

Sample Weekly Meal Plan: Nickel Content©

	Breakfast	Lunch	Dinner	Total:
Sunday	2 egg omelet with mushrooms and asparagus 1 slice of wheat toast with butter	Turkey Sandwich on wheat bread with lettuce, tomatoes and mustard	Turkey Breast, oven-roasted 1 cup broccoli	
Nickel (µg)	8.2	17.9	10.5	36.6
Monday	Plain bagel with cottage cheese 1 cup cantaloupe	Bacon (3 slices), lettuce(1/2 cup), avocado (1/2 fruit), tomato sandwich	Salmon Fillet 1 cup of white rice	
Nickel (µg)	17.6	9.6	17	44.2
Tuesday	Cornflakes with milk 1 medium orange	Meat lasagna	2 cups of chicken noodle soup 1 piece of cornbread	
Nickel (µg)	7.4	38.3	16.6	62.3
Wednesday	Cream of wheat 1 medium pear	Macaroni and Cheese	Grilled Chicken breast 1 cup of sautéed winter squash (in olive oil) 1 large sweet potato	
Nickel (µg)	2.3	4.1	31.3	37.7
Thursday	1/2 cup of low fat yogurt 1 English muffin with butter	2 cups of tomato soup 1 wheat roll with butter	2 Tacos with beef and cheese 1 cup white rice	
Nickel (µg)	6.1	29	33.6	68.7
Friday	3, 4 inch pancakes with syrup 1 cup of strawberries	Chicken salad (made with spinach): 1 chopped medium apple 1 cup sliced cucumber 1 diced tomato Dressing: Olive oil	Shrimp (1 cup) Stir-fry 1/4 cup chopped onion 1/2 cup carrots 1/2 green pepper 1/2 cup broccoli	
Nickel (ug)	18.1	15.6	11.3	45
Saturday	1 large potato, diced and sautéed in olive oil 3 oz of cured ham	2 cups of beef and vegetable soup	3oz Pork Chop 1 cup cauliflower 1 large baked potato	
Nickel (ug)	22.1	23	27.1	72.2

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