

SUMMIT ENT ASSOCIATES SAMPLE

5653 Frist Blvd., Hermitage TN 37076

615-872-0922

SAMPLE SIX WEEK SODIUM TRACKER

Start Date:

End Date:

Day	Item	Sodium (mg)	Subtotals
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Monday

Breakfast	Bagel with Smart Balance buttery spread, jelly, 2 eggs & Coffee	450	
Lunch	Salad - Oil/Vinegar Dressing	0	
Dinner	Pork Roast w/vegetables	755	
		755	1205

Tuesday

Breakfast	Bagel with Smart Balance buttery spread, jelly & Coffee	450	
Lunch	Salad - Oil/Vinegar Dressing	0	
	Smoothie	170	
Dinner	Chicken Curry/Rice/Lintels	600	
		600	1220

Wednesday

Breakfast	Bagel with Smart Balance buttery spread, jelly & Coffee	450	
Lunch	Salad - Oil/Vinegar Dressing	0	
Dinner	Fried Rice	250	
Dessert	Milk Shake	370	
		370	1070

Thursday

Breakfast	Bagel with Smart Balance buttery spread, jelly & Coffee	450	
Lunch	Salad - Oil/Vinegar Dressing	0	
Dinner	Hamburger with Bun	470	
Dessert	Ice Cream Sandwich	170	
		170	1090

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Friday			
	<i>Breakfast</i> Bagel with Smart Balance buttery spread, jelly & Coffee	450	
	<i>Lunch</i> Salad - Oil/Vinegar Dressing	0	
	<i>Snack</i> Tortilla Chips (Low Sodium)	30	
	<i>Dinner</i> Chicken Currie/Rice	600	1080
Saturday			
	<i>Breakfast</i> Bagel with Smart Balance buttery spread, jelly, 2 eggs & Coffee	450	
	<i>Lunch</i> Chop Steak/Baked Potato/Butter/Sour Cream/Salad/No Dressing/Ice Cream	240	
	<i>Dinner</i> Hamburger Patties/Mashed Potatoes/Corn/Bread	370	1060
Sunday			
	<i>Breakfast</i> Bagel/2 Eggs/Orange Juice & Coffee	450	
	<i>Lunch</i> Salad - Oil/Vinegar Dressing	0	
	<i>Dinner</i> Chicken/Rice/Broccoli/Hot Sauce	555	1005
Monday			
	<i>Breakfast</i> Bagel with Smart Balance buttery spread, jelly & Coffee	450	
	<i>Lunch</i> Salad - Oil/Vinegar Dressing/Root Beer	60	
	<i>Dinner</i> Chicken/Broccoli/Low Salt Tortilla Chips/Mashed Potatoes	200	710
Tuesday			
	<i>Breakfast</i> Bagel with Smart Balance buttery spread, jelly & Coffee	450	
	<i>Lunch</i> Salad - Oil/Vinegar Dressing/Baked Potato/Butter/Sour Cream	100	
	<i>Dinner</i> Chicken Currie/Rice/Low Salt Tortilla Chips	650	1200
Wednesday			
	<i>Breakfast</i> Bagel with Smart Balance buttery spread, jelly & Coffee	450	
	<i>Lunch</i> Salad - Oil/Vinegar Dressing	0	
	<i>Dinner</i> Steak/Baked Potato/Butter/Sour Cream/Salad/Oil & Vinegar Dressing	100	
	<i>Dessert</i> Ice Cream	120	670

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Thursday

Breakfast	Bagel with Smart Balance buttery spread, jelly, 2 eggs & Coffee	450	
Lunch	Salad - Oil/Vinegar Dressing/Boiled Egg/Tortilla Chips	45	
Dinner	Turkey Tacos	520	
Dessert	Ice Cream	120	
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1135

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Friday

Breakfast	Bagel with Smart Balance buttery spread, jelly & Coffee	450	
Lunch	Salad - Oil/Vinegar Dressing	0	
Dinner	Steak/Baked Potato/Butter/Sour Cream/Salad/Oil & Vinegar Dressing	100	
			550

Saturday

Breakfast	Bagel with Smart Balance buttery spread, jelly & Coffee	450	
Lunch	Salad - Oil/Vinegar Dressing	0	
Snack	Granola/Diet Coke	201	
Dinner	Pork Loin/Rice	150	
			801

