

## Day Six Menu

### **Breakfast**

Sunrise scrambler, made with 1 large egg plus 2 egg whites (beaten with a splash of milk), ½ cup diced red bell peppers, 1 tablespoon chopped chives or black pepper to taste, 1 teaspoon soft margarine (for cooking)

Bran muffin, low-fat, 1 small (1 ounce)

Milk, 1%, 1 cup

Hot tea or coffee

### **Snack**

Yogurt, low-fat and low-calorie, vanilla or fruit flavored, ¾ cup

Granola cereal, low-fat, ¼ cup

### **Lunch**

Halibut or other fish, broiled or baked, 2 ounces, prepared with 1 teaspoon olive oil, lemon juice, and salt-free seasoning to taste

Baked potato, with skin, 1 small (about 3 ounces), topped with 1 teaspoon soft margarine, and ¼ cup lower sodium salsa

Black beans, canned, rinsed and drained, ½ cup

Orange, 1 medium

Ice water with lemon wedge

### **Snack**

Red or white seedless grapes, ½ cup (about 16)

Animal crackers, 8 crackers

### **Evening Meal**

Hawaiian pizza (top pita with other ingredients): 1 (6-inch diameter) whole wheat pita, 2 tablespoons no-salt-added tomato paste (mixed with dried basil/oregano if desired), 1 ounce lean diced lower sodium ham, ¼ cup diced pineapple (canned in juice, drained), ¼ cup shredded part-skim mozzarella cheese

Side salad, made with 1½ cups romaine or leaf lettuce, ½ cup broccoli, ½ cup diced tomatoes, ¼ cup shredded carrots, 1 tablespoon oil vinaigrette dressing

Ice water

### **Snack**

Nutty pumpkin pie pudding, 1 serving (recipe provided)



#### **Nutrition Facts for Day 6:**

**1,758** calories

**51 g** total fat (26% calories)

**13 g** saturated fat (7% calories)

**243 g** total carbohydrate (55% calories)

**93 g** protein (21% calories)

## Nutty Pumpkin Pie Pudding

Serves 4

### Ingredients:

- 1 (1-ounce) package sugar-free instant vanilla pudding mix
- 2 cups fat-free milk
- 1 cup canned pure pumpkin
- ½ teaspoon pumpkin pie spice or cinnamon
- ¼ cup light whipped topping
- 2 ounces (about ½ cup) toasted pecan halves



### Directions:

1. Whisk together the milk and pudding mix according to package directions; refrigerate for 5 minutes to set.
2. Add pumpkin and pumpkin pie spice to pudding mixture and mix well to fully combine; fold in whipped topping for a lighter texture.
3. Spoon pumpkin mixture into 4 individual serving dishes and refrigerate to thoroughly chill.
4. Just before eating, stir ⅛ cup (about 2 tablespoons) toasted pecans into each pudding dish for added flavor and crunch.

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

**204** calories

**11 g** total fat

**2 g** saturated fat

**21 g** total carbohydrate

**7 g** protein