

1500 Calorie Menu featuring Beef Slow Cooker Irish Stew

Breakfast

1 slice multi-grain bread, toasted
½ tablespoon peanut butter
1 medium banana
½ cup 1% fat milk
Coffee, tea, water

A.M. Snack

1 medium orange

Lunch

Chicken Tortilla Wrap:

A 6-inch tortilla spread with 1 tablespoon reduced fat mayonnaise and 1 teaspoon mustard; top with 3 romaine lettuce leaves, a 1-ounce slice Swiss cheese and ½ cup sliced cooked chicken breast.

Water, diet soda, coffee, tea

P.M. Snack

½ cup apple slices
¼ cup cottage cheese

Dinner

1 serving **Beef Slow Cooker Irish Stew**
1 medium slice French bread
½ cup pear slices
Water, diet soda, coffee, tea

Evening Snack

½ cup vanilla yogurt

Approximate Daily Values

1524 calories
1713mg sodium