

1800 Calorie Menu featuring Fresh Vegetable Panini and Sesame-Ginger Steamed Salmon

Breakfast

1 small cinnamon raisin bagel, toasted, spread with 1 tablespoon reduced-fat cream cheese
1 cup fresh strawberries, halved
1 cup 1% fat milk
Coffee, tea, water

Morning Snack

1 medium tangerine

Lunch

1 serving **Fresh Vegetable Panini**
½ cup deli-style prepared coleslaw
Water, diet soda, coffee, tea

Afternoon Snack

1 ounce serving whole wheat, low salt pretzels
6 ounces vanilla yogurt

Dinner

1 serving **Sesame-Ginger Steamed Salmon**
½ cup steamed asparagus with 1 teaspoon reduced-fat tub-style margarine
½ cup fresh pineapple chunks with ½ cup reduced-fat cottage cheese
Water, diet soda, coffee, tea

Evening Snack

1 cup apple slices
1 tablespoon reduced-fat peanut butter

Approximate Daily Values

1804 calories
2222 mg sodium