

# POST-TRANSPLANT/CONSISTENT CARBOHYDRATE MENU

## Chef Daily Specials

Your doctor has prescribed a Post Transplant, Consistent Carbohydrate (CHO) Diet for you during your stay. Following this diet at home will help you and your new organ stay healthy. This diet is low in sodium (less than 1000 mg of sodium per meal), low in fat, and low in sugar. Carbohydrates are the foods that raise your blood sugar including items like milk, fruit and starches (rice, pasta, bread, corn, potatoes, beans). These foods should be evenly spread throughout the day. Sugar substitutes can be requested as a sweetener. This number of CHO grams is listed next to the food item to assist you when ordering.

Your doctor will prescribe one of the CHO levels listed below that best meets your needs:

Level 1: 45 g CHO / Meal (1 snack = 15-20 g CHO, optional)

Level 2: 60 g CHO / Meal (1-2 snacks = 15-20 g CHO, optional)

Level 3: 75 g CHO / Meal (1-2 snacks = 15-20 g CHO, optional)

Revised Feb 2022

### BREAKFAST

### LUNCH

### DINNER

## SUNDAY

2 Buttermilk Pancakes (33) with SF Syrup (4), Turkey Sausage Patty & Diced Pears (18)

Turkey Tetrazzini (37), Broccoli Florets (4) & Mixed Green Salad (2)  
or  
Southwest Chicken Salad & Tomato Basil Soup (10)

Chicken Marsala (10), White Rice (22) & Baby Carrots (9)  
or  
Lasagna with Meat Sauce (30) & Caesar Salad (8)

## MONDAY

Scrambled Eggs, Hash Brown Potatoes (15), Oatmeal (24), Applesauce (12) & 1% Milk (6)

Roasted Turkey Breast with Gravy (4), Mashed Potatoes (22) & Green Beans (6)  
or  
Turkey Sandwich on Rye (27) & Tomato Basil Soup (10)

Baked Ziti (34) with Broccoli Florets (4)  
or  
Cranberry Dijon Chicken Breast (1), Brown Rice (20) & California Vegetable Blend (4)

## TUESDAY

1 Buttermilk Pancake (17) with SF Syrup (4) & Grits (26)

Pork Carnitas (1), Spanish Rice (20) & Corn (18)  
or  
Chicken Caesar Wrap (36) & Vegetable Soup (10)

Chicken Pot Pie (35) & California Vegetable Blend (4)  
or  
Smothered Pork Chop (8) with Mashed Potatoes (22), Broccoli Cuts (4) & Applesauce (14)

# CONSISTENT CARBOHYDRATE MENU

## Chef Daily Specials

Your doctor will prescribe one of the CHO levels listed below that best meets your needs:

Level 1: 45 g CHO / Meal (1 snack = 15-20 g CHO, optional)  
Level 2: 60 g CHO / Meal (1-2 snacks = 15-20 g CHO, optional)  
Level 3: 75 g CHO / Meal (1-2 snacks = 15-20 g CHO, optional)

### BREAKFAST

### LUNCH

### DINNER

## WEDNESDAY

Scrambled Eggs  
with Vegetables  
and Cheese (4),  
English Muffin (10),  
Diced Pears (18) &  
1% Milk (6)

Meatball Marinara  
with Pasta (37), Green  
Beans (6) & Mixed  
Green Salad (2)  
or  
Turkey Burger (31)

Beef Stew (11) with  
Mixed Green Salad (2)  
or  
BBQ Chicken Breast  
(1), White Rice (22),  
Collard Greens (11) &  
Fresh Fruit Cup (11)

## THURSDAY

Scrambled Eggs,  
Turkey Sausage,  
Cheerios (20) with  
Milk (6) & Diced  
Peaches (14)

Citrus Marinated  
Chicken (5), White  
Rice (22) with Gravy  
(4) & Cauliflower (3)  
or  
Meatball Marinara  
with Pasta (37), Mixed  
Green Salad (2) &  
Garden Vegetable  
Soup (10)

Lemon Thyme Roast  
Turkey (12) with Gravy  
(4), Dijon Roasted  
Potatoes (21), Green  
Beans (6) & Roll (13)  
or  
Pasta Baked with  
Beef and Tomatoes  
(26) & Mixed Garden  
Salad (2)

