

Meal	Food Description	Portion
Breakfast	Grapefruit, raw Oatmeal, cooked, fat not added Milk, skim or nonfat	1/4 large (approx 4-1/2" dia) 1/2 cup 4 fl oz
Lunch	Hot (or cold) sandwich with beef & veggies: Bread, multigrain (or whole wheat) Beef, roasted, lean (deli beef included) Onions Peppers Mushrooms Olive oil Pear, raw	2 regular slices, 1 oz each 2 oz, boneless, cooked 1/2 cup 1/2 cup 1/2 cup 2 teaspoons 1/2 small pear
Dinner	Catfish, baked or broiled Sweetpotato, baked Asparagus, cooked Olive oil (use in above menu items) Cabbage salad or slaw: Cabbage, green, raw Coleslaw dressing Roll, whole wheat, 100% Fruit cocktail, canned, juice pack	3 oz, boneless, cooked 1/2 cup 1/2 cup 1 teaspoon 1 cup, chopped 1 tablespoon 1 small roll, about 1 oz 1/4 cup
Snack	Banana, raw	1 small (6" to 7" long)

Use olive oil in preparation of menu items as the source of fat, using only the amount listed, wherever you would like it.

Meal	Calories	Protein (g)	Cholesterol (g)	Fat (g)
Breakfast Total	142	8	25	1
Lunch Total	450	25	54	17
Dinner Total	534	25	58	24
Snack Total	93	1	24	1
Totals	1,219	59	161	43