

Day Twelve Menu

Breakfast

Whole grain cereal, unsweetened and fortified, ready-to-eat, $\frac{3}{4}$ cup*
Milk, 1%, 1 cup
Cantaloupe, cubed, $\frac{1}{2}$ cup
Coffee

Snack

Whole wheat mini bagel, toasted (about 1 ounce), 1 each
Ricotta cheese, part-skim, $\frac{1}{4}$ cup

Lunch

Lentil soup, lower sodium variety, 1 cup
Wheat crackers, $\frac{3}{4}$ ounce (about 10)
Orange, 1 small
Side salad, made with 1 cup leaf lettuce or fresh spinach, $\frac{1}{4}$ cup sliced mushrooms, $\frac{1}{4}$ cup diced red bell peppers, 1 tablespoon light ranch dressing
Ice water

Snack

Graham crackers (2½-inch squares), 3 each
Pumpkin dip, made with $\frac{1}{2}$ cup canned pumpkin, 2 tablespoons fat-free cream cheese, 1 teaspoon cinnamon, sweetened with artificial sweetener

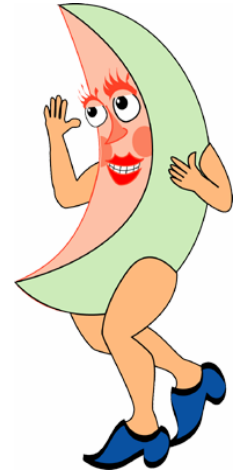
Evening Meal

Oven-baked pecan chicken tenders, 1 serving (recipe provided)
Corn on the cob, $\frac{1}{2}$ large ear OR cooked corn, fresh or from frozen, $\frac{1}{2}$ cup, with 1 teaspoon soft margarine for either option
Cherries, pitted, $\frac{1}{2}$ cup (about 12) OR red seedless grapes, $\frac{1}{2}$ cup (about 16)
Unsweetened iced tea with lemon

Snack

Whole grain rice cake, 1 large (such as Quaker brand), topped with 1 tablespoon peanut butter
Milk, 1%, 1 cup

*Suggested whole grain cereals include Cheerios, corn bran, puffed wheat, shredded wheat, Multigrain Chex



Nutrition Facts for Day 12:

1,819 calories

55 g total fat (27% calories)

14 g saturated fat (7% calories)

239 g total carbohydrate
(53% calories)

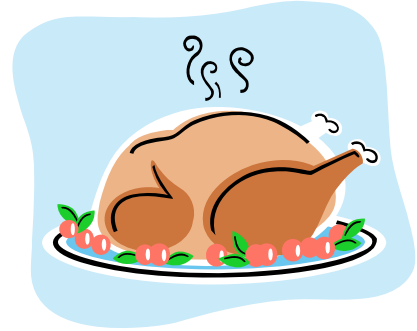
106 g protein (23% calories)

Oven-Baked Pecan Chicken Tenders

Serves 3 (about 6 large tenders or 1 pound chicken; 2 tenders/serving)

Ingredients:

- 1/3 cup all-purpose flour
- 1/3 cup whole wheat flour
- 1/2 cup pecans, finely chopped in food processor
- 2/3 cup plain bread crumbs
- 1/2 cup egg substitute with a splash of milk
- 1 pound chicken breast tenderloin strips
- Pinch salt and pepper (to season chicken)



Directions:

1. Preheat oven to 350°F. Season chicken tenders lightly with salt and pepper.
2. Line up 3 small bowls, with the first containing the flours, the second containing the egg substitute, and the third containing the bread crumbs and pecans.
3. Dip each piece of chicken first into the flour mixture, then the egg substitute, then the pecan/bread crumb mixture, being sure to coat each tender completely.
4. Place tenders on a baking pan lined with non-stick aluminum foil; wash hands thoroughly; place chicken in the oven to bake 12 to 13 minutes per side.
5. Refrigerate any leftovers promptly and use within 1 to 2 days.

Nutrition Facts Per Serving:

500 calories
16 g total fat
3 g saturated fat
39 g total carbohydrate
46 g protein