pepper		
2 ounces Ham, prosciutto			

<i>Recipe</i>	<i>Ingredients</i>	<i>Instructions</i>	<i>Nutritionals</i>
<p><i>Garden Coleslaw With Almonds Lighter</i></p> <p><i>Serves: 6</i></p> <p><i>Serving Size: 3/4 Cup</i></p>	0.25 Cup Nuts, Almond Sliced	<p>Start by toasting the almonds; put them in a small skillet, without oil, over medium heat and shake until almonds start to get golden brown. Remove and set aside.</p> <p>Make slaw by shredding cabbage and dicing. Put in bowl.</p> <p>Shredded carrots, add to bowl.</p> <p>Make dressing by whisking together the remaining ingredients until smooth; then pour the dressing over the slaw.</p> <p>Add the toasted almonds, tossing to combine. Let stand for 30 minutes, tossing several times.</p> <p>To serve, spoon portions onto individual salad plates. You will have enough salad for 4 to 6 people.</p>	Calories 162.8 Sodium: 69.3 Protein: 5.15 Phos 103.
	1 Each Vegetable, Cabbage Head		Fat: 7.843 Carbs: 21.2 Chol: 0 Pot: 479.2
	1 Cup Vegetable, Carrots		Sat Fat: 0.936 Fiber: 6.47
	6 Teaspoon Oil, Olive		Sugar: 13.9
	9 Teaspoon Vinegar, rice		
	1 ounces Honey		
	2 ounces Yogurt, Greek Non Fat		
	0.4 Tablespo Dijon Mustard		
	0.25 tsp Spice, Black Pepper		

<i>Recipe</i>	<i>Ingredients</i>	<i>Instructions</i>	<i>Nutritionals</i>
<p><i>Green Beans Lighter</i></p> <p><i>Serves: 6</i></p> <p><i>Serving Size: 1/2 Cup</i></p>	3 Cup Vegetable, Beans, String, Green, raw	<p>Rinse green beans, cook until just tender in steamer or microwave.</p>	Calories 17 Sodium: 3.3 Protein: 1 Phos 20.9
			Fat: 0 Carbs: 3.9 Chol: 0 Pot: 115
			Sat Fat: 0 Fiber: 0.9
			Sugar: 0

**Meal:** *Turkey Jambalaya RDM*

<i>Recipe</i>	<i>Ingredients</i>	<i>Instructions</i>	<i>Nutritionals</i>
<p><b>Turkey Jambalaya</b></p> <p><b>Serves: 6</b></p> <p><b>Serving Size: 1 1/4 cup</b></p>	3 Teaspoon Oil, Olive	<p>Heat oil in a large Dutch oven over medium-high heat. Brown turkey and set aside. Add onion and garlic; sauté 6 minutes or until lightly browned. Stir in bell peppers, paprika, salt, oregano, red pepper, and black pepper; sauté 1 minute. Add rice; sauté 1 minute. Stir in broth and tomatoes; bring to a boil. Cover, reduce heat, and simmer 15 minutes. Add turkey and chopped sausage; cover and cook 5 minutes. Sprinkle with green onions.</p>	<p>Calories 450.7 Sodium: 594.9 Protein: 28.9 Phos 330.2</p> <p>Fat: 20.5 Carbs: 37.4 Chol: 108.3 Pot: 805.7</p> <p>Sat Fat: 5.766 Fiber: 3.524</p> <p>Sugar: 6.077</p>
	1.5 Cup Vegetable, Onions		
	0.25 Teaspoon Herb, Garlic, Raw		
	1 Cup Vegetable, Pepper, Green		
	3 teaspoon Spice, Paprika		
	1 Cup Vegetable, Pepper, Sweet, Red, raw		
	0.5 tsp Salt		
	0.5 Teaspoon Herb, Oregano, Ground		
	0.5 teaspoon Spice, Red Pepper		
	0.5 tsp Spice, Black Pepper		
	2 cup Soup, Chicken Broth Low Sodium		
	1 Cup Grain, Rice, White, Long grain, Parboil, enriched, ckd		
	1.5 Pound Turkey, Ground Raw		
	16 ounces Vegetable, Tomato, Red Canned, No Added Salt		
0.25 Cup Vegetable, Onions, Young Green, raw			
6 Ounce Sausage, Kielbasa			

