

Day Fourteen Menu

Breakfast

Nut-crusted cinnamon French toast with berries, 1 serving (recipe provided)

Coffee

Snack

Pear, baked, 1 small, sprinkled with 1 teaspoon cinnamon/artificial sweetener mixture

Milk, 1%, 1 cup



Lunch

Turkey salad, made with 2 cups fresh spinach or other salad greens, 2 ounces cubed skinless roasted turkey breast (low-sodium variety), ½ cup mandarin oranges (canned in light syrup or juice, drained), ¼ cup diced tomatoes, ½ cup kidney beans (canned, rinsed and drained), 1 tablespoon light ranch dressing

3 peanut butter sandwich crackers

Ice water

Snack

Part-skim mozzarella cheese stick, 1 each (about 1 ounce)

Granola bar, low-fat, 1 small (such as Quaker Chewy)

Evening Meal

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

Green beans, fresh or from frozen, boiled, ½ cup, with 1 teaspoon added canola oil and salt-free seasoning to taste

Baked sweet potato, with skin, ½ large or 1 small (about 3 ounces), sprinkled with cinnamon and spread with 1 teaspoon soft margarine

Whole wheat dinner roll, 1 small (about 1 ounce), spread with 2 teaspoons sugar-free fruit preserves

Unsweetened iced tea

Snack

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

Vanilla wafers, crumbled, 5 each

Nutrition Facts for Day 14:

1,847 calories

56 g total fat (27% calories)

11 g saturated fat (5% calories)

244 g total carbohydrate (53% calories)

104 g protein (23% calories)

Nut-Crusted Cinnamon French Toast with Berries

Serves 2 (4 slices; 2 per serving)

Ingredients:

- 4 slices whole wheat bread
- $\frac{2}{3}$ cup egg substitute
- $\frac{1}{4}$ cup fat-free milk
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{4}$ teaspoon almond extract (optional)
- 1 cup whole grain flake cereal, such as oat bran flakes
- 3 tablespoons unsalted almonds
- 1 cup sliced strawberries (fresh or frozen without added syrup)
- $\frac{1}{4}$ cup sugar-free maple syrup
- cooking spray



Directions:

1. In a food processor, pulse almonds to crush into small pieces; add in the cereal and process to mix the cereal and nuts together into a crumb mixture and pour into a medium bowl.
2. In a shallow dish, such as a pie pan, whisk together the egg substitute, milk, almond extract (optional), and cinnamon.
3. Lightly spray a large skillet with cooking spray and preheat the skillet over medium-low heat (about 250 to 300°F).
4. Working in batches, soak bread slices in egg mixture for 30 seconds per side.
5. Sprinkle soaked bread slices with the cereal/nut mixture to coat.
6. Place bread slices on skillet, flipping to brown both sides to golden (about 3 minutes per side).
7. Remove toast to a plate and place $\frac{1}{2}$ cup sliced strawberries on top of each serving of toast (2 slices); serve immediately with 1 tablespoon sugar-free syrup per slice of toast.

Nutrition Facts Per Serving:

356 calories
10 g total fat
1 g saturated fat
56 g total carbohydrate
19 g protein