

## Day Two Menu

### **Breakfast**

Whole grain cereal (such as oat or wheat bran flakes, wheat Chex, or corn bran), unsweetened and fortified, ready-to-eat,  $\frac{3}{4}$  cup

Milk, 1%, 1 cup

Orange, 1 small

Coffee

### **Snack**

Yogurt, low-fat and low-calorie, vanilla or fruit flavored,  $\frac{3}{4}$  cup (6 ounce container)

Bran muffin, low-fat, 1 small (or  $\frac{1}{2}$  of a medium-large, about 1 ounce), spread with 1 teaspoon soft margarine

### **Lunch**

Baked potato, with skin, 1 small (about 3 ounces), with chili and cheese

1 cup chili, made with 1  $\frac{1}{2}$  ounces cooked ground turkey,  $\frac{1}{4}$  cup kidney beans (canned, rinsed and drained),  $\frac{1}{4}$  cup no-salt-added stewed tomatoes, chili powder to taste

Part-skim mozzarella cheese, shredded, 2 tablespoons

White seedless grapes,  $\frac{1}{2}$  cup (about 16)

Ice water

### **Snack**

Graham crackers (2 $\frac{1}{2}$ -inch squares), 3 each

$\frac{1}{2}$  cup pumpkin dip, made with  $\frac{1}{2}$  cup canned pumpkin, 2 tablespoons fat-free cream cheese,  $\frac{1}{4}$  teaspoon cinnamon, sweetened with artificial sweetener

### **Evening Meal**

Tuna or other fish, baked, 2 ounces

Pasta and vegetable toss, made with  $\frac{1}{2}$  cup cooked rotini or other short pasta, 1 $\frac{1}{4}$  cups sautéed vegetables ( $\frac{1}{2}$  cup zucchini,  $\frac{1}{2}$  cup broccoli florets, 2 tablespoons each diced red bell peppers and chopped onions), 2 tablespoons olive or canola oil for sautéing, and salt-free Italian seasoning blend to taste

Whole wheat bread, toasted, 1 slice, brushed with 1 teaspoon olive oil

Milk, 1%,  $\frac{1}{2}$  cup

Ice water

### **Snack**

Banana burst pudding, 1 serving (recipe provided)

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| <b>Nutrition Facts for Day 2:</b><br><b>1,734</b> calories<br><b>58 g</b> total fat (30% calories)<br><b>11 g</b> saturated fat (6% calories)<br><b>235 g</b> total carbohydrate (54% calories)<br><b>82 g</b> protein (19% calories) |
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## Banana Burst Pudding

**Serves 4**

### **Ingredients:**

- 1 (1 ounce) package sugar-free instant vanilla pudding mix
- 2 cups fat-free milk
- 8 vanilla wafers (2 per pudding cup)
- 2 medium bananas, sliced (½ banana per pudding cup)



### **Directions:**

1. Combine pudding mix with milk and whisk until fully combined per package instructions and refrigerate 5 minutes to set.
2. Spoon half of the pudding mixture evenly into each of 4 small bowls; crumble 1 vanilla wafer on top of each pudding cup.
3. Top each pudding cup with banana slices (allow half of a medium banana for each pudding cup; leave enough slices for one more layer).
4. Build a second layer with the remaining pudding, vanilla wafers, and banana slices as in the first layer.
5. Refrigerate pudding cups for at least 1 hour.

### **Nutrition Facts Per Serving:**

**155** calories  
**2 g** total fat  
**1 g** saturated fat  
**31 g** total carbohydrate  
**5 g** protein