

Day Eight Menu

Breakfast

Fruit and grain parfait (divide and layer ingredients in a tall glass dish), made with 1 cup low-fat and low-calorie vanilla yogurt, ½ cup sliced strawberries, 1 cup fortified whole grain cereal (such as Wheaties), ¾ ounce (about 10 halves) unsalted chopped walnuts

Canadian bacon, 1 slice

Coffee

Snack

Wheat crackers (such as Wheat Thins), low-sodium variety, ¾ ounce (about 10)

Orange juice, calcium- and vitamin-D fortified, ½ cup

Lunch

Tomato vegetable soup (such as Campbell's Healthy Request), lower sodium variety, 1 cup

½ grilled cheese sandwich, made with 1 slice whole wheat bread, 1 slice (about 1 ounce) reduced-fat cheddar cheese, 1 teaspoon soft margarine for grilling

Plum, 1 large OR pear, 1 small

Unsweetened iced tea

Snack

English muffin, toasted, ½ each, spread with 1 teaspoon sugar-free fruit preserves

Milk, 1%, ½ cup

Evening meal

Mini meatloaf muffins, 1 serving (recipe provided)

Black-eyed peas, frozen, boiled, with salt-free seasoning to taste, ½ cup

Broccoli, steamed, ½ cup, with 2 teaspoons added olive or canola oil, and lemon juice to taste

Acorn squash, ½ small, baked with 1 teaspoon soft margarine and a pinch of cinnamon

Ice water with lemon

Snack

Granola bar, low-fat, 1 small (such as Quaker Chewy)

Milk, 1%, ½ cup



Nutrition Facts for Day 8:

1,764 calories

59 g total fat (30% calories)

14 g saturated fat (7% calories)

240 g total carbohydrate (54% calories)

81 g protein (18% calories)

Mini Meatloaf Muffins

Serves 6 (12 mini meatloaves; 2 per serving)

Ingredients:

- 1 pound extra lean ground beef, such as ground sirloin
- 1 tablespoon grill seasoning
- 1 large egg, beaten
- 1 small yellow onion, finely chopped
- ½ small green bell pepper or 1 rib of celery, chopped
- ⅔ cup plain bread crumbs
- 2 (8-ounce) cans no-salt-added tomato sauce
- 1 tablespoon brown sugar
- 1 tablespoon each yellow mustard and white vinegar
- ¼ cup water



Directions:

1. Lightly mix ground beef, grill seasoning, beaten egg, onion, bell pepper or celery, bread crumbs, and one can of tomato sauce together.
2. Spray a 12-cup muffin tin with cooking spray. Spoon meatloaf mixture evenly into the muffin cups.
3. In a small bowl, prepare the sauce by mixing the remaining can of tomato sauce, brown sugar, mustard, vinegar, and water together; top each meatloaf muffin with 1 tablespoon of the mixture.
4. Bake meatloaf muffins approximately 25 to 30 minutes or until cooked through in a 350°F oven.
5. Top each meatloaf muffin with an extra tablespoon of sauce about 8 minutes before removing from oven.
6. Remove meatloaf muffins from oven and let sit 5 minutes; remove from muffin cups and serve.
7. Refrigerate leftover meatloaf promptly and use within 3 days.

Nutrition Facts Per Serving:

202 calories
8 g total fat
3 g saturated fat
15 g total carbohydrate
16 g protein