



7 - Day Low Sodium Menu & Recipes

How do I plan for a low sodium lifestyle?

We hope you find these sample menus and recipes helpful in planning your low sodium lifestyle. Here are instructions to help you plan your meals:

- Consume **2000 mg of sodium or less per day** including all meals and snacks
- Aim for **each meal to contain less than 600 mg of sodium**

Abbreviations & asterisks (these look like a star*) used in tables	
tsp - teaspoon	* recipe included
Tbsp. - tablespoon	** item high in potassium
mg- milligrams	*** tip included

Day 1 menu:

Breakfast	Sodium mg
1 cup shredded wheat cereal	10
1 cup low-fat milk	130
½ medium banana**	0
1 Tbsp. unsalted nuts	0
Lunch	Sodium mg
½ cup tuna salad recipe*	160
2 cup shredded romaine lettuce	0
½ cup tomato slices**	0
6 low-sodium Triscuits®	50

1 cup soup (less than 400 mg sodium) Examples: <ul style="list-style-type: none"> Amy's Organic light in Sodium Lentil vegetable (340 mg) Minestrone Soup recipe* (202 mg) 	About 250
½ cup canned pineapple in water	0
Afternoon Snack	Sodium mg
¼ cup unsalted almonds	0
1 small apple	0
Dinner	Sodium mg
3 oz. roasted chicken breast***	75
1 cup green beans	0
1 small baked sweet potato	0
1 tsp unsalted butter season with cinnamon	0
1 cup fat free or low fat milk	130
1 cup berries	0
Evening Snack	Sodium mg
6 oz. Greek yogurt	60
3 cups air-popped popcorn with 0.5 Tbsp. unsalted butter and no added salt	0
Daily Totals	
Total Sodium: 865 mg	
Total Calories: ~1800	
Total Protein: 109 g	

*** **Tip:** Prepare extra chicken for lunch tomorrow

Day 1 recipes:

Tuna Salad

Makes 5 servings; Serving size: ½ cup

Ingredients	Directions
<ul style="list-style-type: none">• 2 can (6 oz. each) tuna, water pack• 1/2 cup raw celery, chopped• 1/3 cup green onions, chopped• 6 ½ Tbsp. mayonnaise, reduced fat	<ol style="list-style-type: none">1. Rinse and drain tuna for 5 minutes. Break apart with fork.2. Add celery, onion, and mayonnaise, and mix well.
Per Serving: Calories: 146; Total fat: 7 g; Sodium: 158 mg; Total fiber: 1 g; Protein: 16 g; Carbohydrates: 4 g; Potassium: 201 mg	

Minestrone Soup

Makes 16 servings; Serving size: 1 cup

Ingredients	Directions
<ul style="list-style-type: none">• 1/4 cup olive oil• 1 clove garlic, minced (or 1/8 tsp powder)• 1 and 1/3 cups onion, coarsely chopped• 1 ½ cups celery with leaves, coarsely chopped• 1 can (6 oz.) tomato paste• 1 Tbsp. fresh parsley, chopped• 1 cup carrots, sliced, fresh or frozen• 4 ¾ cup cabbage, shredded• 1 can (1 lb.) tomatoes, cut up• 1 cup canned red kidney beans, drained, rinsed• 1 ½ cup frozen peas• 1 ½ cup fresh green beans• Dash of hot sauce• 11 cups water• 2 cups spaghetti, uncooked, broken	<ol style="list-style-type: none">1. Heat oil in 4-quart saucepan. Add garlic, onion, and celery, and sauté for about 5 minutes.2. Add all remaining ingredients except spaghetti.3. Stir until ingredients are well mixed.4. Bring to boil and reduce heat, cover, and simmer for about 45 minutes or until vegetables are tender.5. Add uncooked spaghetti and simmer for only 2-3 minutes.
Per Serving: Calories: 112, Total fat: 4 g, Sodium: 202 mg, Total fiber: 4 g, Protein: 4 g, Carbohydrates: 17 g, Potassium: 393 mg	

Day 2 menu:

