

## Day Five Menu

### **Breakfast**

Creamy strawberry yogurt smoothie, 1 serving (recipe provided)  
Whole wheat bread, toasted, 1 slice, spread with 1 teaspoon soft margarine  
Hot tea OR coffee

### **Snack**

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



### **Lunch**

Roast beef sandwich, made with 2 ounces lean roasted beef, 1 small whole wheat bun (about 2 ounces), 1 teaspoon light mayonnaise, 1 teaspoon mustard  
Baked beans, canned, ½ cup  
Baby carrots, ½ cup, with 2 tablespoons light ranch dressing for dipping  
Ice water with a lemon wedge



### **Snack**

Apple, with peel, sliced, ½ small, with 1 tablespoon peanut butter

### **Evening Meal**

Oven-roasted skinless turkey breast (low-sodium variety if prepared), 3 ounces  
Green peas, frozen, boiled, ½ cup  
Biscuit, 1 small (2½-inch diameter), spread with 2 teaspoons sugar-free fruit preserves  
Side salad, made with 1 cup spinach, ½ cup mandarin oranges (canned in light syrup or juice, drained), 2 tablespoons minced red onion, 1 tablespoon oil vinaigrette dressing  
Ice water

### **Snack**

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

#### **Nutrition Facts for Day 5:**

**1,774** calories  
**55 g** total fat (28% calories)  
**15 g** saturated fat (8% calories)  
**229 g** total carbohydrate (52% calories)  
**97 g** protein (22% calories)



## Creamy Strawberry Yogurt Smoothie

Serves 2

### Ingredients:

- 1 cup 1% milk
- 1 cup low-fat, low-calorie strawberry yogurt
- 1 cup sliced strawberries (fresh or frozen as whole berries without syrup)
- ½ cup crushed or diced pineapple (fresh or canned in juice)

### Directions:

1. Place all ingredients into a blender.
2. Blend on high until fully combined; pour into 2 tall glasses and serve chilled.



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

**170** calories  
**2 g** total fat  
**1 g** saturated fat  
**30 g** total carbohydrate  
**10 g** protein