



# Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD): Sample Menu

Note: These recommendations are for patients with **metabolic dysfunction-associated steatotic liver disease (MASLD)**, a condition which used to be called **non-alcoholic fatty liver disease (NAFLD)**.

## Breakfast

- ½ cup oatmeal, ½-1 cup fresh berries, and walnuts (made with skim or 2% milk or plant-based milk of choice)
- Greek yogurt layered with crunchy cereal, chia seeds, and blueberries for a breakfast parfait
- 2 eggs, 1 slice whole-grain toast, and ½-1 cup cantaloupe
- 2-egg omelet (or egg whites) with sautéed veggies (tomatoes, spinach, mushrooms, etc.) 1 ounce (oz) low-fat cheese, and roasted potatoes
- Hard-boiled egg slices with sliced vegetables (cucumber, tomatoes, bell peppers) in a whole-wheat pita
- Toasted whole-wheat bread topped with sliced avocado, cumin, and black pepper with ½ cup pineapple
- Whole-grain bagel or 2 slices of toast with nut butter, 100% fruit preservatives, hummus, or tahini
- Breakfast burrito (beans, vegetables, salsa, and avocado)
- 1 cup low-fat cottage cheese, sliced peach or other fruit, and 1 tablespoon (tbsp) nuts or seeds

## Lunch and dinner

- Sandwich on whole-wheat bread, lean turkey, hard cheese, lettuce, tomato, mustard, and 1 cup (15-17) grapes and baked chips
- Homemade lentil soup, whole-grain crackers, and ½ cup mandarin oranges
- Tacos or burrito filled with beans, lettuce, tomato, salsa, guacamole, brown rice, and lean protein (chicken, ground turkey, tofu, or tempeh)
- Large tossed salad with lean protein (chicken, tuna, or chickpeas), cucumber, tomato, shredded carrots, feta, and olive oil and balsamic vinegar or vinaigrette dressing, sunflower or pumpkin seeds, and an apple or orange
- Lean turkey burger with lettuce, tomato, and mustard on a whole-grain bun with sweet potato fries
- Stir-fry: firm tofu or lean chicken sautéed with bok choy, carrots, red bell pepper, broccoli bits, and onion, with ½ cup brown rice and low-sodium soy sauce
- Grilled chicken, medium baked potato, Earth Balance® butter, 1 tbsp sour cream, and roasted carrots
- Baked pork chop, ½ cup sweet potato, and spinach salad with olive oil and balsamic vinegar or vinaigrette dressing
- Grilled scallops, quinoa with sautéed vegetables (peppers, broccoli bits, carrots, corn, garlic, onion) and 1 cup raspberries with whipped cream
- Grilled kabobs with chicken, green bell pepper, tomato, mushrooms, onion, zucchini, and brown rice or quinoa
- Whole-wheat pasta with tomato sauce and vegetables (mushrooms, tomatoes, eggplant, peppers, spinach) and parmesan cheese
- Grilled salmon or white fish with lemon and herbs
- Sushi: California roll, salmon avocado roll, or spring roll, etc. with low-sodium soy sauce and a side of edamame

## Snacks

- 5-7 whole-grain crackers or pita with 1 oz low-fat cheese or ¼ cup hummus
- Piece of fruit and a handful of nuts or 1-2 tbsp of natural nut butter
- Edamame
- Sliced bell peppers, carrots, cucumbers, and ¼ cup hummus
- 3 cups air-popped popcorn tossed with 1 teaspoon coconut oil or Earth Balance® butter
- Greek yogurt topped with 2 tbsp natural granola and strawberries
- Half of a sandwich made with whole-grain bread
- Baked apples with cinnamon

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