

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	1c bran cereal 1c fat free milk 8 oz orange juice 1 sm banana 1 slice whole wheat toast 1 tsp margarine* Coffee, black or w/ fat free milk	¼ c egg substitute 2 slices whole grain toast 2 tsp margarine* 6 oz orange juice Coffee, black or w/ fat free milk	1c oatmeal 2 Tbsp raisins 1c fat free milk 8 oz orange juice Coffee, black or w/ fat free milk 1 slice whole wheat bread 1 tsp margarine*	Cheese toast: 2 slices whole grain bread 2 slices fat free cheese 1c fat free milk 8 oz orange juice Coffee, black or w/ fat free milk	Sandwich: 1 poached egg 1 slice Canadian bacon 1 English Muffin ¼ cantaloupe 8 oz orange juice 1c fat free milk Coffee, black or w/ fat free milk	1c shredded wheat 1c fat free milk 1c strawberries 8 oz orange juice 2 slices whole wheat toast 2 tsp margarine* Coffee, black or w/ fat free milk	¼ c egg substitute 2 slices whole grain toast 2 tsp margarine* 8 oz orange juice 1c fat free milk 1/8 honeydew melon Coffee, black or w/ fat free milk
Lunch	3 oz hamburger from extra lean ground beef 1 bun 1 lettuce leaf 3 slices tomato 2 tsp mayonnaise Peach 1 oz pretzels	Turkey salad: 2 oz turkey 2 slices whole wheat bread 2 tsp mayonnaise 3 slices tomato & lettuce Carrot & celery sticks 30 grapes 1 c fat free yogurt	4 oz sliced turkey 4 slices rye bread 1 lettuce leaf 6 slices tomato 4 tsp reduced calorie mayonnaise 2 sm plums	½ c tuna 2 Tbsp reduced calorie mayonnaise 4 slices whole grain bread Carrot & celery sticks Pear	Chicken Fajita: 2 oz chicken 2 flour tortillas Sliced onions and peppers cooked in 1 tsp oil ½ c rice ½ c pinto beans w/ chopped onion ¼ avocado 1 sm mango	2 Tbsp natural peanut butter 1 Tbsp jam 2 slices whole grain bread Carrot & celery sticks 1c fat free milk Orange	Chicken salad sandwich: 2 oz chopped chicken, 1 Tbsp reduced calorie mayonnaise 2 slices whole grain bread 1 lettuce leaf 3 slices tomato 2 oz baked potato chips 1¼ c cubed watermelon
Dinner	3 oz grilled skinless chicken breast 1 baked potato 2 tsp margarine* 1c green beans Salad (lettuce, tomato, onion) 1 Tbsp olive oil/vinegar 1/2 c carrots 1 pear	3 oz baked skinless turkey breast 1 ear corn on cob 1 tsp margarine* ½ c peas 1 tsp margarine* 1c yellow squash (prepared w/ 1 tsp olive oil)	4 oz salmon 2 tsp margarine* 1c rice 1c broccoli 1 tsp margarine* 1c yellow squash 1 tsp olive oil 1/12 of Angel Food cake ½ c raspberries	3 skinless chicken thighs 1c mashed potato w/1 tsp margarine* 1 roll 1 tsp margarine* 1c green beans w/1tsp margarine*	3 oz baked Flounder w/ 1 tsp margarine*, 1 Tbsp bread crumbs 1 broiled tomato w/1 Tbsp parmesan cheese/1 tsp margarine* 1c peas 1 slice whole grain bread ½ c cut-up fruit	Stir fry: 3 oz Flank steak 2 tsp oil Onions, pea pods, peppers, carrots, zucchini 1½ c rice	3 oz roasted turkey Baked sweet potato 2 tsp margarine* 1c brussel sprouts 1 tsp margarine* 1 roll 1 tsp margarine* Apple
Snack	2 graham crackers 1c fat free milk	2 ginger snap cookies 1c sorbet	2½c fat free popcorn 2 tsp margarine*	1/2c ice milk 1c strawberries	8 animal crackers 6 oz low fat yogurt	Peach	1c sorbet 2 Fig bar cookies

* Margarine used should be Benecol or Take Control; in Canada: President's Choice "Too Good To Be True" and Lactantia "Olivina"