## FRIDAY

Cheese Omelet (4)  
with Half English  
Muffin (10), Diced  
Pears (18) & Skim  
Milk (6)

BBQ Pulled Pork (2) &  
Collard Greens (11)  
or  
Chicken Parmesan  
Fresca (3) with Penne  
Marinara (57)

Beef Pot Roast (2),  
White Rice (22) & Green  
Beans (6)  
or  
Tuscan Herb Pollock  
(3), Barley Rice Pilaf  
(20), California  
Vegetable Blend (4) &  
Wheat Dinner Roll (13)

## SATURDAY

Scrambled Eggs,  
Turkey Sausage  
Patty, Applesauce  
(12) & Milk (6)

Basil Chicken Breast,  
Brown Rice (20) &  
Baby Carrots (9)  
or  
Turkey and Cranberry  
Sandwich (33) & Mixed  
Green Salad (2)

Farmer's Meatloaf (11)  
with Gravy (4), Mashed  
Potatoes (22) and  
Green Beans (6)  
or  
Broccoli Herb Penne  
Pesto (37), Mixed  
Green Salad (2) &  
Dinner Roll (13)

# ALWAYS AVAILABLE

## BREAKFAST

- Regular or Low-Cholesterol Scrambled Eggs
- Hard Boiled Egg
- Buttermilk Pancakes (33)
- Tofu Scramble (5)
- Turkey Sausage
- Hash Brown Potatoes (15)
- Blueberry Muffin (18)
- Bagel-Wheat (60), White (42), Cinnamon (42)
- Hot Cereal- Oatmeal (24), Cream of Wheat (17), Grits (26)
- Cold Cereal - Cheerios (20), Corn Flakes (18), Rice Krispies (23)
- Greek Yogurt - Vanilla (11) or Blueberry (13)

## ENTREES

- Herb Chicken Breast
- Cheese Quesadilla (36)
- Chop Beef Steak
- Penne & Marinara (57)
- Grilled Cheese Sandwich (28)
- Hummus Wrap (56)
- Tofu Scramble
- Hamburger [Beef, Turkey or Veggie (16)] with choice of Regular Bun (27) or Whole Wheat Bun (26) and Swiss Cheese (1.5)
- Chicken Caesar Salad (8)
- Fresh Fruit Plate - Apples, Grapes, Strawberries & Cantaloupe (44)
- Pita & Vegetables with Hummus (36)
- **Build-Your-Own Sandwich:**
- Choice of: Whole Wheat Bread (26), White Bread (27), Hamburger Bun (27), Whole Wheat Burger Bun (26), 10" Flour Tortilla (35) or 6" Corn Tortilla (12)
- Choice of: Turkey Breast, Chicken Salad (3), Egg Salad (3.5), Tuna Salad (6), Herb Chicken Breast, Peanut Butter (5), Diet Grape Jelly (3), Diet Strawberry Jelly (3) or Swiss Cheese (1.5)
- Add On: Leaf Lettuce, Sliced Tomatoes (0.71), Sliced Yellow Onions (2.5)

## SIDES

Green Beans (6)  
Broccoli (4)  
Collard Greens (10.5)  
California Mixed Vegetables (4)  
Mixed Green Salad (2)  
Carrot & Celery Sticks (3)

Brown Rice (20)  
White Rice (22)  
Mashed Potatoes (22)  
Penne Pasta (32)

Baked Lay's (24)  
Wheat Dinner Roll (13)  
White Dinner Roll (13)

Chicken Noodle Soup (10)  
Tomato Basil Soup (10)  
Vegetable Soup (10)  
Chicken (2.3) or Vegetable Broth (2.5)

## DESSERTS

Angel Food Cake (28)  
Sugar-free Lemon Fruit Ice (24.5)  
Vanilla Wafer Cookies (18)  
Pudding  
    Sugar-Free: Chocolate (14) or Vanilla (11)  
Gelatin  
    Sugar Free: Berry (2) or Citrus (1)  
Fresh Fruit  
    Apple (18)  
    Banana (22.5)  
    Orange (16)  
    Red Grapes (14)  
    Applesauce (12)  
    Peach Slices (19)  
    Pear Halves (21)  
    Mandarin Orange (19)

Speak with the Call Center  
Representative for  
Additional Options

CALL US 843-792-3892