

Day One Menu

Breakfast

Oatmeal, ½ cup cooked, sprinkled with ¼ teaspoon ground cinnamon and 1 packet of artificial sweetener

Raisins, ¼ cup

Milk, 1%, 1 cup

Coffee*

Snack

Yogurt, low-fat and low-calorie, vanilla or fruit flavored, ¾ cup

Mandarin oranges, canned in light syrup or juice, drained, ½ cup

Lunch

Banana sandwich, made with 2 slices whole wheat bread, 1 small sliced banana, 2 tablespoons peanut butter

Celery dippers, 3 small sticks (3 to 4 inches)

Cottage cheese, fat-free and calcium-fortified, ½ cup

Ice water

Snack

Whole wheat crackers (such as Triscuit), low-sodium variety, 5 each

Bean and tomato dip, fat-free, ⅓ cup

Evening Meal

Grilled hamburger, made with a 2-ounce grilled sirloin beef patty, 1 small hamburger bun (2 ounces), 1 teaspoon each light mayonnaise and mustard, 1 large lettuce leaf

Tossed salad, made with 1 cup romaine lettuce or fresh spinach, 1 small tomato (sliced), 1 tablespoon oil vinaigrette dressing

Maple-glazed sweet potato oven fries, 1 serving (recipe provided)

Unsweetened iced tea with lemon*

Snack

Graham crackers (2½-inch squares), 3 each

Milk, 1%, 1 cup

Nutrition Facts for Day 1:

1,807 calories

50 g total fat (25% calories)

13 g saturated fat (6% calories)

261 g total carbohydrate (58% calories)

88 g protein (19% calories)



*Coffee and tea may be sweetened with packets of artificial sweetener as desired

Maple-Glazed Sweet Potato Oven Fries

Serves 2

Ingredients:

- 1 large sweet potato, peeled and cut into ½-inch thick wedges
- 2 teaspoons olive oil
- ⅛ teaspoon salt
- ⅛ teaspoon black pepper
- ¼ cup sugar-free maple syrup
- Pinch ground cinnamon
- ¼ teaspoon vanilla extract



Directions:

1. Preheat oven to 450°F; line a small baking sheet with aluminum foil (preferably non-stick).
2. In a small bowl, combine potato wedges, oil, salt, and pepper to coat potatoes evenly.
3. Arrange potatoes in a single layer on baking sheet.
4. Bake potato wedges for 25 to 30 minutes, flipping halfway through baking time.*
5. While potatoes are baking, mix the maple syrup, vanilla, and cinnamon together in a small pot and place over medium-low heat.
6. Allow glaze to mull for about 10 minutes (can also place syrup mixture in a microwave safe bowl and microwave for about 10 seconds if you prefer).
7. Remove potato fries from oven; drizzle warm maple glaze on top of fries as desired and serve immediately.

*Exact baking times may vary depending on your oven; sweet potatoes are done when they are golden and tender.

Nutrition Facts Per Serving:

130 calories
5 g total fat
0.5 g saturated fat
22 g total carbohydrate
2 g protein