

2-Day Sample Menu

Day 1 (~1500 calories)

Breakfast:

Creamy apple oatmeal (~270 calories)

- ½ cup uncooked quick oats
- 1 cup skim (fat-free) milk
- ½ cup chopped apple
- 1 tsp of brown sugar
- 1 tbsp chopped walnuts

Water, Tea, or Coffee (black)

Lunch:

Taco Salad (~ 335 calories)

- *Homemade baked tortilla strips (1 corn tortilla cut into thin strip, baked in oven at 400°F)*
- 2 ounces 93% lean ground turkey
- ¼ cup black beans
- ½ ounce low-fat cheddar cheese
- 1 cup chopped lettuce
- ¼ cup avocado
- 2 Tbsp salsa

Water or unsweetened iced tea

Dinner:

Spinach Lasagna roll-ups (~500 calories)

- 1 cup lasagna noodles (2 oz. dry pasta)
- ½ cup cooked spinach
- ½ cup fat-free ricotta cheese
- 1 oz. reduced fat mozzarella
- ½ cup tomato sauce
- Dried oregano/Italian seasoning (to taste)

Garden Salad with Balsamic Vinaigrette

Water or unsweetened iced tea

Snacks:

Homemade Trail Mix (~220 calories)

- ½ ounce unsalted almonds
- 2 Tbsp raisins
- ½ cup whole grain cereal

Water

Day 2
(~1400 calories)

Breakfast:

Breakfast burrito (~240 calories)

- (1) 8-inch flour tortilla
- 1 scrambled egg
- ¼ cup black beans
- 2 Tbsp salsa

½ large grapefruit

Water, tea or coffee (black)

Lunch:

Turkey and Cucumber Sandwich (~245 calories)

<http://www.choosemyplate.gov/healthy-eating-tips/sample-menus-recipes/TurkeyAndCucumberSandwich.pdf>

(SERVES 4)

- 8 slices whole wheat bread
- ½ cup plain fat free yogurt
- 2 teaspoons fresh dill, chopped or 1 teaspoon dried dill
- ½ cup cucumbers, chopped
- ¼ cup onion, chopped
- 1/8 teaspoon black pepper
- 8 oz turkey breast, thinly sliced (substitute deli turkey breast - fat free, low-sodium)

1 cup baby carrots

2 Tbsp hummus

Water or unsweetened iced tea

Dinner:

Brown Rice with Sizzling Chicken and Vegetables (~410 calories)

<http://www.choosemyplate.gov/healthy-eating-tips/sample-menus-recipes/BrownRiceChicken.pdf>

(SERVES 4)

- 3 cups hot cooked brown rice
- 3 tbsp low-sodium soy sauce
- ¼ cup water
- 1 tbsp honey
- 1 tbsp cornstarch
- 1 ½ tbsp canola or corn oil
- 1 lb boneless chicken breast, cut into 1-inch cubes
- 2 cloves garlic, minced
- 1 small white onion, cut into small wedges (about 1/8-inch thick)
- 3 medium carrots, peeled and thinly sliced diagonally (1 cup total)
- 1 ½ cups small broccoli florets
- 1 medium red bell pepper, cut into 1-inch pieces
- 1 cup skim (fat-free milk)

Snack:

1 cup cantaloupe balls

2 ounces of low-fat cheese