

Day Ten Menu

Breakfast

Biscuit, 1 small (about 2½-inch diameter), with 1 teaspoon soft margarine and 1 slice (1 ounce) lower sodium lean ham
Fruit cup, made with 1 small red apple (sliced) and 1 small (or ½ medium) banana (sliced)
Milk, 1%, 1 cup
Hot tea

Snack

Carrot slices or sticks, raw, ½ cup
Cottage cheese, fat-free, calcium-fortified, ½ cup

Lunch

Pita pocket sandwich, made with ½ (6-inch diameter) whole wheat pita (opened and toasted), 2 teaspoons light mayonnaise, 2 ounces cooked boneless skinless chicken breast (cubed), ½ cup chopped green leaf or romaine lettuce, 2 tablespoons unsalted almonds (sliced)
Green peas, frozen, boiled, ½ cup, with 1 teaspoon added canola or olive oil
Orange juice, calcium- and vitamin D-fortified, ½ cup
Ice water with lime

Snack

Tortilla chips, low-fat baked, ¾ ounce (about 10)
Bean and tomato dip, fat-free, ⅓ cup

Evening Meal

Spaghetti, made with ½ cup cooked spaghetti noodles and ¼ cup lower sodium marinara sauce
Italian turkey meatballs, 1 serving (recipe provided)
Whole wheat bread, toasted, 1 slice, rubbed with fresh garlic, and brushed with 1 teaspoon olive oil
Side salad, made with 1 cup romaine lettuce or fresh spinach, ¼ cup minced red onion, ½ cup sliced cucumbers, 1 tablespoon oil vinaigrette dressing
Ice water

Snack

Animal crackers, 8 crackers
Milk, 1%, 1 cup



Nutrition Facts for Day 10:

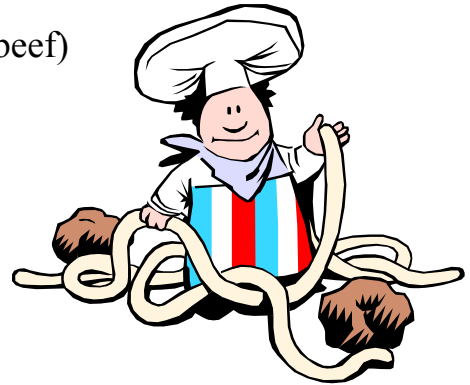
1,745 calories
50 g total fat (26% calories)
11 g saturated fat (6% calories)
231 g total carbohydrate (53% calories)
101 g protein (23% calories)

Italian Turkey Meatballs

Serves 5 (20 meatballs; 4 per serving)

Ingredients:

- 1 pound ground turkey breast (or extra lean ground beef)
- 1 tablespoon fennel seeds
- 1 tablespoon grill seasoning (preferably salt-free)
- 1 tablespoon olive oil
- 2 tablespoons no-salt-added tomato paste
- *½ teaspoon dried basil
- *½ teaspoon dried oregano



Directions:

1. Preheat oven to 400°F.
2. In a large bowl, with hands, mix together all ingredients until evenly combined (do not overwork the turkey).
3. Roll the ground turkey mixture into golf ball sized meatballs and place onto a baking sheet lined with non-stick foil; wash hands thoroughly with warm water and soap.
4. Cook meatballs about 10 minutes per side (about 20 minutes total) until golden and cooked through.
5. Refrigerate leftovers promptly and use within 1 to 2 days.

*1 teaspoon salt-free Italian seasoning blend may be substituted (such as Mrs. Dash or McCormick)

Nutrition Facts Per Serving:

128 calories
6 g total fat
1.5 g saturated fat
1 g total carbohydrate
17 g protein