

Day Nine Menu

Breakfast

Whole wheat bagel, toasted, 1 medium (about 2 ounces), with 1 tablespoon peanut butter, 2 tablespoons raisins

Milk, 1%, 1 cup

Coffee*

Snack

Yogurt, low-fat and low-calorie, vanilla or fruit flavored, $\frac{3}{4}$ cup

Orange, 1 small

Lunch

Butterbean salad, made with $\frac{1}{2}$ cup butterbeans (canned, rinsed and drained), $\frac{1}{2}$ cup sliced carrots (frozen or no-salt-added canned), 2 tablespoons chopped green onion, 2 teaspoons olive or canola oil, 1 teaspoon lemon juice, salt-free seasoning to taste

$\frac{1}{2}$ tuna sandwich, made with 1 slice toasted whole wheat bread, 2 ounces ($\frac{1}{4}$ cup) light tuna (canned in water, drained), 1 teaspoon light mayonnaise, 1 large romaine lettuce leaf

Milk, 1%, 1 cup

Ice water

Snack

Broccoli florets, raw, $\frac{1}{2}$ cup, with 2 tablespoons light ranch dressing for dipping

Wheat crackers, low-sodium variety, $\frac{3}{4}$ ounce (about 10)

Evening Meal

Boneless skinless chicken breast, grilled or baked, 3 ounces, sprinkled with salt-free Italian seasoning blend

Cheese and rice stuffed tomatoes, 1 serving (recipe provided)

Corn on the cob, $\frac{1}{2}$ large ear OR $\frac{1}{2}$ cup cooked corn, fresh or from frozen, with 1 teaspoon soft margarine for either option

Unsweetened iced tea with lemon*

Snack

Mini cinni fruit treat, made with 3 cinnamon graham crackers ($2\frac{1}{2}$ -inch squares), $\frac{3}{4}$ cup fresh or frozen blueberries or other berries, 1 tablespoon light whipped topping

*Coffee and tea may be sweetened with packets of artificial sweetener as desired

Nutrition Facts for Day 9:

1,832 calories

59 g total fat (29% calories)

15 g saturated fat (7% calories)

235 g total carbohydrate (51% calories)

100 g protein (22% calories)



Cheese and Rice Stuffed Tomatoes

Serves 2

Ingredients:

- 1 cup cooked brown rice*
- 2 ripe but firm medium tomatoes
- 2 teaspoons olive oil
- 1 small shallot, finely chopped (or sweet onion)
- ½ teaspoon dried basil
- ¼ cup shredded, part-skim mozzarella cheese
- salt and pepper, to taste



- * Instant brown rice can be cooked approximately 8 minutes in low-sodium chicken or vegetable stock instead of water; a pinch of poultry seasoning may also be added for flavor.

Directions:

1. Preheat oven to 350°F and line a small baking pan with aluminum foil (preferably non-stick).
2. Cut a ½-inch thick slice off the top of each tomato; reserve the tomato tops.
3. Scoop the seeds, pulp, and juice from each tomato and discard; sprinkle a pinch of salt and pepper into each of the hollowed out tomatoes.
4. In a small bowl, toss the cooked rice with the shallot, basil, and mozzarella cheese to combine.
5. Spoon the rice mixture into the hollowed tomatoes, mounding slightly; drizzle the top of each mound of rice with 1 teaspoon olive oil.
6. Place the reserved tomato tops on the stuffed tomatoes. Bake until the rice is heated through, about 20 minutes; serve hot or at room temperature.

Nutrition Facts Per Serving:

228 calories
9 g total fat
3 g saturated fat
29 g total carbohydrate
8 g protein