<i>Recipe</i>	<i>Ingredients</i>	<i>Instructions</i>	<i>Nutritionals</i>
<p><b>Asparagus</b></p> <p><b>Serves: 6</b></p> <p><b>Serving Size: 1/2 Cup</b></p>	54 Ounces Vegetable, Asparagus Fresh	<p>Wash and clean asparagus by cutting off hard ends of stalk. Steam for 10 minutes in steamer or cook in 1 in water in microwaveable bowl for 5-7 minutes until desired tenderness.</p>	<p>Calories 21.5 Sodium: 1.8 Protein: 2.3 Phos 48.3</p> <p>Fat: 0.2 Carbs: 3.7 Chol: 0 Pot: 143.2</p> <p>Sat Fat: 0 Fiber: 1.5</p> <p>Sugar: 0</p>

<i>Recipe</i>	<i>Ingredients</i>	<i>Instructions</i>	<i>Nutritionals</i>
<p><b>Steamed Carrots</b></p> <p><b>Serves: 6</b></p> <p><b>Serving Size: 1/2 cup</b></p>	3 Cup Vegetable, Carrots	<p>Steam carrots until tender, season with Mrs. Dash</p>	<p>Calories 33 Sodium: 2 Protein: 1 Phos 22</p> <p>Fat: 0 Carbs: 8 Chol: 0 Pot: 165</p> <p>Sat Fat: 0 Fiber: 3</p> <p>Sugar: 0</p>
	1 Teaspoon Spice, Mrs. Dash		

**Meal:** *Pan Grilled Halibut RDM*

<i>Recipe</i>	<i>Ingredients</i>	<i>Instructions</i>	<i>Nutritionals</i>
<p><b><i>Pan Grilled Halibut Light</i></b></p> <p><b><i>Serves: 4</i></b></p> <p><b><i>Serving Size: 3 ounces fillet +2 teasp</i></b></p>	0.18 Cup Herb, Cilantro Raw	<p>1. Combine cilantro, basil, onions, olive oil, fresh lemon juice in a medium bowl; stir in 1/4 teaspoon salt and 1/8 teaspoon pepper.</p> <p>2. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Sprinkle remaining 1/4 teaspoon salt and 1/8 teaspoon pepper over fish. Add fish to pan; cook 4 minutes on each side or until desired degree of doneness. Serve with sauce.</p>	<p>Calories 141.2 Sodium: 338.3 Protein: 17.8 Phos 191.2</p> <p>Fat: 7.044 Carbs: 0.737 Chol: 27.2 Pot: 400.4</p> <p>Sat Fat: 0.981 Fiber: 0.135</p> <p>Sugar: 0.25</p>
	2 Tablespoon Herb, Basil, fresh		
	0.15 Cup Vegetable, Onions		
	1.5 Tablespoon Oil, Vegetable or Olive		
	0.667 ounces Lemon Juice, Bottled		
	0.5 tsp Salt		
	0.25 tsp Spice, Black Pepper		
12 Ounces Fish, Halibut, Atlantic & Pacific, raw			

<i>Recipe</i>	<i>Ingredients</i>	<i>Instructions</i>	<i>Nutritionals</i>
<p><b><i>Asparagus</i></b></p> <p><b><i>Serves: 6</i></b></p> <p><b><i>Serving Size: 1/2 Cup</i></b></p>	54 Ounces Vegetable, Asparagus Fresh	<p>Wash and clean asparagus by cutting off hard ends of stalk. Steam for 10 minutes in steamer or cook in 1 in water in microwaveable bowl for 5-7 minutes until desired tenderness.</p>	<p>Calories 21.5 Sodium: 1.8 Protein: 2.3 Phos 48.3</p> <p>Fat: 0.2 Carbs: 3.7 Chol: 0 Pot: 143.2</p> <p>Sat Fat: 0 Fiber: 1.5</p> <p>Sugar: 0</p>

