

Meal	Food Description	Portion
Breakfast	Oatmeal, cooked, fat not added Grapefruit, raw Milk, skim or nonfat	1 cup 1/2 large (approx 4-1/2" dia) 8 fl oz
Lunch	Hot (or cold) sandwich with beef & veggies: Bread, multigrain (or whole wheat) Beef, roasted, lean (deli beef included) Onions Peppers Mushrooms Mayonnaise, regular (may use lower fat) Pear, raw	2 regular slices, 1 oz each 2 oz, boneless, cooked 1/2 cup 1/2 cup 1/4 cup 2 teaspoons 1/2 large pear
Dinner	Catfish, baked or broiled Sweetpotato, baked Asparagus, cooked Cabbage, green, raw Olive oil (use in above menu items) Fruit cocktail, canned, juice pack Roll, whole wheat, 100% Margarine, tub (for roll or other menu items)	3 oz, boneless, cooked 1 cup 1 cup 1 cup, chopped 2 teaspoons 1/2 cup 1 small roll, about 1 oz 1 tablespoon
Snack	Banana, raw	1 medium (7" to 8" 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	284	15	51	3
Lunch Total	446	25	57	15
Dinner Total	767	30	90	35
Snack Total	109	1	28	1
Totals	1,606	71	226	54