

2200 Calorie Menu featuring Open Face Breakfast Sandwich, Oven Fried Honey-Dijon Chicken, Beef Slow Cooker Irish Stew and Honey Yogurt Granola Parfait

Breakfast

1 serving **Open Face Breakfast Sandwich**

½ cup apple juice

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 2 tablespoons oil & vinegar dressing

Water, diet soda, coffee, tea

P.M. Snack

1 cup apple slices with 1 tablespoon peanut butter

Dinner

1 serving **Beef Slow Cooker Irish Stew**

1 medium slice French bread

1 cup pear slices

Water, diet soda, coffee, tea

Evening Snack

1 serving **Honey Yogurt Granola Parfait**

Approximate Daily Values

2209 calories

2189mg sodium