

## **2200 Calorie Menu featuring Cranberry Nut Loaf, Cornflake-Crusted Fish Sticks, Pork Tenderloin with Pumpkin Seed Pesto, and Roasted Cauliflower with Parmesan Crumbs**

### **Breakfast**

1 hard-boiled egg or ¼ cup scrambled egg substitute  
1 6-ounce container vanilla yogurt  
1 medium banana  
1 serving **Cranberry Nut Loaf**  
Coffee, tea, water

### **A.M. Snack**

¾ cup unsweetened applesauce

### **Lunch**

1 serving **Cornflake-Crusted Fish Sticks**  
½ cup baked potato chips  
½ cup Bartlett pear slices  
1 cup 1% fat milk  
Water, diet soda, coffee, tea

### **P.M. Snack**

½ cup red pepper slices with 1 tablespoon reduced fat ranch dressing  
1 ounce part-skim mozzarella cheese stick

### **Dinner**

1 serving **Pork Tenderloin with Pumpkin Seed Pesto**  
1 serving **Roasted Cauliflower with Parmesan Crumbs**  
1 small whole wheat dinner roll with 1 teaspoon margarine  
1½ cups lettuce, tomato and cucumber salad with 1 tablespoon oil & vinegar dressing and  
½ avocado, sliced  
Water, diet soda, coffee, tea

### **Evening Snack**

3 cups air-popped popcorn  
1 ounce dry roasted, unsalted almonds  
Water, diet soda, coffee, tea

### **Approximate Daily Values**

2181 calories  
2256mg sodium