

Meal	Food Description	Portion
Breakfast	Orange juice Wheat Chex Milk, skim or nonfat Banana, raw	6 fl oz 3/4 cup 6 fl oz 1 small (6" to 7" long)
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 slice (1 oz) 1 slice (1 oz) 1/2 medium 1 tablespoon 1/2 cup, seedless
Dinner	Trout, baked or broiled Sweetpotatto, 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	3 oz boneless 3/4 cup 1/2 cup 1 teaspoon 1 cup, shredded 1 tablespoon 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	368	12	81	1
Lunch Total	340	18	25	26
Dinner Total	702	32	95	29
Snack Total	189	7	15	0
Totals	1,599	69	216	58