

# SAMPLE MENU

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B'fast	½ cup cooked oatmeal	¼ egg substitute, scrambled (use Pam spray)	½ cup low-fat cottage cheese	2 slices low-fat deli meat, rolled up, with mustard for dipping	2 slices whole wheat toast	½ cup grits
	1 boiled egg	1 slice whole-wheat toast	½ cup fruit, canned in juice	1 orange	2 T "natural" peanut butter	2 oz low-fat cheese
	Lite yogurt	1 tsp margarine	Lite yogurt	½ banana	1 apple or ½ cup applesauce	½ cup pineapple, canned in juice
		2 apricots				

Lunch	2 slices deli chicken	1 cup (or more) lettuce, tomato, onion	1 cup tomato soup	3 oz tuna mixed with low-fat mayo	2 slices honeydew or cantaloupe	1 Lean Cuisine dinner
	1 (6") whole-wheat tortilla	2 oz turkey	6 saltines	1 cup (or more) lettuce, tomato, onion	2 slices ham	1 cup salad (lettuce, tomato, cucumber)
	½ cup cole slaw	1 T salad dressing	2 oz. low-fat cheese			1 tsp. olive oil (for salad)

Dinner	3 oz steamed fish	3 oz baked, skinless chicken	8 large shrimp, boiled	1 cup lentil soup	1 Boca burger with mustard for dipping	3 oz roasted, skinless turkey
	1 cup squash and onions, sauteed in 1 tsp olive oil	1 cup broccoli, steamed	1 cup asparagus, steamed and spritzed with lemon	Sliced tomatoes and cucumbers drizzled with olive oil	1 cup boiled cabbage or greens	1 cup sauted okra and tomatoes
	1 cup strawberries	½ cup pears, canned in juice				

Drinks	8 cups of fluid, including 8 oz of low-fat milk and 4 oz of orange juice	8 cups of fluid, including 16 oz of low-fat milk	8 cups of fluid, including 8 oz of low-fat milk and 4 oz of orange juice	8 cups of fluid, including 16 oz of low-fat milk	8 cups of fluid, including 16 oz of low-fat milk	8 cups of fluid, including 16 oz of low-fat milk
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