

Sample Menu #3

Breakfast

Yogurt parfait (make layers), made with $\frac{3}{4}$ cup low-fat, low-calorie vanilla or peach yogurt, $\frac{1}{2}$ cup diced canned peaches packed in water or extra light syrup, drained, $\frac{3}{4}$ cup whole grain unsweetened cereal (such as Cheerios® or bran flakes)

Pecan halves, unsalted, 2 tablespoons (to sprinkle on parfait)

Coffee or hot tea, 1 cup, with artificial sweetener as desired

Snack

Mandarin oranges, canned in juice or water, drained, $\frac{1}{2}$ cup

Milk, 1%, 1 cup

Lunch

Barbequed pork sandwich, made with 2 ounces roasted pork tenderloin, 1 tablespoon barbeque sauce, 1 (2 ounce) whole wheat hamburger bun

Pinto beans, canned, rinsed and drained, heated, $\frac{1}{2}$ cup

Coleslaw, made with $\frac{1}{2}$ cup shredded cabbage, $\frac{1}{2}$ cup shredded carrots, 1 tablespoon reduced-fat mayonnaise

Snack

Whole wheat crackers (such as Triscuit®), low-sodium variety, 5 crackers

Cottage cheese, low-fat, calcium-fortified, $\frac{1}{4}$ cup

Evening meal

Spanish Chicken and Rice (recipe provided)

Broccoli, fresh or frozen, chopped, steamed, $\frac{1}{2}$ cup

Corn, frozen, boiled, $\frac{1}{2}$ cup, with 1 teaspoon soft tub margarine

Whole wheat bread, toasted, 1 slice, with 1 teaspoon soft tub margarine



Snack

Pudding, sugar-free, fat-free instant, prepared with milk, $\frac{1}{2}$ cup

Banana, sliced, 1 small or $\frac{1}{2}$ large

*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.

Spanish Chicken and Rice

Adapted from the NHLBI, the National Institutes of Health, 2003, Publication No. 03-2921

Serves 4

Ingredients:

- 2 cups cooked brown rice (cook in unsalted water)
- 1 to 1½ cups cooked skinless chicken breast, in chunks (fresh or canned, 7 ounce pouch or 10 ounce can)
- ½ cup diced sweet onion and ¼ cup diced green peppers
- 1 clove garlic, minced (optional)
- 2 teaspoons canola oil
- 1 cup no-salt-added tomato sauce (8-ounce can)
- ½ teaspoon all-purpose salt-free seasoning blend



Directions:

1. In a small pan, sauté the onions and garlic in the canola oil over medium heat for about 2 minutes until translucent.
2. Reduce the heat to medium-low and add the tomato sauce and seasoning blend; heat through, stirring occasionally.
3. In a medium bowl, mix together the rice and chicken; pour in the sauce and gently stir until all ingredients are fully combined.



Try this!

Experiment with different herbs to garnish this dish, such as parsley, for extra color and flavor if you wish. You could also use salsa as your sauce for a quick added zing.

Estimated Nutrition Facts per serving:

250 calories
6 g total fat
1 g saturated fat
27 g carbohydrate
20 g protein
2 g fiber