

Breakfast
Mid-Morning Refresher
Lunch
Mid-Afternoon Perk
Dinner
Evening Treat

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Shredded Wheat • Shredded wheat, large biscuit - 1 1/2 biscuits • Skim milk - 1/2 cup Bread, 40 cal/slice - 1 slice • Margarine, 50 cal/Tbl - 1/2 Tbl Orange juice - 1/2 cup	Oats for the Heart • Oatmeal (precooked) - 1/2 cup • Skim milk - 3/4 cup • Brown sugar - 1 tsp Fruit or juice - 1 serving	Cream of Wheat • Cream of Wheat (precooked) - 1/4 cup • Skim milk - 3/4 cup • Brown sugar - 1 tsp Fruit or juice - 1 serving	Yogurt Sundae • Low-fat vanilla yogurt - 6 oz • Strawberries (sliced) - 1/2 cup • Grape Nuts - 1/4 cup Fruit - 1 serving Light cranberry juice - 1/2 cup	Cottage Cheese Delight • Cottage cheese, 2% - 3/4 cup • Cantaloupe melon - 1 cup Whole-wheat bread - 1 slice • Jelly or jam - 1 tsp	Bagel w/Cream Cheese • Bagel, whole-wheat - 1 • Light cream cheese - 2 Tbl Fruit - 1 serving Light cranberry juice - 1/2 cup	Veggie Omelet Light spread - 1 tsp • Egg Beaters - 3 • Diced pepper - 1/4 cup • Diced tomato - 1/4 cup • Sharp low-fat shredded cheddar cheese - 1/4 cup Whole-wheat bread w/ jam - 1/2 slice
Grapefruit - 1/2	Cinnamon toast - 1 slice • Mix and sprinkle - Cinnamon - 1/4 tsp - Sugar - 1/4 tsp	Sugar snap peas - 1 cup • Mix with Italian salad dressing - 1 Tbl	Cinnamon toast - 1 slice • Mix and sprinkle - Cinnamon - 1/4 tsp - Sugar - 1/4 tsp	Sugar snap peas - 1 cup • Mix with Italian salad dressing - 1 Tbl	Cinnamon toast - 1 slice • Mix and sprinkle - Cinnamon - 1/4 tsp - Sugar - 1/4 tsp	Mini-popcorn cakes, any variety - 6
Deli Delight • Kaiser roll - 1 • Turkey breast, lean - 2 slices • Low-fat cheese - 1 slice • Red bell pepper - 1/3 • Tomato - 1/4 • Brown mustard - 1 tsp Dill pickle spears - 2 Fruit - 1 serving	Tuna Salad Sandwich • Whole-wheat bread - 2 slices • Tuna salad ingredients - Canned solid white tuna - 2 1/2 oz - Reduced-fat mayonnaise - 1 Tbl - Brown mustard - 1 tsp - Celery - 1/2 - Tomato - 1/2 Baby carrots - 4	Egg Salad Sandwich • Whole-wheat bread - 2 slices • Egg salad ingredients - Egg (boiled) - 1 - Egg white (boiled) - 2 - Reduced-fat mayonnaise - 1 Tbl - Brown mustard - 1 tsp - Celery - 1/4 - Tomato - 1/3 Baby carrots - 5	Chef Salad Lunch • Romaine lettuce - 2 1/2 cups • Low-fat shredded cheddar cheese - 2 1/2 Tbl • Turkey breast, lean - 2 slices • Ham, lean - 1 slice • Egg white (boiled) - 1 • Tomato - 1/2 • Low-fat Italian salad dressing - 2 Tbl Fruit - 1 serving	Signature Pasta Salad • Macaroni - 1/3 cup • Broccoli - 1/2 cup • Red bell pepper - 1/2 • Yellow squash - 1/2 cup • Part-skim shredded mozzarella cheese - 1/4 cup • Grated Parmesan cheese - 2 tsp • Low-fat Italian salad dressing - 2 Tbl	Mediterranean Salad • Lettuce - 2 cups • Roma tomato - 2 • Cucumbers - 1/2 • Purple onion - 1/4 cup • Crumbled Feta cheese - 1 1/2 oz • Garbanzo beans - 1 Tbl • Sunflower seeds - 1 tsp • Low-fat Italian salad dressing - 2 Tbl Whole-wheat pita bread - 1	Mexican Salad Lunch • Kidney beans - 2/3 cup • Romaine lettuce - 1 1/2 cups • Tomato - 1/2 • Spring onion - 1 • Black olives - 2 • Sharp low-fat shredded cheddar cheese - 1 Tbl Tortilla chips - 10 Salsa - 3 Tbl
Vanilla wafers - 4	Yogurt, low-fat, with fruit, 4 oz - 1 Tiny twist pretzels - 6	Graham cracker squares - 2 Skim milk - 1/4 cup	Yogurt, low-fat, with fruit, 4 oz - 1 Tiny twist pretzels - 6	Graham cracker squares - 2 Skim milk - 1/4 cup	Yogurt, low-fat, with fruit, 4 oz - 1 Tiny twist pretzels - 6	Mozzarella string cheese - 1
Marinated Chicken With Almonds* White rice - 4 Tbl • Green peas - 1/4 cup • Pineapple ring - 1/4	Chicken Marsala* Potatoes - 6 oz • Light spread, 45 cal/Tbl - 1 Tbl • Low-fat plain yogurt - 1 Tbl Broccoli - 1 cup	Blackened Snapper* Potatoes - 6 oz • Light spread, 45 cal/Tbl - 1 tsp • Low-fat plain yogurt - 1 Tbl Dinner salad, w/dressing - 1 Saltine crackers - 1 • Light spread, 45 cal/Tbl - 1 tsp	Shrimp Fettuccini* Dinner salad, w/dressing - 1 Saltine crackers - 2 • Light spread, 45 cal/Tbl - 1 tsp	London Broil* Potatoes - 3 1/2 oz • Light spread, 45 cal/Tbl - 1 tsp • Skim milk - 1/4 cup Broccoli - 1/2 cup Dinner salad, w/dressing - 1 Saltine crackers - 2	Bean Burrito* Cottage cheese, 2% - 1/2 cup • Green bell pepper - 1/4 • Corn - 1 Tbl Skim milk - 1/3 cup	Risotto With Vegetables*
Popcorn, air popped - 1 1/2 cups	Fudge bar, sugar free - 1	Kiwi, fresh - 1	Fudge bar, sugar free - 1	Kiwi, fresh - 1	Fudge bar, sugar free - 1	Pudding, reduced calorie - 3/4 cup