



Non-Alcoholic Fatty Liver Disease: Sample Menu

Breakfast	Lunch/dinner	Lunch/dinner (continued)
<ul style="list-style-type: none">• ½ cup oatmeal, ½-1 cup fresh berries, walnuts, made with skim/2% 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, ½-1 cup cantaloupe• 2-egg omelet (or egg whites) with sautéed veggies: tomatoes, spinach, mushroom etc., 1-ounce low fat cheese, 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, black pepper, with 1/2 cup pineapple• Whole-grain bagel or 2 slices of toast with nut butter, 100% fruit preservatives, hummus, or tahini	<ul style="list-style-type: none">• Sandwich on whole-wheat bread, lean turkey, hard cheese, lettuce, tomato, mustard, with 1 cup (15-17) grapes and serving of baked chips• Homemade lentil soup, whole grain crackers, ½ cup mandarin oranges• Tacos or burrito filled with beans, lettuce, tomato, salsa, guacamole, brown rice, and lean protein (chicken, lean ground turkey, tofu, or tempeh)• Large tossed salad with lean protein (chicken, tuna, or chickpeas), cucumber, tomato, shredded carrots, feta, and olive oil/balsamic vinegar or vinaigrette dressing, sunflower or pumpkin seeds, apple or orange• Lean turkey burger with lettuce, tomato, mustard on a	<ul style="list-style-type: none">• Grilled chicken, medium baked potato, Earth Balance butter, 1 tbsp sour cream, roasted carrots• Baked pork chop, ½ cup sweet potato, Spinach salad with olive oil/balsamic vinegar or vinaigrette dressing• Grilled scallops, quinoa with sautéed vegetables (peppers, broccoli bits, carrots, corn, garlic, onion, etc.), 1 cup raspberries with whipped cream• Grilled kabobs with chicken, green bell pepper, tomato, mushroom, onion, zucchini, brown rice or quinoa• Whole-wheat pasta with tomato sauce plus vegetables (mushrooms, tomatoes, eggplant, peppers, spinach), parmesan cheese• Grilled salmon or white fish with lemon, herbs• Sushi – California roll, salmon avocado, spring roll, etc. low sodium soy sauce, side of edamame

<ul style="list-style-type: none"> • Breakfast burrito: beans, veggies, salsa and avocado • 1 cup low fat cottage cheese, sliced peach or other fruit, 1 tbsp nuts/seeds 	<ul style="list-style-type: none"> • whole-grain bun, sweet potato fries • Stir-fry: firm tofu or lean chicken sautéed with bok choy, carrots, red bell pepper, broccoli bits, onion, with ½ cup brown rice and low sodium soy sauce 	
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- Snacks:**
- 5-7 whole-grain crackers or pita with 1-ounce 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 tablespoons natural granola and/or strawberries
 - Half of a sandwich made with whole-grain bread
 - Baked apples with cinnamon

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