

1500 Calorie Menu featuring Pork Tenderloin with Pumpkin Seed Pesto and Roasted Cauliflower with Parmesan Crumbs

Breakfast

1 hard-boiled egg or ¼ cup scrambled egg substitute
½ cup vanilla yogurt
½ cup prepared quick cooking oatmeal with 2 teaspoons brown sugar
½ cup 1% fat milk
Coffee, tea, water

A.M. Snack

½ cup unsweetened applesauce

Lunch

Open-Faced Tuna Melt:

¼ cup drained, water-packed tuna mixed with 1 tablespoon low fat mayonnaise spread on 1 slice multi-grain bread; top with 2 tablespoons reduced fat Cheddar cheese and broil until cheese melts

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

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
Water, diet soda, coffee, tea

Evening Snack

3 cups air-popped popcorn
Water, diet soda, coffee, tea

Approximate Daily Values

1514 calories
1941mg sodium