

Day Sixteen Menu

Breakfast

Whole grain cereal, unsweetened and fortified, ready-to-eat, 1 cup*, with 2 tablespoons sliced almonds
Milk, 1%, 1 cup
Cantaloupe, cubed, ½ cup OR honeydew melon, ½ cup
Coffee

Snack

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

Lunch

Turkey and peach stuffed pita (recipe provided)
Side salad, made with 1 cup green leaf or romaine lettuce, ½ cup garbanzo beans (canned, rinsed and drained), ¼ cup minced red onion, 1 tablespoon olive oil
Ice water with a lemon wedge

Snack

Air-popped popcorn, 3 cups
Part-skim mozzarella string cheese, 1 stick (about 1 ounce)
Ice water

Evening Meal

Vegetable omelet (cook on non-stick skillet with cooking spray and top with chives if desired), made with ½ cup egg substitute (or 1 egg + 2 egg whites, beaten with a splash of milk), ¼ cup each diced green bell peppers and diced tomatoes (sautéed in 2 teaspoons canola oil)
Baked sweet potato, with skin, ½ large (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

Fig cookies, fat-free, 2 each
Milk, 1%, 1 cup

* Whole grain cereal suggestions include Cheerios, corn bran, puffed wheat, wheat bran, shredded wheat



Nutrition Facts for Day 16: 1,811 calories 61 g total fat (30% calories) 12 g saturated fat (6% calories) 242 g total carbohydrate (53% calories) 86 g protein (19% calories)

Turkey and Peach Stuffed Pita

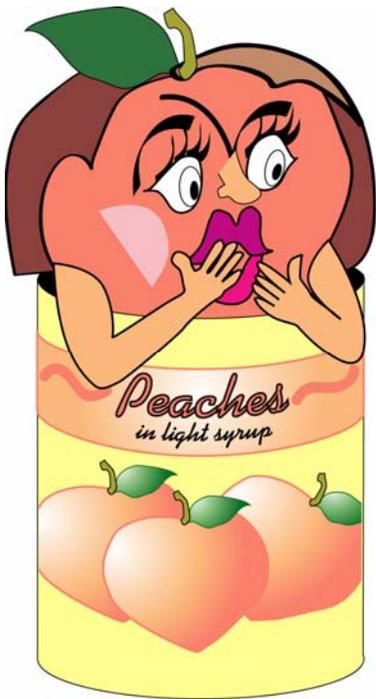
Serves 2

Ingredients:

- 1 whole wheat pita pocket (6-inch diameter), cut in half and opened to make 2 pita pockets, toasted if desired
- 2 teaspoons light mayonnaise
- 4 ounces roasted, skinless turkey breast, low-sodium variety, cubed
- ½ cup diced peaches, canned in juice or water, drained
- ½ cup baby spinach
- 2 tablespoons chopped pecans, toasted

Directions:

1. Line each pita pocket with a thin layer of the mayonnaise.
2. Fill each pita with half of the spinach, turkey, and peaches; sprinkle 1 tablespoon of the toasted pecans into each pita pocket.
3. Serve chilled or place in a 325°F oven to heat through if preferred.



Nutrition Facts Per Serving:

258 calories
9 g total fat
1 g saturated fat
24 g total carbohydrate
21 g protein