Sunday

Breakfast	Bagel with Smart Balance buttery spread, jelly & Coffee	450	
Lunch	Salad - Oil/Vinegar Dressing/Baked Potato/Butter/Sour Cream/Boiled Egg	100	
Dinner	Chicken/Spinach Currie/Hot Sauce/Tortilla Chips	900	
			1450

Monday

Breakfast	Bagel with Smart Balance buttery spread, jelly & Coffee	450	
Lunch	Salad - Oil/Vinegar Dressing	0	
Dinner	Chicken/Rice/Broccoli/Hot Sauce	555	
			1005

Tuesday

Breakfast	Bagel with Smart Balance buttery spread, jelly, 2 eggs & Coffee	450	
Lunch	Salad - Oil/Vinegar Dressing	0	
Dinner	Pork Loin/New Potatos/Green Beans	600	
			1050

Wednesday

Breakfast	Bagel with Smart Balance buttery spread, jelly & Coffee	450	
Lunch	Salad - Oil/Vinegar Dressing/Baked Potato/Ice Cream	250	
Dinner	Steak/Baked Potato/Butter/Salad/Oil & Vinegar Dressing	500	
			1200

Thursday

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Breakfast	Bagel with Smart Balance buttery spread, jelly & Coffee	450	
Lunch	Salad - Oil/Vinegar Dressing/Baked Potato/Butter/Boiled Egg	100	
Snack	Ice Cream/Tortilla Chips	165	
Dinner	Chop Steak/Boiled Potatos/Butter/Spinach/Green Beans	100	
Dessert	Lemon Pie	250	
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	<i>Breakfast</i> Bagel with Smart Balance buttery spread, jelly & Coffee	450	
	<i>Lunch</i> Salad - Oil/Vinegar Dressing/Boiled Egg/Boiled Potato	100	
	<i>Dinner</i> Grilled Chicken/Corn on Cob/Rice w/veg.	100	
	<i>Dessert</i> Lemon Pie	250	
			900
Saturday			
	<i>Breakfast</i> Bagel with Smart Balance buttery spread, jelly, 2 eggs & Coffee	450	
	<i>Lunch</i> Salad - Oil/Vinegar Dressing/Boiled Egg	0	
	<i>Dinner</i> Chop Steak/Peas/Rice/Ice Cream	150	
	<i>Dessert</i> Milk Shake	370	
			970
Sunday			
	<i>Breakfast</i> Bagel with Smart Balance buttery spread, jelly & Coffee	450	
	<i>Lunch</i> Salad - Oil/Vinegar Dressing/Boiled Eggs	0	
	<i>Dinner</i> Rice & Tofu "Neatloaf"	305	
			755
Monday			
	<i>Breakfast</i> Bagel with Smart Balance buttery spread, jelly & Coffee	450	
	<i>Lunch</i> Salad - Oil/Vinegar Dressing/Baked Potato/Ice Cream	250	
	<i>Dinner</i> Chop Steak/Boiled Potatoes/Butter & Cheese/Salad/Oil & Vinegar Dressing	300	
			1000
Tuesday			
	<i>Breakfast</i> Bagel with Smart Balance buttery spread, jelly & Coffee	450	
	<i>Lunch</i> Salad - Oil/Vinegar Dressing/Baked Potato/Butter/Sour Cream	100	
	<i>Dinner</i> Pasta w/chicken/parmesan cheese/veggie sticks/apple/banana	400	
			950
Wednesday			
	<i>Breakfast</i> Bagel with Smart Balance buttery spread, jelly & Coffee	450	
	<i>Lunch</i> Salad - Oil/Vinegar Dressing	0	
	<i>Dinner</i> Rice & Tofu "Neatloaf"/Boiled Potatoes/Butter/Tortilla Chips	405	
	<i>Dessert</i> Milk Shake	370	
			1225

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Thursday

Breakfast	Bagel with Smart Balance buttery spread, jelly & Coffee	450	
Lunch	Salad - Oil/Vinegar Dressing/Boiled Eggs/Tortilla Chips	30	
Dinner	Tuna Casserole	415	
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895

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Friday

Breakfast	Bagel with Smart Balance buttery spread, jelly, 2 eggs & Coffee	450	
Running	Sports Drink	115	
Lunch	Salad - Oil/Vinegar Dressing/Boiled Eggs/Tortilla Chips	100	
Dinner	Steak/Grilled Shrimp/Salad/Oil & Vinegar Dressing	300	
Dessert	Milk Shake	250	
		1215	1215

