

Sample Menu #8



Breakfast

Peach crumble (recipe provided)

Peach yogurt, low-fat and low-calorie, $\frac{3}{4}$ cup

Snack

Peanut butter and jelly sandwich, $\frac{1}{2}$ sandwich, made with 1 slice whole wheat bread, 1 tablespoon peanut butter, and 1 teaspoon fruit preserves

Lunch

Turkey and spinach salad, made with 2 cups spinach or romaine lettuce, 2 ounces cubed skinless turkey breast, $\frac{1}{2}$ cup diced tomatoes, $\frac{1}{2}$ cup diced tangerine, 2 tablespoons reduced-fat salad dressing

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

Pita chips, made with whole wheat pita bread* ($\frac{1}{2}$ a 6 inch diameter), drizzled with 1 teaspoon canola oil, toasted and cut into wedges (or have 5 whole wheat crackers)

Snack

Cantaloupe, cubed, $\frac{1}{2}$ cup

Milk, 1%, 1 cup

Evening meal

Chicken thigh or breast, skinless, roasted with salt-free seasoning, 3 ounces

Peas, frozen, boiled, $\frac{1}{2}$ cup

Butternut squash, frozen, cubed, roasted or microwaved, $\frac{1}{2}$ cup, with 1 teaspoon soft margarine, sprinkled with cinnamon to taste

Cornbread, 1 small square

Snack

Granola bar, low-fat, 1 small

Milk, 1%, 1 cup

*Pita bread is a round and flat bread commonly sold about 6 loaves per package at most grocery stores in the bakery department. The cost is about \$1 to \$2 per package. **Drink plenty of fluids each day! Water, tea, coffee, small amounts of juice, and other liquids all can help to keep you hydrated.

Peach Crumble

Serves 2

Ingredients:

- 1 cup peach chunks, canned in water, drained*
- ¼ cup uncooked oats (old-fashioned or quick-cooking)
- 2 tablespoons all-purpose or whole wheat flour
- 2 tablespoons brown sugar
- ¼ teaspoon ground cinnamon
- 2 tablespoons chopped pecans or walnuts
- 1½ tablespoons soft tub margarine (cold)



*You can also use frozen, thawed peaches, or fresh if in season.

Directions:

1. Preheat oven to 375°F. Place peach chunks into a small baking dish (about 15-ounce size).
2. In a small bowl, mix together the oats, flour, brown sugar, cinnamon, and nuts.
3. Add the margarine to the oat mixture, and work it in with your fingertips until the mixture has a crumbly texture.
4. Sprinkle the oat mixture evenly over the peaches; place the dish into the oven.
5. Bake for about 15 minutes, or until the top is fairly crisp; let sit for 5 minutes before serving.



Try this!

Use different fruits for this recipe, such as thawed, frozen blueberries, fresh or canned pears, or thinly sliced apples.

Estimated Nutrition Facts per serving:

260 calories
11 g total fat
2 g saturated fat
40 g carbohydrate
4 g protein
3 g fiber