

KITCHEN ANGELS DIET TRACKS

Kitchen Angels' meals are heart healthy and diabetic friendly. They are low in lactose, saturated and trans fat, cholesterol, and sodium. We try to accommodate medically documented food allergies, but we do not have a preference-based system. A complete meal should contain approximately 1300 calories and consist of:

• Soup or Salad • Hot entrée • Fruit • Dessert or Bread • Nutritional Shake (if desired)

Following is a list of our available diet tracks:

I. **REGULAR** *For individuals with no food restrictions*

Protein: All animal protein, with red meat served once per week. Clients have option to omit red meat and receive vegetarian meal on that day. Other protein included- eggs, tofu, beans & legumes- to be served on "Meatless Mondays."

Grains & Starches: All allowed, all gluten-free.

Vegetables: All allowed, both raw and cooked.

Fruits: All allowed, both raw and cooked.

Breads: Glutinous, whole grain breads & rolls served 3 times per week.

Dessert: Served 2 times per week. Desserts contain gluten.

II. **EASY DIGEST** *For individuals who need foods that are easy to digest with no hot spices*

Protein: All animal protein, with red meat served once per week. Option available that omits red meat (clients receive vegetarian meal on that day). Other protein included- eggs, tofu & legumes. Omit beans.

Grains & Starches: All allowed, all gluten-free. Omit: Wild Rice

Vegetables: Cooked vegetables allowed. Omit crucifers, kale, garlic, onions & corn. Shredded lettuce allowed.

Fruits: Ripe fruit allowed, both raw and cooked. Omit berries.

Breads: Glutinous, whole grain breads & rolls served 3 times per week.

Dessert: Served 2 times per week. Desserts contain gluten.

III. **RENAL/LOW SODIUM** *For those with chronic kidney disease or who need a low sodium diet*

Protein: All animal protein, with red meat served once per week. Option available that omits red meat (clients receive vegetarian meal on that day). Other protein included- eggs & tofu. Protein limited to 3 oz.

Grains & Starches: White & brown rice, quinoa, gluten-free pasta- limited to 1/3 cup serving.

Vegetables: Only vegetables low in potassium & phosphorous.

Fruits: Only fruits low in potassium & phosphorous.

Breads: No breads offered on this diet track at this time.

Dessert: No desserts offered on this diet track at this time.

IV. **VEGETARIAN** *For individuals who follow a plant-based diet*

Protein: Vegetable protein includes- eggs, tofu, tempeh, beans, legumes, grains, limited dairy

Grains & Starches: All allowed, all gluten free

Vegetables: All allowed, both raw and cooked.

Fruits: All allowed, both raw and cooked.

Breads: Glutinous, whole grain breads & rolls served 3 times per week.

Dessert: Served 2 times per week. Desserts contain gluten.