Breakfast	Sodium mg
1 cup cooked oatmeal (with water)	10
1 cup fat free or low-fat milk	130
2 Tbsp. raisins**	0
1 Tbsp. unsalted walnuts	0
Lunch	Sodium mg
¾ cup chicken salad*	127
2 slices multigrain bread	About 300
1 cup raw veggies of choice	20
2 Tbsp. hummus	150
1 medium peach	0
1 cup water	0
Afternoon snack	Sodium mg
1 Tbsp. unsalted sunflower seeds	0
1 large hard-boiled egg	65
Dinner	Sodium mg
½ cup low sodium pasta sauce** ex. Hunt's® no salt added sauce	20
1 cup whole grain pasta	0
3 Tbsp. low sodium parmesan	10
Spinach salad*	70
2 Tbsp. Vinaigrette Salad Dressing*	0
1 Pear	0
Evening Snack	Sodium mg
6 oz. Yogurt	135
3 cups air-popped popcorn with 0.5 Tbsp. unsalted butter and no added salt	0
Daily Totals	
Total Sodium: ~1040 mg	
Total Calories: 1900	
Total Protein: 99 g	

Day 2 recipes:

Chicken Salad

Makes 5 servings; Serving size: ¾ cup

Ingredients	Directions
<ul style="list-style-type: none">• 3 ¼ cups chicken, cooked, cubed, skinless• 1/4 cup celery, chopped• 1 Tbsp. lemon juice• 1/2 tsp onion powder• 3 Tbsp. mayonnaise, low-fat	<ol style="list-style-type: none">1. Bake chicken, cut into cubes, and refrigerate.2. In large bowl, combine rest of ingredients, add chilled chicken and mix well.
Per Serving: Calories: 183, Total fat: 7 g, Sodium: 127 mg, Total fiber: 0 g, Protein: 27 g, Carbohydrates: 1 g, Potassium: 240 mg	

Spinach Salad

Makes 1 cup; Serving size 1 cup

Ingredients	Directions
<ul style="list-style-type: none">• 1 cup fresh spinach leaves• ¼ cup grated carrots• ¼ cup sliced mushrooms	<ol style="list-style-type: none">1. Wash all ingredients before chopping.2. Combine all ingredients in bowl, top with dressing of choice
Per Serving: Calories 36, Total fat: 0 g, Sodium: 50 mg, Total fiber: 2.5 g, Protein: 4 g, Carbohydrates: 6 g, Potassium: 167 mg	

Vinaigrette Dressing

Makes 4 servings; Serving size 2 Tbsp.

Ingredients	Directions
<ul style="list-style-type: none">• 1 bulb garlic, separated into cloves, peeled• 1/2 cup water• 1 Tbsp. red wine vinegar• 1/4 tsp honey	<ol style="list-style-type: none">1. Place garlic cloves into small saucepan and pour in enough water (about 1/2 cup) to cover them.2. Bring water to boil, then reduce heat and simmer until garlic is tender (about 15 minutes).3. Reduce liquid to 2 tablespoons and increase heat for 3 minutes.4. Pour contents into small sieve over

<ul style="list-style-type: none"> • 1 Tbsp. virgin olive oil • 1/2 tsp black pepper 	bowl. With wooden spoon, mash garlic through sieve. 5. Whisk vinegar into garlic mixture, then mix in oil and seasoning.
Per Serving: Calories: 33, Total fat: 3 g, Sodium: 0 mg, Total fiber: 0 g Protein: 0 g, Carbohydrates: 1 g, Potassium: 9 mg	

Day 3 Menu:

Breakfast	Sodium mg
2 scrambled eggs	180
mixed with ¼ c veggies	20
1 slice multigrain wheat bread	About 150
1 tsp unsalted butter	0
1 cup melon (count 4oz fluid)	20
1 cup low fat milk	130
Lunch	Sodium mg
1 cup lentil soup (less than 400 mg sodium) ex. Health Valley Organic®	30
7 low sodium Triscuits®	190
Spinach salad*	70
2 Tbsp. Vinaigrette Salad Dressing*	0
1 Tbsp. unsalted almonds	0
1 small apple	0
Afternoon Snack	Sodium mg
1 cup baby carrots	190
¼ cup hummus	260
Dinner	Sodium mg
3 oz. beef, eye of round***	0
1 cup steamed mixed vegetables	0
1 tsp olive oil	0
1 small baked potato:	20
2 Tbsp. Lite sour cream	25
1 Tbsp. chopped scallions	0
1 cup water	0
1 cup raspberries	0

Evening Snack	Sodium mg
Granola bar ex. Fiber One® or Kashi® bar	105
¼ cup low sodium cottage cheese	230
Daily Totals	
Total Sodium: 1520 mg	
Total Calories: 2020	
Total Protein: 96 g	

*** **Tip:** Prepare extra beef and vegetables for lunch tomorrow

Day 3 recipes:

None: see Day 2 Recipes for salad and salad dressing

Day 4 menu:

