

**~1500 Calorie Menu** featuring  
***Tuscan Tuna, White Bean and Avocado Salad***

**Breakfast**

1 hardboiled egg or ¼ cup scrambled egg substitute  
1 slice toast, preferably whole grain, with 1 tsp margarine  
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  
¾ cup steamed mixed vegetables, no salt added, with 1 teaspoon margarine  
½ cup unsweetened applesauce  
Water, diet soda, coffee, tea

**Bedtime Snack**

3 low calorie vanilla wafers  
½ cup sugar-free gelatin

**Approximate Daily Values**

1500 calories  
1935 mg sodium