

## Day Seven Menu

### **Breakfast**

Good morning breakfast sandwich, 1 serving (recipe provided)  
Orange juice, calcium- and vitamin D-fortified, ½ cup  
Coffee

### **Snack**

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

### **Lunch**

½ chicken salad sandwich, made with 1 slice toasted, whole wheat bread, 2 ounces roasted boneless skinless chicken breast (low-sodium variety, cut into chunks), 1 teaspoon light mayonnaise, 1 small crunchy lettuce leaf  
Cool side salad, made with 1 cup romaine lettuce or fresh spinach leaves, ½ cup sliced strawberries, 2 tablespoons toasted, unsalted walnut halves (about 8 halves), 1 tablespoon oil vinaigrette dressing  
Milk, 1%, 1 cup  
Unsweetened iced tea

### **Snack**

Tortilla chips, baked, ¾ ounce (about 10)  
Bean and tomato dip, fat-free, ⅓ cup  
Ice water with lime

### **Evening Meal**

Grilled hamburger, made with a 3-ounce ground sirloin beef patty, 1 small hamburger bun (about 2 ounces), 1 large lettuce leaf, 1 teaspoon each mustard and ketchup  
Coleslaw, made with ½ cup shredded cabbage, ½ cup shredded carrots, 1 tablespoon light mayonnaise, 1 tablespoon vinegar, 1 teaspoon honey  
Corn, fresh or frozen, boiled, ½ cup, with 1 teaspoon soft margarine  
Ice water

### **Snack**

Peach, 1 small OR plum, 1 medium  
Yogurt, low-fat and low-calorie, vanilla or fruit flavored, ¾ cup



### **Nutrition Facts for Day 7:**

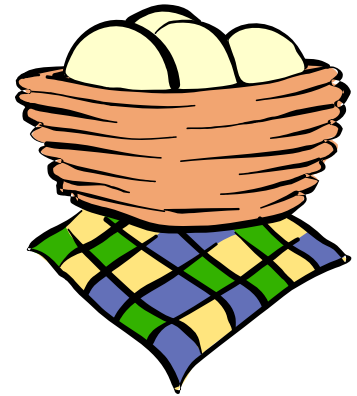
**1,830** calories  
**63 g** total fat (31% calories)  
**18 g** saturated fat (9% calories)  
**220 g** total carbohydrate (48% calories)  
**106 g** protein (23% calories)

## Good Morning Breakfast Sandwich

Serves 2

### Ingredients:

- 2 whole wheat English muffins, split in half and toasted
- 2 teaspoons soft margarine
- 2 large eggs, beaten with a splash of milk (or use ½ cup egg substitute)
- 2 tablespoons chopped chives (optional)
- ⅛ teaspoon coarsely ground black pepper
- ¼ cup shredded reduced-fat cheddar cheese



### Directions:

1. In a non-stick pan sprayed with cooking spray, scramble the eggs and pepper together; just before eggs are finished, sprinkle in chives.
2. Spread ½ teaspoon margarine onto each toasted English muffin half.
3. Spoon half of the egg mixture onto each of the two bottom halves of the English muffins.
4. Top the egg mixture on each muffin half with 2 tablespoons cheddar cheese.
5. Place the other English muffin top halves onto the egg and cheese mixture on each to make a sandwich; serve immediately.

### **Nutrition Facts Per Serving (using real eggs):**

**282** calories  
**13 g** total fat  
**4 g** saturated fat  
**28 g** total carbohydrate  
**16 g** protein