Breakfast	Sodium mg
1 cup high protein wheat cereal Ex: Special K	210
1 cup fat free milk	130
1 ¼ cups strawberries	0
1 Tbsp. unsalted nuts	0
Lunch	Sodium mg
Beef sandwich:	
3 oz. eye of round	0
1 Tbsp. low sodium BBQ sauce	0
1 whole wheat bun	300
1 cup steamed or raw mixed vegetables	0
1 can canned peaches, packed in water	30
Afternoon Snack	Sodium mg
1 Tbsp. unsalted walnuts	0
6 oz. Greek yogurt	130
Dinner	Sodium mg
***4 oz. roasted Salmon*	240
1 cup Scallion Rice*	20
1 cup cooked broccoli with 1 Tbsp. shredded cheddar cheese	35
½ cup mandarin oranges	5

Evening Snack	Sodium mg
2 Tbsp. peanut butter, no salt added	0
1 slice whole wheat toast	150
Daily Totals	
Total Sodium: 1250 mg	
Total Calories: 1965	
Protein: 122 g	

*** **Tip:** Prepare extra salmon for lunch tomorrow

Day 4 recipes:

Roasted Salmon

Makes 2 servings; Serving size: 4-5 ounces

Ingredients	Directions
<ul style="list-style-type: none"> • Two 5 oz. salmon fillets with skin • ½ lemon, juiced • 1/8 tsp garlic powder • Pinch of pepper 	<ol style="list-style-type: none"> 1. Preheat oven to 425 degrees. line baking sheet with foil. 2. Place salmon fillets skin side down on foil. Sprinkle each fillet with lemon juice and garlic powder. 3. Roast until fish is cooked through, about 12 minutes. Check with thermometer, should read 145 degrees for 15 seconds. 4. Using metal spatula, lift salmon off skin, placing skinless fish on plate and discard skin. Sprinkle with additional lemon, garlic and pepper if desired.
<p>Per Serving: Calories: 208, Total fat: 8 g, Sodium: 239 mg, Protein: 31 g, Carbohydrates: 1 g, Potassium: 511 mg</p>	

Scallion Rice

Makes 5 servings; Serving size: 1 cup

Ingredients	Directions
<ul style="list-style-type: none"> • 4 ½ cups cooked brown rice (cooked in unsalted water) • 1 ½ tsp bouillon granules, low sodium • ¼ cup scallions (green onions), chopped 	<ol style="list-style-type: none"> 1. Cook rice according to directions on the package. 2. Combine the cooked rice, scallions, and bouillon granules and mix well. 3. Measure 1 cup portions and serve.
Per Serving: Calories 200; Total fat 2 g; Sodium 18 mg; Protein 5 g; Carbohydrate 41 g; Potassium 92 mg; Fiber 3 g	

Day 5 menu:

Breakfast	Sodium mg
1 whole grain English muffin	210
1 Tbsp. peanut butter, no salt added	0
2 tsp sugar free jelly	0
1 med orange	0
1 cup low fat milk	130
Lunch	Sodium mg
3.5 oz. salmon on bed of:	185
2 cup romaine lettuce	5
½ cup tomatoes	0
⅓ cup black beans, low sodium	90
2 Tbsp. Vinaigrette Salad Dressing*	0
7 low-sodium Triscuits®	190
1 cup cantaloupe	About 25
Afternoon Snack	Sodium mg
¼ cup unsalted almonds	0
Dinner	Sodium mg
***3.5 oz. turkey meatloaf*	69
1 cup steamed broccoli	30
1 cup steamed winter squash with	50
1 tsp unsalted butter - season w/nutmeg or thyme	0

1 cup water	0
1 small apple	0
Evening Snack	Sodium mg
1 large hard-boiled egg	65
Daily Totals	
Total Sodium: 1295 mg	
Total Calories: 1970	
Protein: 102 g	

*** **Tip:** Prepare extra meatloaf for lunch tomorrow

Day 5 recipe:

Turkey Meatloaf

Makes 12 servings; Serving size: 1 slice (~3.5 ounces)

