

Day Seven Menu

Breakfast

Good morning breakfast sandwich, 1 serving (recipe provided)
Orange juice, calcium- and vitamin D-fortified, ½ cup
Coffee

Snack

Animal crackers, 8 crackers
Milk, 1%, 1 cup

Lunch

½ chicken salad sandwich, made with 1 slice toasted, whole wheat bread, 2 ounces roasted boneless skinless chicken breast (low-sodium variety, cut into chunks), 1 teaspoon light mayonnaise, 1 small crunchy lettuce leaf
Cool side salad, made with 1 cup romaine lettuce or fresh spinach leaves, ½ cup sliced strawberries, 2 tablespoons toasted, unsalted walnut halves (about 8 halves), 1 tablespoon oil vinaigrette dressing
Milk, 1%, 1 cup
Unsweetened iced tea

Snack

Tortilla chips, baked, ¾ ounce (about 10)
Bean and tomato dip, fat-free, ⅓ cup
Ice water with lime

Evening Meal

Grilled hamburger, made with a 3-ounce ground sirloin beef patty, 1 small hamburger bun (about 2 ounces), 1 large lettuce leaf, 1 teaspoon each mustard and ketchup
Coleslaw, made with ½ cup shredded cabbage, ½ cup shredded carrots, 1 tablespoon light mayonnaise, 1 tablespoon vinegar, 1 teaspoon honey
Corn, fresh or frozen, boiled, ½ cup, with 1 teaspoon soft margarine
Ice water

Snack

Peach, 1 small OR plum, 1 medium
Yogurt, low-fat and low-calorie, vanilla or fruit flavored, ¾ cup



Nutrition Facts for Day 7:

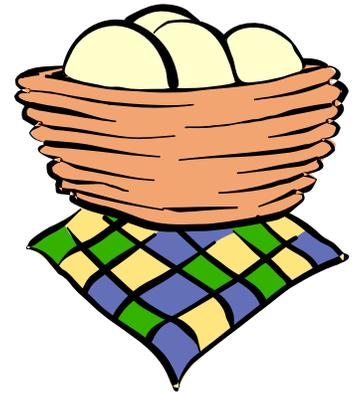
1,830 calories
63 g total fat (31% calories)
18 g saturated fat (9% calories)
220 g total carbohydrate (48% calories)
106 g protein (23% calories)

Good Morning Breakfast Sandwich

Serves 2

Ingredients:

- 2 whole wheat English muffins, split in half and toasted
- 2 teaspoons soft margarine
- 2 large eggs, beaten with a splash of milk (or use ½ cup egg substitute)
- 2 tablespoons chopped chives (optional)
- ⅛ teaspoon coarsely ground black pepper
- ¼ cup shredded reduced-fat cheddar cheese



Directions:

1. In a non-stick pan sprayed with cooking spray, scramble the eggs and pepper together; just before eggs are finished, sprinkle in chives.
2. Spread ½ teaspoon margarine onto each toasted English muffin half.
3. Spoon half of the egg mixture onto each of the two bottom halves of the English muffins.
4. Top the egg mixture on each muffin half with 2 tablespoons cheddar cheese.
5. Place the other English muffin top halves onto the egg and cheese mixture on each to make a sandwich; serve immediately.

Nutrition Facts Per Serving (using real eggs):

282 calories
13 g total fat
4 g saturated fat
28 g total carbohydrate
16 g protein

