

1800 Calorie Menu featuring Cranberry-Almond Oatmeal and Tuscan Tuna, White Bean and Avocado Salad

Breakfast

1 serving *Cranberry-Almond Oatmeal*

2 slices turkey bacon

1 cup 1% fat milk

Coffee, tea, water

A.M. Snack

1 orange

Lunch

1 serving *Tuscan Tuna, White Bean and Avocado Salad*

1 cup baked potato chips

1 cup cantaloupe balls

Water, diet soda, coffee, tea

P.M. Snack

1 6-ounce container vanilla yogurt

Dinner

3 ounces pan-fried ground sirloin patty on reduced calorie hamburger roll

1 teaspoon each mustard, ketchup, fat free mayonnaise

1 slice tomato and 1 large romaine lettuce leaf

$\frac{3}{4}$ cup steamed mixed vegetables, no salt added, with 1 teaspoon margarine

$\frac{1}{2}$ cup unsweetened applesauce

Water, diet soda, coffee, tea

Bedtime Snack

4 low calorie vanilla wafers

$\frac{1}{2}$ cup sugar-free gelatin

Approximate Daily Values

1800 calories

2125 mg sodium