Ingredients	Directions
<ul style="list-style-type: none"> • 1 small onion (finely chopped) • 1 medium bell pepper, finely chopped • 1 tsp vegetable oil • 2 clove minced, fresh garlic OR • 1 tsp jarred, minced garlic • 2 Tbsp. fat-free, skim milk • 1/3 cup quick-cooking oats • 1.5 lb. extra-lean, fat-free ground turkey (can substitute extra lean ground beef or pork) • 2 eggs (beaten) • 1 Tbsp. Dijon mustard • 8 oz. canned, no-salt-added tomato sauce (divided use) • 1/4 tsp. black pepper • 1 tsp dried parsley 	<ol style="list-style-type: none"> 1. Preheat oven to 350 degrees. 2. Place onions and bell pepper in a glass 9x5 loaf pan, drizzle with oil and toss to coat. 3. Cover loaf pan with a plate and microwave on high for 3 minutes (note: if you are using a metal loaf pan do not put it in the microwave.) Allow vegetables to cool slightly. 4. In a medium bowl, combine vegetables, minced garlic, milk, oats, turkey meat, eggs, mustard, 2 tablespoons of tomato sauce, pepper and parsley - mix well with hands. 5. Spray loaf pan with cooking spray. 6. Shape meat mixture into loaf and place in loaf pan. 7. In the medium bowl, mix remainder of tomato sauce and cider vinegar, pour over loaf.

<ul style="list-style-type: none"> • 1 tsp cider vinegar • Non-stick cooking spray 	<p>8. Bake for 50-60 minutes until internal thermometer reads 165 for poultry and 160 for beef or pork.</p> <p>Let stand for 5-10 minutes and slice.</p>
<p>Per Serving: Calories 161; Total fat 2 g; Sodium 69 mg; Protein 20 g; Carbohydrate 15 g.</p> <p>Recipe modified from: American Heart Association Meatloaf</p>	

Day 6 menu:

Breakfast	Sodium mg
1 Oat Bran and Jam Muffin*	17
6 oz. Greek yogurt	130
½ cup berries	10
Lunch	Sodium mg
3.5 oz. turkey meatloaf	69
1 slice whole wheat bread	About 150
2 cups romaine lettuce	5
2 slices of tomato	0
½ cup sliced cucumber	0
¼ cup baby carrots	50
2 Tbsp. Vinaigrette Salad Dressing*	0
1 cup low fat milk	130
1 peach	0
Afternoon Snack	Sodium mg
1 Tbsp. peanut butter, no salt added	0
1 small apple	0
Dinner	Sodium mg
1 ½ cup Chicken and Spanish rice*	86
¼ avocado sliced	5
1 cup asparagus	20
¾ cup blueberries	0
Evening Snack	Sodium mg
6 low sodium Triscuits®	160
1 Tbsp. hummus	85

1 large hard-boiled egg	65
Daily Totals	
Total Sodium: 982 mg	
Calories: 1750	
Protein: 97 g	

Day 6 recipes:

Chicken and Spanish Rice

Makes 5 cups; Serving Size: 1.5 cups

Ingredients	Directions
<ul style="list-style-type: none"> • 1 cup onions, chopped • 1/4 cup green peppers • 2 tsp vegetable oil • 1 can (8 oz.) No Added Salt tomato sauce • 1 tsp parsley, chopped • 1/2 tsp black pepper • 1 ¼ tsp garlic, minced • 5 cups cooked rice (in unsalted water) • 3 ½ cups chicken breast, cooked, skin and bone removed, diced 	<ol style="list-style-type: none"> 1. In large skillet, sauté onions and green peppers in oil for 5 minutes on medium heat. 2. Add tomato sauce and spices. Heat through. 3. Add cooked rice and chicken, and heat through.
Per Serving: Calories: 406; Total fat: 6 g; Sodium: 86 mg; Total fiber: 2 g; Protein: 33 g; Carbohydrates: 52 g; Potassium: 527 mg	

Oat bran and jam muffins

Makes 12 muffins; Serving size: 1 muffin

Ingredients	Directions
<ul style="list-style-type: none"> • 2 ¼ cups oat bran, dry • ¼ cup brown sugar, packed • 1 Tbsp. sodium-free baking powder • 1 tsp granulated white sugar • 2 tsp ground cinnamon 	<ol style="list-style-type: none"> 1. Preheat oven to 425 degrees. Insert paper baking cups into muffin pan. 2. Mix together the oat bran, brown sugar, baking powder, granulated sugar, and cinnamon. 3. Stir in the milk, egg whites, apple juice concentrate, and applesauce until smooth.