Saturday

Breakfast	Bagel with Smart Balance buttery spread, jelly & Coffee	275	
Lunch	Chop Steak/Baked Potato/Butter & Sour Cream/Salad/Oil & Vinegar	300	
Dinner	Pasta w/Salmon/Parmesan Cheese/Hot Sauce	300	
		875	875

Sunday

Breakfast	Bagel with Smart Balance buttery spread, jelly & Coffee	275	
Lunch	Salmon/Sweet Potato/Butter Peas/Zucchini	330	
Dinner	Spinach Manicotti/Granola	750	
		1355	1355

Monday

Breakfast	Bagel with Smart Balance buttery spread, jelly & Coffee	275	
Lunch	Salad - Oil/Vinegar Dressing/Boiled Eggs	0	
Snack	Candy Bar	110	
Dinner	Chicken Currie/Rice/Granola	750	
		1135	1135

Tuesday

Breakfast	Bagel with Smart Balance buttery spread, jelly & Coffee	275	
Lunch	Salad - Oil/Vinegar Dressing/Baked Potato/Butter/Sour Cream	100	
Dinner	Chicken Currie/Rice/Tortilla Chips	540	
		915	915

Wednesday

Breakfast	Bagel with Smart Balance buttery spread, jelly & Coffee	275	
Lunch	Salad - Oil/Vinegar Dressing/Boiled Eggs	0	
Dinner	Tacos	550	
Dessert	Ice Cream	170	
		1095	

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995

Thursday

Breakfast	Bagel with Smart Balance buttery spread, jelly, 2 eggs & Coffee	450
Lunch	Chicken Currie/Rice	360
Dinner	Salmon/Sweet Potato/Butter Peas/Zucchini	330
Dessert	Ice Cream	170
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1310

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Friday

Breakfast	Bagel with Smart Balance buttery spread, jelly & Coffee	450	
Running	Sports Drink/Clif Shots	185	
Snack	Granola Bar	100	
Lunch	Salad - Oil/Vinegar Dressing	0	
Dinner	Steak/Baked Potato/Butter & Sour Cream/Salad/Oil & Vinegar Dressing	500	
			1235

Saturday

Breakfast	Bagel with Smart Balance buttery spread, jelly & Coffee	275	
Lunch	Salad - Oil/Vinegar Dressing	0	
Dinner	Fried Rice	750	
			1025

Sunday

Breakfast	Bagel with Smart Balance buttery spread, jelly & Coffee	450	
Lunch	Salad - Oil/Vinegar Dressing	0	
Dinner	Pork/Fried Rice/Corn	885	
			1335

Monday

Breakfast	Bagel with Smart Balance buttery spread, jelly & Coffee	450	
Lunch	Salad - Oil/Vinegar Dressing/Boiled Eggs	0	
Dinner	Pork/Fried Rice	665	
			1115

Tuesday

Breakfast	Bagel with Smart Balance buttery spread, jelly & Coffee	450	
Lunch	Salad - Oil/Vinegar Dressing	0	
Dinner	Chicken/Mac & Cheese/Butter Peas	500	
			950

Wednesday

Breakfast	Bagel with Smart Balance buttery spread, jelly & Coffee	450	
Lunch	Salad - Oil/Vinegar Dressing/Baked Potato/Butter/Sour Cream/Boiled Eggs	100	
Dinner	Tacos	350	
Dessert	Ice Cream	170	
			1070

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Thursday

Breakfast	Bagel with Smart Balance buttery spread, jelly & Coffee	450
Lunch	Ribs/Corn/Salad	1000
Dinner	Salad/Tortilla Chips	40
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1490

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Friday

Breakfast	Bagel with Smart Balance buttery spread, jelly, 2 eggs & Coffee	450	
Lunch	Salad/Tortilla Chips	40	
Dinner	Steak/Baked Potato/Salad/Oil & Vinegar Dressing	100	
			590

Saturday

Breakfast	Bagel with Smart Balance buttery spread, jelly, 2 eggs & Coffee	450	
Lunch	Salad - Oil/Vinegar Dressing/Baked Potato/Butter/Sour Cream/Boiled Eggs	100	
Dinner	Hamburger/Buns/Tortilla Chips	575	
			1125

Sunday

Breakfast	Bagel with Smart Balance buttery spread, jelly, 2 eggs & Coffee	450	
Lunch	Salad - Oil/Vinegar Dressing/Baked Potato/Butter/Sour Cream/Boiled Eggs	100	
Dinner	Split Pea Soup/Pork Roast	650	
			1200

Total Sodium Intake	44,196
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Avg. Daily Intake	1,052
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