

~2200 Calorie Menu featuring Cranberry-Almond Oatmeal, Tuscan Tuna, White Bean and Avocado Salad, and Lite Seasoned Oven Fries

Breakfast

1 serving *Cranberry-Almond Oatmeal*

2 slices turkey bacon

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 8-ounce container vanilla yogurt

2 squares graham crackers

1 tablespoon peanut butter

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

1 serving *Lite Seasoned Oven Fries*

Water, diet soda, coffee, tea

Bedtime Snack

½ cup sliced strawberries with 2 tablespoons whipped topping

4 low calorie vanilla wafers

Approximate Daily Values:

2120 calories, 2264 mg sodium