<ul style="list-style-type: none"> • 2 egg whites • ½ cup milk, nonfat • ¾ cup apple juice concentrate • 2 Tbsp. no-salt applesauce • 12 tsp sugar-free jam 	<ol style="list-style-type: none"> 4. Fill each muffin cup half way. Then add 1 teaspoon of jam to each muffin cup and cover with more batter until completely topped. 5. Bake for 15-16 minutes. Remove muffins from oven and allow to cool in the pan for about 10 minutes. Remove muffins from pan and allow them to cool completely. 6. The muffins can be refrigerated or frozen to store.
<p>Per Serving: Calories 104, Total fat 1 g; Sodium 17 mg; Protein 4 g; Fiber 3 g; Carbohydrate 27 g; Potassium 334 mg</p>	

Day 7 menu:

Breakfast	Sodium mg
Yogurt Parfait:	
1 oz. Nature Valley Protein Oat N' Honey® granola	75
6 oz. fat free yogurt	135
1 cup blueberries	0
1 Tbsp. almonds or walnuts, unsalted	0
Lunch	Sodium mg
Hummus Sandwich:	
¼ c hummus	260
4-inch whole wheat pita	225
2 large romaine lettuce leaves	0
2 slices of tomato	0
¼ avocado sliced	5
½ cup sliced cucumbers	0
1 pear	0
Afternoon Snack	Sodium mg
Granola bar ex. Fiber One® or Kashi® bar	105

1 cup low fat milk	130
Dinner	Sodium mg
3 oz. spicy baked fish*	93
½ cup Lemon Rice*	41
1 ½ cups mixed steamed cup mixed steamed vegetables with 1 tsp olive oil	0
1 cup melon	25
Evening Snack	Sodium mg
3 cups fresh, air popped popcorn with 1 tsp unsalted butter and no added salt	0
Daily Totals	
Sodium: 1095 mg	
Calories: 1620	
Protein: 72 g	

Day 7 recipes:

Spicy baked fish

Makes 4 servings; Serving size: 1 piece (3 ounces)

Ingredients	Directions
<ul style="list-style-type: none"> • 1 lb. cod (or other fish) fillet • 1 Tbsp. olive oil • 1 tsp commercial spicy seasoning, salt free, or Hot 'N Spicy Seasoning mix (see recipe) • Nonstick cooking spray as needed 	<ol style="list-style-type: none"> 1. Preheat oven to 350 °F. Spray casserole dish with nonstick cooking oil spray. 2. Wash and dry fish. Place in dish. Drizzle with oil and seasoning mixture. 3. Bake uncovered for 15 minutes or until fish flakes with fork. Cut into 4 pieces. 4. Serve with rice.
<p>Per Serving: Calories: 134; Total fat: 5 g; Sodium: 93 mg; Total fiber: 0 g; Protein: 21 g; Carbohydrates: less than 1 g; Potassium: 309 mg</p>	

Hot N' Spicy Seasoning

Makes 1/3 cup; Serving Size: ½ tsp

Ingredients	Directions
<ul style="list-style-type: none">• 1 ½ tsp white pepper• 1/2 tsp cayenne pepper• 1/2 tsp black pepper• 1 tsp onion powder• 1 ¼ tsp garlic powder• 1 Tbsp. basil, dried• 1 ½ tsp thyme, dried	<ol style="list-style-type: none">1. Mix all ingredients together. Store in an airtight container.
Per Serving: Calories: 1; Total fat: 1 g; Sodium: 0 mg; Protein: 0 g; Carbohydrates: less than 1 g; Potassium: 4 mg	

Lemon Rice

Makes 4 servings; Serving size: ½ cup

Ingredients	Directions
<ul style="list-style-type: none">• 1 cup long grain rice• 1 Tbsp. unsalted butter• ½ lemon, zested (optional)• 1 tsp dried basil• 1 tsp dried oregano• 1 cup Bone Broth (chicken) 2 cups if cooking on stove• ½ lemon juiced, about 1 Tbsp. lemon juice	<p>Rice Cooker or Pressure Cooker:</p> <ol style="list-style-type: none">1. Combine rice, butter, lemon zest, dried basil, oregano and stock (1 cup) in a rice cooker.2. Cook using the 'white rice' function or as otherwise directed via machine.3. Stir in the lemon juice after cooking and serve. <p>Stove Top</p> <ol style="list-style-type: none">1. In a medium pot, combine the rice, lemon zest, dried basil, oregano and stock (2 cups).2. Cover and bring to a boil; reduce heat and simmer (covered) for 15 minutes.3. Remove from heat and let sit for another 10 minutes before adding the lemon juice and stirring up.
Per Serving: Calories: 86; Total Fat: 3 g; Sodium: 41 mg; Protein 3 g; Carbohydrates: 12 g; Potassium: 25 mg	

Notes:

- Fruits may be interchanged based on your preference.
- Consider an individual consult with a Registered Dietitian for more assistance with planning meals to fit your tastes or if you have additional health concerns.

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