<i>Recipe</i>	<i>Ingredients</i>	<i>Instructions</i>	<i>Nutritionals</i>
<p><b><i>Roasted Parmesan Zucchini</i></b></p> <p><b><i>Serves: 5</i></b></p> <p><b><i>Serving Size: 1/2 cup</i></b></p>	2 Cup Vegetable, Zucchini, slices	<p>Preheat oven to 450°. Coat a roasting pan with cooking spray. Place zucchini, sliced in 2 inch wedges in pan. Drizzle olive oil over zucchini, and sprinkle evenly with garlic and Parmesan cheese. Roast for approximately 20 min.</p>	<p>Calories 33.1 Sodium: 50 Protein: 1.236 Phos 41.6</p> <p>Fat: 2.562 Carbs: 1.769 Chol: 2.64 Pot: 135.5</p> <p>Sat Fat: 0.69 Fiber: 0.508</p> <p>Sugar: 1.246</p>
	2 Teaspoon Oil, Olive		
	1 Teaspoon Herb, Garlic, Raw		
	3 Tablespoon Cheese, Parmesan, dry grated, reduced fat		

<i>Recipe</i>	<i>Ingredients</i>	<i>Instructions</i>	<i>Nutritionals</i>
<p><b><i>Minute Rice</i></b></p> <p><b><i>Serves: 6</i></b></p> <p><b><i>Serving Size: 1/2 Cup Ric</i></b></p>	1.5 Cup Rice, white, cooked, instant	<p>Bring water to a boil. Stir in rice, cover and remove from heat. Let stand for 5 minutes or until water is absorbed. Fluff with fork.</p>	<p>Calories 96.3 Sodium: 294.8 Protein: 1.7 Phos 30.7</p> <p>Fat: 0.4 Carbs: 20.6 Chol: 0 Pot: 8</p> <p>Sat Fat: 0 Fiber: 0.4</p> <p>Sugar: 0</p>
	12 oz Water		

**Meal:** *Chipotle Flank Steak RDM*

<i>Recipe</i>	<i>Ingredients</i>	<i>Instructions</i>	<i>Nutritionals</i>
<p><b>Chipotle Rubbed Flank Steak</b></p> <p><b>Serves: 4</b></p> <p><b>Serving Size: 3 oz steak + 3 T sauce</b></p>	1 Teaspoon Spice, Ancho Chile Powder	<p>1. Preheat broiler to high.</p> <p>2. Combine chipotle pepper, paprika, and salt ingredients. Sprinkle steak with chipotle mixture. Place on a broiler pan; broil 5 minutes on each side. Let stand 5 minutes. Cut thinly across grain.</p> <p>3. Heat oil in a saucepan over medium heat. Add shallots and garlic; cook 1 minute. Add flour; cook 30 seconds, stirring. Add milk; boil. Cook until reduced by half. Remove from heat; stir in cheese and remaining ingredients.</p>	<p>Calories 284.3 Sodium: 349.6 Protein: 35.6 Phos 338.5</p> <p>Fat: 12 Carbs: 6.633 Chol: 58.9 Pot: 538.3</p> <p>Sat Fat: 5.442 Fiber: 0.348</p> <p>Sugar: 2.238</p>
	1 teaspoon Spice, Paprika		
	0.25 tsp Salt		
	16 Ounces Beef, Flank Lean Trimmed		
	1 Teaspoon Oil, Olive		
	2 tablespoons Vegetable, Shallots, peeled, raw		
	0.25 Teaspoon Herb, Garlic, Raw		
	1 teaspoon Flour, Wheat or White, All Purpose		
	1 Tablespoon Herb, Parsley, Raw, Chopped		
	0.333 tablesp Butter, Light w/no added salt		
0.667 Cup Milk, Lowfat, 1% fat w/added vitamin A			
0.25 Cup Cheese, Gorgonzola			

<i>Recipe</i>	<i>Ingredients</i>	<i>Instructions</i>	<i>Nutritionals</i>
<p><b>Steamed Carrots</b></p> <p><b>Serves: 6</b></p> <p><b>Serving Size: 1/2 cup</b></p>	3 Cup Vegetable, Carrots	<p>Steam carrots until tender, season with Mrs. Dash</p>	<p>Calories 33 Sodium: 2 Protein: 1 Phos 22</p> <p>Fat: 0 Carbs: 8 Chol: 0 Pot: 165</p> <p>Sat Fat: 0 Fiber: 3</p> <p>Sugar: 0</p>
	1 Teaspoon Spice, Mrs. Dash		

