

Day Eleven Menu

Breakfast

Cooked oatmeal, ½ cup, sprinkled with cinnamon and artificial sweetener, topped with 1 small sliced banana

Milk, 1%, 1 cup

Snack

Crunchy granola bar, 1 small, spread with 1 tablespoon peanut butter

Coffee

Lunch

Ham and cheese melt, made with 2 slices whole wheat bread, 1 slice (about 1 ounce) reduced-fat cheddar cheese, 1 ounce lean sliced ham (lower sodium variety), 1 teaspoon soft margarine (for grilling)

Side salad, made with 1 cup spinach, ¼ cup diced tomatoes, ½ cup green peas (frozen, thawed), 1 tablespoon light ranch dressing

Unsweetened iced tea with lime juice

Snack

Graham crackers (2½-inch squares), 3 each

Orange, 1 small

Evening Meal

Black bean burrito, 1 serving (recipe provided)

Carrot slices, fresh or frozen, boiled or steamed, ½ cup, seasoned with salt-free seasoning

Pineapple chunks, canned in juice and drained, ½ cup OR mango slices, ½ cup

Ice water with lemon

Snack

Milk, 1%, 1 cup

Almonds, unsalted, dry-roasted, ¼ cup



Nutrition Facts for Day 11:

1,752 calories

63 g total fat (32% calories)

15 g saturated fat (8% calories)

219 g total carbohydrate (50% calories)

90 g protein (21% calories)

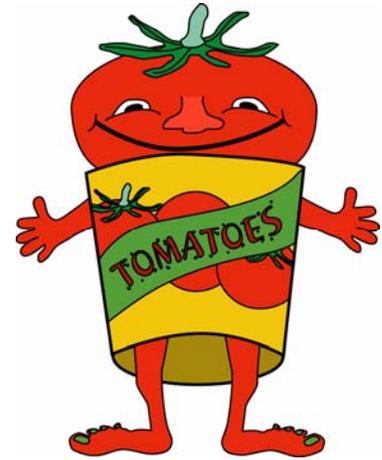


Black Bean Burrito

Serves 2

Ingredients:

- 2 (6-inch diameter) whole wheat or regular flour tortillas
- 1 cup black beans, canned, rinsed and drained
- 1/3 cup prepared salsa, lower sodium variety
- 2 ounces roasted skinless turkey breast, cut into chunks (low-sodium variety if prepared)
- 1/4 cup reduced fat shredded sharp cheddar cheese
- 1/4 cup chopped green onions
- 2 large romaine lettuce leaves



Directions:

1. Preheat a medium skillet sprayed with cooking spray to medium-low; preheat oven to 350°F.
2. Add black beans, salsa, and cooked turkey and mix occasionally, long enough to heat mixture through.
3. Spoon half of the black bean mixture onto each tortilla toward one end.
4. Top the black bean mixture with 2 tablespoons cheese; wrap tortilla up so that filling is sealed in (can also fold tortilla taco style if desired).
5. Place the wraps, seam side down, onto a small baking pan and place in oven for about 5 minutes to melt the cheese inside the wraps and crisp the tortillas.
6. Serve each wrap on top of a romaine lettuce leaf and top with chopped green onions.



Nutrition Facts Per Serving:

305 calories
8 g total fat
2 g saturated fat
34 g total carbohydrate
23 g protein