

Day Five Menu

Breakfast

Creamy strawberry yogurt smoothie, 1 serving (recipe provided)
Whole wheat bread, toasted, 1 slice, spread with 1 teaspoon soft margarine
Hot tea OR coffee

Snack

Whole wheat crackers (such as Triscuit), low-sodium variety, 5 each
Milk, 1%, 1 cup
Ice water



Lunch

Roast beef sandwich, made with 2 ounces lean roasted beef, 1 small whole wheat bun (about 2 ounces), 1 teaspoon light mayonnaise, 1 teaspoon mustard
Baked beans, canned, ½ cup
Baby carrots, ½ cup, with 2 tablespoons light ranch dressing for dipping
Ice water with a lemon wedge



Snack

Apple, with peel, sliced, ½ small, with 1 tablespoon peanut butter

Evening Meal

Oven-roasted skinless turkey breast (low-sodium variety if prepared), 3 ounces
Green peas, frozen, boiled, ½ cup
Biscuit, 1 small (2½-inch diameter), spread with 2 teaspoons sugar-free fruit preserves
Side salad, made with 1 cup spinach, ½ cup mandarin oranges (canned in light syrup or juice, drained), 2 tablespoons minced red onion, 1 tablespoon oil vinaigrette dressing
Ice water

Snack

Air-popped popcorn, 3 cups
Milk, 1%, 1 cup

Nutrition Facts for Day 5:
1,774 calories
55 g total fat (28% calories)
15 g saturated fat (8% calories)
229 g total carbohydrate (52% calories)
97 g protein (22% calories)



Creamy Strawberry Yogurt Smoothie

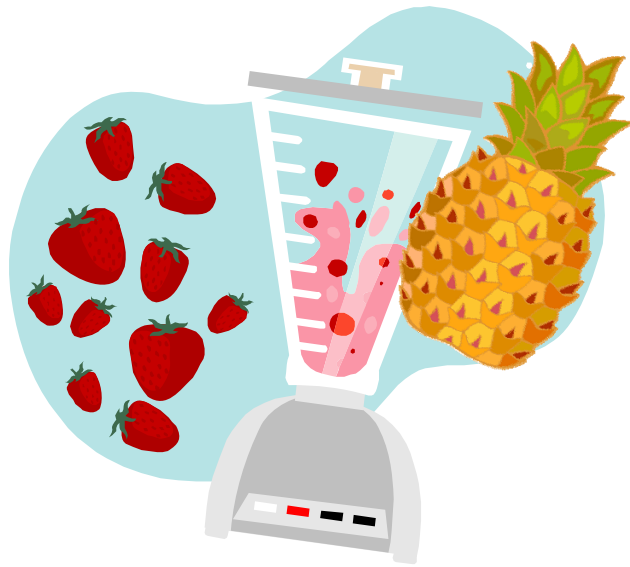
Serves 2

Ingredients:

- 1 cup 1% milk
- 1 cup low-fat, low-calorie strawberry yogurt
- 1 cup sliced strawberries (fresh or frozen as whole berries without syrup)
- ½ cup crushed or diced pineapple (fresh or canned in juice)

Directions:

1. Place all ingredients into a blender.
2. Blend on high until fully combined; pour into 2 tall glasses and serve chilled.



Nutrition Facts Per Serving:

170 calories
2 g total fat
1 g saturated fat
30 g total carbohydrate
10 g protein