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5-Day Menu Plan: 1200 Calories*

Day 1

Breakfast

$\frac{3}{4}$ cup (C) cantaloupe cubes
 $\frac{3}{4}$ C 2% cottage cheese
5 whole-wheat crackers
Calorie-free beverage of choice

Lunch

Peanut butter and jelly sandwich: 2 slices wheat bread with 2 tablespoons (Tbsp) natural, chunky peanut butter and 1 Tbsp all-fruit spread
1 medium apple
Calorie-free beverage of choice

Dinner

3 ounce (oz) broiled or grilled boneless chicken breast
5" baked sweet potato, topped with 1 teaspoon (tsp) unsalted butter
2 C tossed field greens, drizzled with 2 Tbsp fat-free vinaigrette dressing
Calorie-free beverage of choice

Snack

6 oz low-fat yogurt, favorite flavor
Calorie-free beverage of choice

Day 2

Breakfast

Scrambled eggs ($\frac{1}{2}$ C egg whites with 1 Tbsp shredded cheddar cheese and 2 Tbsp salsa, prepared using cooking spray)
1 slice toasted rye bread topped with 1 tsp soft margarine
8 fluid (fl) oz skim milk

Lunch

Turkey sandwich (2 slices light wheat bread with 2 slices roasted turkey breast [1 oz each], 1-oz slice low-fat Swiss cheese, 1 lettuce leaf, 1 slice medium tomato, and 1 tsp deli mustard)
1 medium pear
Calorie-free beverage of choice

Dinner

3 oz grilled salmon
½ C seasoned brown rice, prepared with 1 tsp olive oil
1 C cooked summer squash
Calorie-free beverage of choice

Snack

⅔ C low-fat frozen yogurt, favorite flavor
Calorie-free beverage of choice

Day 3**Breakfast**

¾ C cooked kasha, topped with 2 Tbsp slivered almonds and ½ C fresh, sliced strawberries
4 fl oz skim milk, added to kasha or consumed as a beverage
Calorie-free beverage of choice

Lunch

Pasta salad (1 C cooked enriched pasta [cooled], tossed with 1 diced plum tomato, 5 large sliced mushrooms, ½ C chopped red or yellow bell peppers, 2 Tbsp chopped, fresh scallions, 3 sliced jumbo black olives, 1 oz crumbled soft goat cheese, and 1 tsp olive oil)
⅓ C canned pineapple chunks, drained
Calorie-free beverage of choice

Dinner

Burger (1 black-bean burger on a reduced-calorie hamburger bun, topped with 1 slice Swiss cheese and 1 Tbsp low-sodium barbecue sauce)
Spinach salad (1½ C baby spinach, tossed with ¼ C fresh mandarin orange slices), drizzled with 1 Tbsp chunky blue-cheese dressing
Calorie-free beverage of choice

Snack

½ oz or about 15 large dry-roasted, unsalted peanuts
Calorie-free beverage of choice

Day 4**Breakfast**

1 C bran flakes or similar cold, dry cereal, topped with 2 Tbsp chopped walnuts and ½ C fresh blueberries
6 fl oz skim milk
Calorie-free beverage of choice

Lunch

1 small (4") wheat pita bread, served with ¼ C hummus, favorite flavor
8 oz low-fat yogurt, favorite flavor
1 large peach
Calorie-free beverage of choice

Dinner

4 oz center-cut pork chop, broiled or grilled

1 small, baked potato (with skin), topped with 1 Tbsp reduced-fat sour cream and 2 Tbsp fresh, chopped chives

½ C cooked, drained turnip greens, topped with 1 tsp soft margarine

Calorie-free beverage of choice

Snack

2 reduced-fat chocolate-chip cookies

Calorie-free beverage of choice

Day 5**Breakfast**

1 C oatmeal (cooked in 8 fl oz skim milk), topped with 2 Tbsp golden, seedless raisins and 2 Tbsp chopped pecans

1 large hard-boiled egg, seasoned as desired

Calorie-free beverage of choice

Lunch

Tuna salad (mix 4-oz water-packed tuna with 2 Tbsp chopped white onion, 1 Tbsp light mayonnaise, and 1 Tbsp Dijon mustard; arrange 1 C shredded lettuce and 3 slices medium tomato on plate; top with tuna mixture)

1 medium orange

Calorie-free beverage of choice

Dinner

8 large shrimp, grilled

1 C steamed broccoli florets, seasoned as desired

1 C wild rice, prepared with 1 Tbsp butter

Calorie-free beverage of choice

Snack

10 large baby carrots, served with 2 Tbsp fat-free ranch dressing for dipping

Calorie-free beverage of choice

*Menus planned using *Food Processor SQL* by ESHA.