<i>Recipe</i>	<i>Ingredients</i>	<i>Instructions</i>	<i>Nutritionals</i>
<p><b>Grapes</b></p> <p><b>Serves: 6</b></p> <p><b>Serving Size: 1.5 cups of grapes</b></p>	9 Cup Fruit, Grapes, raw	<p>Wash and remove stems from grapes prior to eating.</p>	<p>Calories 92.5 Sodium: 2.7 Protein: 0.8 Phos 13.8</p> <p>Fat: 0.4 Carbs: 23.7 Chol: 0 Pot: 263.6</p> <p>Sat Fat: 0.1 Fiber: 1.2</p> <p>Sugar: 22.4</p>

**Meal:** *Pork Tenderloin Medallions RDM*

<i>Recipe</i>	<i>Ingredients</i>	<i>Instructions</i>	<i>Nutritionals</i>
<p><b>Pork Tenderloin Medallions and Sauce</b></p> <p><b>Serves: 3</b></p> <p><b>Serving Size: 3 medallion plus sauce</b></p>	<p>3 Teaspoon Oil, Olive</p> <p>0.25 Teaspoon Herb, Garlic, Raw</p> <p>1 Tablespoon Vegetable, Onions, chopped, raw</p> <p>16 Tablespoon Vinegar, balsamic</p> <p>1.5 Teaspoon Sweet, Sugar, granulated, white</p> <p>0.333 Tables Dijon Mustard</p> <p>16 ounces Pork, Tenderloin Lean</p> <p>1 teaspoon Herb, Rosemary, Dried</p>	<p>1. Heat oil in a small saucepan over medium-high heat. Add onions and garlic; sauté 2 minutes. Add vinegar, sugar, Rosemary, Dijon mustard; cook until reduced to 1/2 cup.</p> <p>2. Heat a large skillet over medium-high heat. Coat pan with cooking spray. Cut pork into 12 slices. Place pork in pan; cook 2 minutes on each side. Add balsamic reduction; cook 1 minute, turning pork to coat.</p>	<p>Calories 233.3 Sodium: 101.9 Protein: 24.2 Phos 295.</p> <p>Fat: 7.14 Carbs: 14 Chol: 73.7 Pot: 533.6</p> <p>Sat Fat: 1.469 Fiber: 0.185</p> <p>Sugar: 11.5</p>

<i>Recipe</i>	<i>Ingredients</i>	<i>Instructions</i>	<i>Nutritionals</i>
<p><b>Italian Green Beans</b></p> <p><b>Serves: 6</b></p> <p><b>Serving Size: 1/2 cup</b></p>	<p>3 Teaspoon Oil, Olive</p> <p>1 Cup Vegetable, Onions</p> <p>2 Teaspoon Herb, Garlic, Raw</p> <p>1 Can Vegetable, Tomato Diced Canned</p> <p>0.25 Teaspoon Herb, Oregano, Ground</p> <p>0.25 Teaspoon Herb, Basil, Ground</p> <p>16 Ounces Vegetable, Beans, Italian, Frozen</p>	<p>Steam green beans until tender crisp. Set aside. Heat olive oil in a medium nonstick skillet over medium-high heat. Sauté onions until clear. Add garlic; sauté 30 seconds. Add tomatoes, basil, and oregano, and simmer for 15 to 20 min. for tomato mixture over steamed green beans and mix well.</p>	<p>Calories 67.1 Sodium: 217.2 Protein: 2.111 Phos 46.7</p> <p>Fat: 2.519 Carbs: 10.9 Chol: 0 Pot: 315.5</p> <p>Sat Fat: 0.37 Fiber: 3.596</p> <p>Sugar: 3.97</p>

<i>Recipe</i>	<i>Ingredients</i>	<i>Instructions</i>	<i>Nutritionals</i>
<p><b>Corn On The Cob</b></p> <p><b>Serves: 6</b></p> <p><b>Serving Size: 1 ear of corn</b></p>	<p>6 Each Vegetable, Corn on Cob, sm/med, ckd w/o fat or salt</p>	<p>Shuck and clean corn. Boil until tender, about 4-6 minutes.</p>	<p>Calories 82.7 Sodium: 1.5 Protein: 2.5 Phos 78.8</p> <p>Fat: 0.9 Carbs: 19.2 Chol: 0 Pot: 190.6</p> <p>Sat Fat: 0.1 Fiber: 2.8</p> <p>Sugar: 0</p>