



Day One Menu

Breakfast

Cold Raisin Oatmeal (recipe provided)
100% orange juice, 6.75-ounce pouch
Instant coffee or tea

Snack

Applesauce, ½ cup
Peanut butter, 1 tablespoon
Graham crackers, 2 rectangles

Lunch

Speedy Southwest Chicken (recipe provided)
Peaches, canned in juice, 4 ounces
Pudding, canned, 4 ounce cup

Snack

Nutritional shake, 8 ounce can

Evening Meal

Quick & Hearty Ham Goulash (recipe provided)
Crackers, 6
Dry milk, 1/3 cup, mixed w/ 1 cup water

Snack

Mixed nuts, ¼ cup
Tomato juice, 6-ounce can, low sodium

Nutrition Facts			
Serving Size One Day Menu (1928g)			
Amount Per Serving			
Calories	1837	Calories from Fat	414
% Daily Value*			
Total Fat	48g		74%
Saturated Fat	10g		48%
Trans Fat	0g		
Cholesterol	68mg		23%
Sodium	3580mg		149%
Total Carbohydrate	283g		94%
Dietary Fiber	32g		128%
Sugars	133g		
Protein	84g		
Vitamin A	459%	Vitamin C	288%
Calcium	94%	Iron	131%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4
NutritionData.com			