

Meal	Food Description	Portion
Breakfast	Orange juice Wheat Chex Milk, skim or nonfat	6 fl oz 1/2 cup 4 fl oz
Lunch	Chef salad made from the following: Romaine lettuce, raw Tomatoes, raw Cucumber, raw Cheese, Cheddar or Colby, lowfat Ham, extra lean, prepackaged or deli Egg, whole, boiled Olive oil Grapes, raw	2 cups 1 medium whole 1/2 cup, sliced 1 thin slice (1/2 oz) 1 slice (1 oz) 1/2 medium 1 teaspoon 1/2 cup, seedless
Dinner	Trout, baked or broiled Sweetpotato, baked, fat not added Peas, green, cooked, fat not added Olive oil (may use on menu items above) Cabbage salad made from the following: Cabbage, green, raw Coleslaw dressing Roll, whole wheat, 100% Margarine, tub Pear, raw	2 1/2 oz boneless 1/2 cup 1/2 cup 1 teaspoon 1 cup, shredded 1 teaspoon 1 small roll, about 1 oz 1 teaspoon 1 medium pear
Snack	Peanut butter Cracker, 100% whole wheat, Triscuits	4 teaspoons 4 Triscuits or similar cracker

Meal	Calories	Protein (g)	Cholesterol (g)	Fat (g)
Breakfast Total	212	8	45	1
Lunch Total	235	15	24	10
Dinner Total	582	27	80	19
Snack Total	189	7	15	12
Totals	1,218	57	164	43