

Day Fifteen Menu



Breakfast

Berry fruit roll-up with light cream cheese (recipe provided)
Canadian bacon, 1 slice (about 1 ounce)
Orange juice, calcium- and vitamin D-fortified, ½ cup
Coffee

Snack

Whole wheat crackers (such as Triscuit), low-sodium variety, 5 each
Milk, 1%, 1 cup

Lunch

Chicken salad, made with 2 cups romaine lettuce, 2 ounces boneless skinless
grilled chicken breast (cubed, low-sodium variety), ¼ cup chopped red onion, ¼
cup diced red bell pepper, 1 slice toasted whole wheat bread, (cut into wedges
to nest in salad), 1 tablespoon oil vinaigrette dressing
Corn on the cob, ½ large ear OR ½ cup cooked corn, fresh or frozen, with 1
teaspoon soft margarine for either option
Milk, 1%, 1 cup

Snack

Graham crackers (2½-inch squares), 3 each
Unsweetened applesauce, ½ cup
Ice water

Evening Meal

Lean pork loin, roasted, 3 ounces
Acorn squash, baked, ½ small, with a dash of cinnamon and 2 teaspoons soft
margarine
Lima beans, canned, rinsed and drained, ½ cup
Whole wheat dinner roll, 1 small, spread with 2 teaspoons sugar-free fruit
preserves
Ice water with lemon

Snack

Yogurt, low-fat and low-calorie, vanilla or
fruit flavored
Cherries, pitted, ½ cup (about 12) OR sliced
pears, canned in water or juice, ½ cup
Chopped walnuts, toasted, 2 tablespoons

Nutrition Facts for Day 15:

1,841 calories
56 g total fat (27% calories)
14 g saturated fat (7% calories)
244 g total carbohydrate (53% calories)
102 g protein (22% calories)

Berry Fruit Roll-Ups with Light Cream Cheese

Serves 2

Ingredients:

- 2 (8-inch diameter) plain flour tortillas
- 2 teaspoons sugar-free fruit preserves of choice (strawberry, raspberry, etc.)
- ½ cup each sliced strawberries and blueberries (can use 1 full cup strawberries only)
- 2 teaspoon Splenda granulars (optional)
- 1 tablespoon each ⅓ less fat cream cheese and fat-free cream cheese, softened
- ⅛ teaspoon vanilla extract
- 1 teaspoon sugar or Splenda granular (preferred)
- 1 teaspoon egg substitute



Directions:

1. Preheat oven to 325°F.
2. Lightly dust sliced strawberries and blueberries with 2 teaspoons Splenda if desired and set aside.
3. In a small bowl, beat together both cream cheeses to combine; mix in sugar or Splenda, vanilla, and egg substitute until smooth.
4. To the berries, add the fruit preserves and mix with the berries to coat them evenly.
5. Lay the tortillas flat and spread ½ of the cream cheese mixture (1 tablespoon) onto each toward one end.
6. Pile half (½ cup) of the strawberries and blueberries onto the cream cheese mixture on each tortilla.
7. Roll the tortillas up burrito style by folding in the sides and rolling forward, starting from the end with the filling.
8. Place roll-ups in the oven and allow to warm through, about 5 to 8 minutes; serve immediately.

<p>Nutrition Facts Per Serving: 219 calories 5 g total fat 1 g saturated fat 38 g total carbohydrate 7 g protein</p>
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