

## Day Ten Menu

### **Breakfast**

Biscuit, 1 small (about 2½-inch diameter), with 1 teaspoon soft margarine and 1 slice (1 ounce) lower sodium lean ham  
Fruit cup, made with 1 small red apple (sliced) and 1 small (or ½ medium) banana (sliced)  
Milk, 1%, 1 cup  
Hot tea

### **Snack**

Carrot slices or sticks, raw, ½ cup  
Cottage cheese, fat-free, calcium-fortified, ½ cup

### **Lunch**

Pita pocket sandwich, made with ½ (6-inch diameter) whole wheat pita (opened and toasted), 2 teaspoons light mayonnaise, 2 ounces cooked boneless skinless chicken breast (cubed), ½ cup chopped green leaf or romaine lettuce, 2 tablespoons unsalted almonds (sliced)  
Green peas, frozen, boiled, ½ cup, with 1 teaspoon added canola or olive oil  
Orange juice, calcium- and vitamin D-fortified, ½ cup  
Ice water with lime

### **Snack**

Tortilla chips, low-fat baked, ¾ ounce (about 10)  
Bean and tomato dip, fat-free, ⅓ cup

### **Evening Meal**

Spaghetti, made with ½ cup cooked spaghetti noodles and ¼ cup lower sodium marinara sauce  
Italian turkey meatballs, 1 serving (recipe provided)  
Whole wheat bread, toasted, 1 slice, rubbed with fresh garlic, and brushed with 1 teaspoon olive oil  
Side salad, made with 1 cup romaine lettuce or fresh spinach, ¼ cup minced red onion, ½ cup sliced cucumbers, 1 tablespoon oil vinaigrette dressing  
Ice water

### **Snack**

Animal crackers, 8 crackers  
Milk, 1%, 1 cup



### **Nutrition Facts for Day 10:**

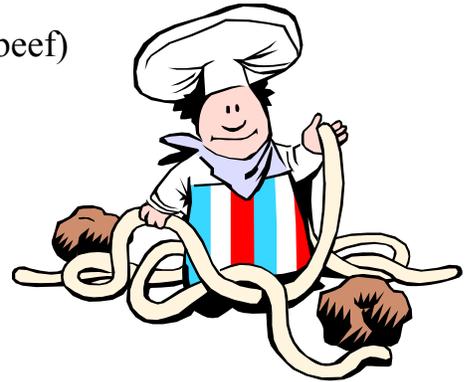
**1,745** calories  
**50 g** total fat (26% calories)  
**11 g** saturated fat (6% calories)  
**231 g** total carbohydrate (53% calories)  
**101 g** protein (23% calories)

## Italian Turkey Meatballs

**Serves 5 (20 meatballs; 4 per serving)**

### **Ingredients:**

- 1 pound ground turkey breast (or extra lean ground beef)
- 1 tablespoon fennel seeds
- 1 tablespoon grill seasoning (preferably salt-free)
- 1 tablespoon olive oil
- 2 tablespoons no-salt-added tomato paste
- \*½ teaspoon dried basil
- \*½ teaspoon dried oregano



### **Directions:**

1. Preheat oven to 400°F.
2. In a large bowl, with hands, mix together all ingredients until evenly combined (do not overwork the turkey).
3. Roll the ground turkey mixture into golf ball sized meatballs and place onto a baking sheet lined with non-stick foil; wash hands thoroughly with warm water and soap.
4. Cook meatballs about 10 minutes per side (about 20 minutes total) until golden and cooked through.
5. Refrigerate leftovers promptly and use within 1 to 2 days.

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\*1 teaspoon salt-free Italian seasoning blend may be substituted (such as Mrs. Dash or McCormick)

### **Nutrition Facts Per Serving:**

**128** calories  
**6 g** total fat  
**1.5 g** saturated fat  
**1 g** total carbohydrate  
**17 g** protein