

# No Added Salt (NAS) — Week 1 Menu Plan

## (No salt shaker • Regular prep • No salt added at table)

This is a one-week **No Added Salt (NAS)** menu designed for regular-texture meals. Foods are prepared **without adding salt during cooking** and **no salt is added at the table** (no salt shaker). Flavor comes from herbs, spices, aromatics, citrus, vinegar and naturally flavorful ingredients. Use **low-sodium** products whenever available and keep high-sodium “hidden salt” items (processed meats, canned soups, salty cheeses, pickles, sauces, instant mixes) to a minimum.

### Menu Goals & Guidelines

- **No salt shaker:** Do not provide salt packets or a salt shaker at the table; offer pepper, lemon wedges, herb blends and vinegar instead.
- **Cook without added salt:** Build flavor with onions, garlic, celery, carrots, mushrooms, fresh herbs, dried spices, smoked paprika, cumin, coriander, chili flakes and salt-free seasoning blends.
- **Choose lower-sodium staples:** No-salt-added canned vegetables/beans, low-sodium broth, plain grains (rice, oats), unsalted nuts, fresh/frozen produce, fresh poultry/fish and unseasoned meats.
- **Rinse when needed:** Rinse canned beans and vegetables to reduce sodium if no-salt-added options aren't available.
- **Use “acid + aroma”:** Finish dishes with lemon/lime juice, balsamic or apple cider vinegar, fresh herbs and garlic for a “salty” taste without salt.
- **Watch condiments:** Use small portions of mustard, ketchup, soy sauce, barbecue sauce and salad dressings; pick low-sodium versions when possible.
- **Cheese and bread:** Choose lower-sodium cheese (or smaller portions) and unsalted/low-sodium breads and wraps when available.
- **Hydration:** Offer water, herbal tea, milk, coffee; avoid salty broths and high-sodium bottled drinks.

### Preparation Tips

- **Broths & sauces:** Use low-sodium broth or make quick broth by simmering onions, garlic, celery and herbs in water.
- **Marinate for flavor:** Lemon, olive oil, garlic, pepper, oregano, rosemary, thyme and paprika add strong flavor without salt.
- **Roast for depth:** Roasting vegetables (carrots, cauliflower, zucchini, peppers) intensifies flavor and reduces the need for salt.
- **Swap salty ingredients:** Use fresh tomatoes instead of canned soup bases; use yogurt-based sauces instead of salty gravies.
- **Labeling cue:** If a product tastes “salty,” check the label and replace with a lower-sodium option next time.

### Week 1

## ***Monday***

- **Breakfast (moderate):** Steel-cut or rolled oats cooked in water or milk; top with cinnamon, chopped apples and a spoon of unsalted nuts. Side: scrambled eggs with sautéed spinach and onions. Beverages: coffee/tea, water.
- **Lunch (main, largest):** Herb-lemon roasted chicken breast, brown rice pilaf with parsley and garlic, roasted carrots and green beans. Side salad: mixed greens with cucumber and olive oil + vinegar. Beverages: water, unsweetened iced tea.
- **Dinner (light):** Baked cod with garlic, paprika and lemon; mashed cauliflower (no salt) with olive oil; steamed zucchini. Beverages: water, herbal tea.

## ***Tuesday***

- **Breakfast (moderate):** Greek yogurt bowl (plain) with berries and oats (unsalted) + drizzle of honey if needed. Side: banana. Beverages: coffee/tea, water.
- **Lunch (main, largest):** Turkey and veggie wrap (low-sodium wrap) with lettuce, tomato and avocado; side: no-salt-added bean salad (rinsed beans, onion, cilantro, lime). Fruit: orange or melon. Beverages: water.
- **Dinner (light):** Vegetable lentil soup made with low-sodium broth; whole-grain toast (low sodium) with olive oil and garlic rub. Beverages: herbal tea, water.

## ***Wednesday***

- **Breakfast (moderate):** Vegetable omelet (peppers, mushrooms, onions) cooked without salt; side: fresh fruit cup. Beverages: coffee/tea, water.
- **Lunch (main, largest):** Beef and vegetable stir-fry (fresh beef strips, broccoli, peppers) with ginger and garlic; serve over jasmine or brown rice. Sauce: low-sodium soy or coconut aminos in small amount + rice vinegar. Beverages: water.
- **Dinner (light):** Baked sweet potato topped with cinnamon and a dollop of plain yogurt; side: sautéed greens with garlic and lemon. Beverages: water, herbal tea.

## ***Thursday***

- **Breakfast (moderate):** Whole-grain cereal (low sugar, lower sodium) with milk; side: hard-boiled egg and sliced peaches. Beverages: coffee/tea, water.
- **Lunch (main, largest):** Tuna salad plate (tuna in water, drained; mix with plain yogurt, celery, dill and lemon) served with whole-grain crackers (low sodium) and cucumber-tomato salad. Fruit: grapes or berries. Beverages: water.
- **Dinner (light):** Chicken and vegetable pasta (whole-grain pasta) with homemade tomato-basil sauce (no added salt) and roasted vegetables. Beverages: water, decaf tea.

## ***Friday***

- **Breakfast (moderate):** French toast (no added salt) with warm berry compote; side: turkey sausage (look for lower sodium) or egg whites. Beverages: coffee/tea, water.
- **Lunch (main, largest):** Homemade burger bowl: grilled lean beef patty over lettuce with tomato, onion and sliced avocado; side: oven-baked potato wedges seasoned with paprika, garlic and rosemary.

Beverages: water.

- **Dinner (light):** Vegetable frittata (eggs, zucchini, mushrooms) with side salad and vinaigrette. Beverages: herbal tea, water.

### **Saturday**

- **Breakfast (moderate):** Breakfast burrito bowl: scrambled eggs, sautéed peppers and onions, black beans (rinsed, no-salt-added) and a small portion of rice; top with salsa (low sodium) and lime. Beverages: coffee/tea, water.
- **Lunch (main, largest):** Roast pork loin with apple-cider reduction (no salt), roasted Brussels sprouts or cabbage, and quinoa with herbs. Fruit: pear. Beverages: water.
- **Dinner (light):** Creamy tomato soup (made with no-salt-added tomatoes and herbs) + grilled cheese on low-sodium bread with reduced-sodium cheese (small portion). Beverages: water, herbal tea.

### **Sunday**

- **Breakfast (moderate):** Pancakes (no added salt) topped with sliced strawberries and a small amount of maple syrup; side: yogurt or scrambled eggs. Beverages: coffee/tea, water.
- **Lunch (main, largest):** Baked salmon with dill and lemon; barley or rice with parsley; side: roasted asparagus and mixed salad. Beverages: water, unsweetened iced tea.
- **Dinner (light):** Chicken and vegetable stew (low-sodium broth) with carrots, celery and potatoes; side: steamed broccoli with lemon. Beverages: water, herbal tea.

This plan keeps flavors strong without added salt by using herbs, spices and acid (lemon/vinegar). If a resident has additional needs (renal, heart failure fluid limits, diabetes, texture modification, allergies), adjust portions and ingredients per the diet order and dietitian guidance.