

1500 Calorie Menu featuring Sesame-Ginger Steamed Salmon

Breakfast

1 small cinnamon raisin bagel, toasted, spread with 1 tablespoon reduced-fat cream cheese
1 cup fresh strawberries, halved
½ cup 1% fat milk
Coffee, tea, water

Morning Snack

1 medium tangerine

Lunch

½ cup chopped hard-boiled eggs mixed with 1 tablespoon reduced-fat mayonnaise
3 medium celery stalks
5 whole wheat saltine crackers
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

½ cup sugar free gelatin
¼ cup low fat whipped topping

Approximate Daily Values

1476 calories
1944mg sodium