

Day Three Menu

Breakfast

Warm peanut butter and jelly, made with 1 whole wheat English muffin (toasted),
1 tablespoon peanut butter, 1 teaspoon sugar-free preserves
Orange juice, calcium- and vitamin D-fortified, ½ cup
Hot tea

Snack

Mini shredded wheat squares cereal, unsweetened, ½ cup, sprinkled with 1 packet
artificial sweetener
Milk, 1%, 1 cup

Lunch

Stuffed tuna twist wrap, 1 serving (recipe provided)
Pinto beans, canned, rinsed and drained, ½ cup
Ice water with lemon wedge

Snack

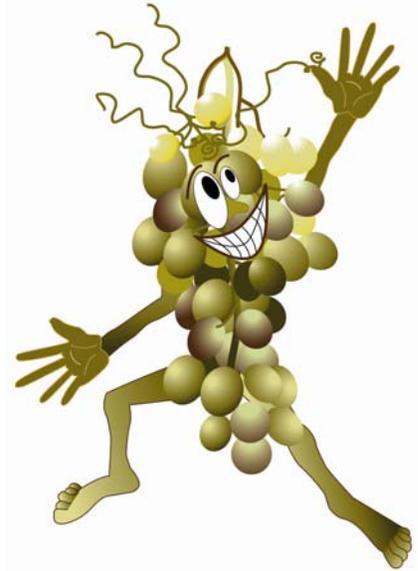
Kiwi fruit, 1 small OR apple, 1 small
Frozen yogurt, low-fat, ½ cup
Almonds, unsalted, chopped, 1 ounce (about 23)

Evening Meal

Oven-roasted skinless turkey breast, low-sodium
variety, 3 ounces, with 1 tablespoon prepared low-sodium gravy
Mixed carrots and green peas, frozen, boiled, 1 cup, with 2 teaspoons added canola
oil and salt-free seasoning to taste
Cornbread, 1 small cube (2 inches)
Tomato juice, low-sodium variety, ½ cup
Ice water

Snack

Red seedless grapes, ½ cup (about 16)
Milk, 1%, 1 cup



Nutrition Facts for Day 3:

1,840 calories
61 g total fat (30% calories)
13 g saturated fat (6% calories)
232 g carbohydrate (50% calories)
107 g protein (23% calories)

Stuffed Tuna Twist Wraps

Serves 2

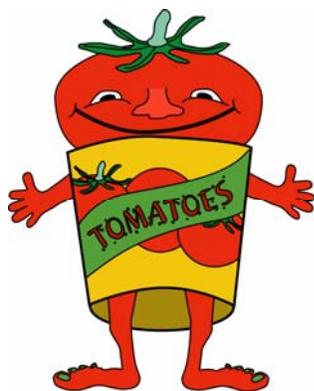
Ingredients:

- ½ cup drained and flaked canned tuna, packed in water
- ¼ cup reduced-fat shredded sharp cheddar cheese
- 2 tablespoons light mayonnaise
- 2 tablespoons sweet pickle relish
- 2 tablespoons sun-dried tomatoes, packed in oil, drained, excess oil patted off (optional)
- 2 tablespoons shredded carrots
- 2 medium (7-inch diameter) whole wheat flour tortillas (preferably low-sodium)
- 2 cups romaine lettuce, chopped



Directions:

1. Mix tuna, mayonnaise, sun-dried tomatoes, carrots, and relish together in a small bowl.
2. Spread tuna mixture evenly onto flour tortillas toward one end; sprinkle 2 tablespoons cheese on top of tuna mixture on each tortilla; roll up.
3. Place roll-ups, seam side down, onto small, foil-lined baking pan.
4. Heat wraps in a 350°F oven to melt cheese and crisp tortillas, about 5 minutes (or place in the refrigerator and chill if you prefer to serve the wraps cold).
5. Serve each wrap on a bed of romaine lettuce (1 cup for each).



Nutrition Facts Per Serving:

315 calories
11 g total fat
3 g saturated fat
39 g total carbohydrate
24 g protein