

## Sample Menu #1

### **Breakfast**

Whole grain, ready-to-eat, unsweetened cereal (such as wheat flakes),  
fortified,  $\frac{3}{4}$  cup, sprinkled with 2 tablespoons sliced almonds  
Raisins (for cereal),  $\frac{1}{4}$  cup  
Milk, 1%, 1 cup  
Canadian bacon, low-fat, low-sodium, 1 slice (1 ounce)

### **Snack**

Mandarin oranges, canned in juice or water, drained,  $\frac{1}{2}$  cup  
Wheat crackers (such as Wheat Thins®), low-sodium variety, 15 crackers

### **Lunch**

Lentil soup, reduced-sodium variety preferred, 1 cup  
Grilled cheese sandwich, made with 1 slice whole wheat bread, 1 slice  
reduced-fat cheddar cheese, 1 teaspoon soft tub margarine for grilling  
Side salad, made with 1 cup romaine lettuce,  $\frac{1}{2}$  cup diced tomatoes (fresh or  
canned, drained), 1 tablespoon vinaigrette dressing

### **Snack**

Snappy Strawberry Shortcake Snack (recipe provided)



### **Evening meal**

Turkey breast, skin removed, oven-roasted, 3 ounces, with salt-free  
seasoning to taste  
Peas and carrots, frozen, steamed or boiled,  $\frac{1}{2}$  cup of each, with 1  
teaspoon canola oil  
Brown rice,  $\frac{1}{2}$  cup cooked, with 1 teaspoon soft tub margarine  
Dinner roll, 1 small (1 ounce), with 1 teaspoon low-sugar fruit preserves

### **Snack**

Granola bar, low-fat, 1 small  
Milk, 1%,  $\frac{1}{2}$  cup

\*Remember to drink plenty of fluids throughout the day! Water, tea, coffee,  
small amounts of juice, and other liquids all can help to keep you hydrated.

## Snappy Strawberry Shortcake Snacks

Serves 4

### Ingredients:

- 2 cups fresh strawberries, cut up into small chunks (about 20 medium berries)\*
- 1 tablespoon sugar-free or low-sugar strawberry preserves
- 1 (1 ounce) package sugar-free, fat-free instant vanilla pudding mix
- 2 cups low-fat or fat-free milk
- 16 vanilla wafers



\*If fresh berries aren't in season, use frozen (packed without syrup). Thaw and drain berries. Each snack should use about ½ cup berries.

### Directions:

1. Prepare pudding with milk according to package directions and refrigerate to set.
2. In a small bowl, gently mix together the sliced strawberries and preserves to glaze the berries; set aside.
3. Using 4 small cups or bowls, layer the ingredients in each bowl, filling first with approximately ¼ cup pudding, then 2 vanilla wafers (crumbled), and ending with about ¼ cup of the chopped strawberries on top. Repeat the layers a second time.
4. Refrigerate approximately 1 hour to soften the vanilla wafers; serve chilled.



#### Try this!

Use leftover preserves instead of margarine for morning toast or on an English muffin or biscuit. Slather vanilla wafers with peanut butter for a quick snack later in the week.

#### Estimated Nutrition Facts per serving:

**175** calories  
**4 g** total fat  
**1 g** saturated fat  
**31 g** carbohydrate  
**5 g** protein  
**2 g** fiber