

Day Thirteen Menu

Breakfast

Cinnamon whole wheat muffins, 1 serving (recipe provided)

Scrambled egg, 1 large (or ¼ cup egg substitute), seasoned with black pepper and chives if desired

Milk, 1%, 1 cup

Hot tea

Snack

Yogurt, low-fat and low-calorie, fruit flavored

Peaches, diced, canned in juice or water, drained, ½ cup

Lunch

Boneless skinless chicken breast tenders, baked, 2 ounces

Split pea soup, lower sodium variety (such as Campbell's Healthy Request), 1 cup, with ½ cup cooked carrot slices added to soup

Wheat crackers, low-sodium variety, ¾ ounce (about 10)

Orange, 1 medium

Ice water

Snack

Whole wheat mini bagel, toasted, 1 each

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

Tomato juice, low-sodium variety, ½ cup

Evening Meal

Salmon or halibut, grilled, 3 ounces, drizzled with 1 teaspoon olive oil and sprinkled with salt-free seasoning to taste

Turnip greens, steamed, ½ cup, with 1 teaspoon added canola or olive oil and salt-free seasoning to taste

Baked potato, with skin, 1 small (about 3 ounces), spread with 1 teaspoon soft margarine

Whole wheat bread, toasted, 1 slice, spread with 1 teaspoon sugar-free fruit preserves

Unsweetened iced tea

Snack

Quick energy mix, made with ½ cup wheat or multigrain Chex cereal, 2

tablespoons dried apricots, 3 tablespoons peanuts (unsalted and dry-roasted)

Nutrition Facts for Day 13:

1,838 calories

59 g total fat (29% calories)

14 g saturated fat (7% calories)

222 g total carbohydrate (48% calories)

112 g protein (24% calories)



Cinnamon Whole Wheat Muffins

Makes 12 muffins (servings)

Ingredients:

- 1¼ cups whole wheat flour
- 1 cup all-purpose flour
- ½ cup granulated sugar or Splenda granular
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- ¾ teaspoon salt
- ¼ cup unsweetened applesauce (chunky or smooth)
- 1 large egg, lightly beaten
- 1½ teaspoons vanilla
- 1½ cups fat-free milk
- 1 tablespoon canola oil



Directions:

1. Preheat oven to 400°F and spray a 12-cup muffin tin with cooking spray.
2. In a large bowl, mix together both flours, sugar, baking powder, cinnamon, and salt.
3. To dry ingredients, add vanilla, applesauce, oil, and egg.
4. Add milk; mix until all ingredients are moistened (do not over mix; may need to add slightly more milk if batter is too dry).
5. Fill muffin cups with batter and bake 20 to 25 minutes or until golden.
6. Let muffins sit 5 minutes, then remove to a wire rack to cool or serve warm.
7. Split a warm muffin in half and spread with 1 teaspoon soft margarine to enjoy.

- * Wrap leftover muffins in plastic wrap, place in a food storage bag, and freeze until ready to eat later. Just remove the plastic wrap, wrap muffin in a paper towel, and thaw in the microwave.

Nutrition Facts Per Serving:

166 calories
5 g total fat
1 g saturated fat
27 g total carbohydrate
3 g protein