

Day Four Menu

Breakfast

Whole grain cereal, unsweetened and fortified, ready-to-eat, $\frac{3}{4}$ cup*
Add $\frac{1}{2}$ cup blueberries or $\frac{1}{2}$ medium banana, and $\frac{3}{4}$ ounce unsalted walnuts (about 10 halves)
Milk, 1%, 1 cup
Orange, 1 small
Coffee

Snack

Whole wheat pita (6-inch diameter), toasted and cut into wedges, $\frac{1}{2}$ each OR low-sodium whole wheat crackers, 5 each
Bean and tomato dip, fat-free, $\frac{1}{3}$ cup

Lunch

Chicken salad sandwich, 1 serving (recipe provided)
Corn on the cob, $\frac{1}{2}$ large ear OR cooked corn, fresh or from frozen, $\frac{1}{2}$ cup, with 1 teaspoon soft margarine for either option
Ice water with lemon

Snack

Yogurt, low-fat and low-calorie, peach flavored, $\frac{3}{4}$ cup (6-ounce container)
Peach, peeled and cut into chunks, 1 small OR peaches, canned in water or juice, drained, $\frac{1}{2}$ cup

Evening Meal

Pork chop, lean, broiled, 3 ounces
Collard greens, steamed, $\frac{1}{2}$ cup, with 1 teaspoon added olive or canola oil and salt-free seasoning to taste
Brown rice, $\frac{1}{2}$ cup cooked, prepared in low-sodium chicken broth with a pinch of poultry seasoning and 1 teaspoon soft margarine
Carrot coins, boiled or steamed, $\frac{1}{2}$ cup
Ice water or unsweetened tea

Snack

Air-popped popcorn, 3 cups
Milk, 1%, 1 cup

*Suggested whole grain cereals include wheat flakes, corn bran, shredded wheat



Nutrition Facts for Day 4:

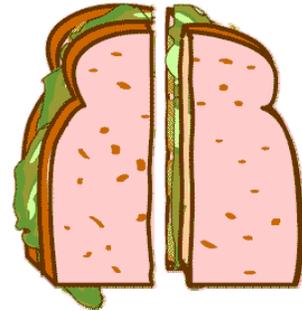
1,756 calories
57 g total fat (29% calories)
12 g saturated fat (6% calories)
222 g total carbohydrate (51% calories)
102 g protein (23% calories)

Chicken Salad Sandwich

Serves 2

Ingredients:

- 1 cup (about 4 ounces) cooked fresh boneless skinless chicken breast OR grilled chicken breast strips, low-sodium variety, cut up into cubes
- $\frac{1}{4}$ cup light mayonnaise
- $\frac{1}{2}$ teaspoon Dijon mustard
- $\frac{1}{4}$ cup chopped celery
- 2 tablespoons chopped chives (optional)
- 4 slices whole wheat bread, toasted if desired
- 2 large romaine lettuce leaves
- 1 small tomato, sliced (optional)



Directions:

1. Mix chicken, celery, mayonnaise, Dijon mustard, and chives (if desired) together in a small bowl.
2. Spread chicken mixture evenly onto 2 of the bread slices; top with lettuce, sliced tomato (if desired), and remaining bread slices; serve immediately or refrigerate.

Nutrition Facts Per Serving:

344 calories
15 g total fat
2.5 g saturated fat
31 g total carbohydrate
24 g protein

