

## **2200 Calorie Menu featuring Whole Wheat Strawberry Crepes, Fresh Vegetable Panini and Sesame Ginger Steamed Salmon**

### **Breakfast**

1 serving **Whole Wheat Strawberry Crepes**

1 cup 1% fat milk

Coffee, tea, water

### **Morning Snack**

2 medium tangerines

### **Lunch**

1 serving **Fresh Vegetable Panini**

½ cup deli-style prepared coleslaw

½ avocado, sliced

Water, diet soda, coffee, tea

### **Afternoon Snack**

1 ounce serving whole wheat, low salt pretzels

8 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**

1 cup apple slices

1½ tablespoons reduced-fat peanut butter

### **Approximate Daily Values**

2173 calories

2200mg sodium