

1800 Calorie Menu featuring Oven Fried Honey-Dijon Chicken and Beef Slow Cooker Irish Stew

Breakfast

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

A.M. Snack

1 medium orange

Lunch

1 serving **Oven Fried Honey-Dijon Chicken**
1½ cups lettuce, tomato, bell pepper and cucumber salad with 1 tablespoon oil & vinegar dressing
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

¾ cup vanilla yogurt

Approximate Daily Values

1823 calories
2006mg sodium