

Sample Menu #11

Breakfast

Whole grain waffles, 2 small (top with cottage cheese and peaches)
Cottage cheese, low-fat, calcium-fortified, ¼ cup
Peaches, canned in juice or water, drained, ½ cup

Snack

Graham crackers, 3 squares
Pumpkin dip, made with ¼ cup pumpkin, 1 tablespoon cream cheese, ½ teaspoon
cinnamon, and sweetened with artificial sweetener
Walnuts or pecans, chopped, ¼ cup

Lunch

Southern Roots Vegetable Soup (recipe provided)
Grilled cheese sandwich, ½ sandwich, made with 1 slice
whole wheat bread, 1 slice (1 ounce) reduced-fat
cheese, 1 teaspoon soft tub margarine
Pudding, sugar-free, fat-free instant, made with milk, ½ cup
Banana, sliced, 1 small or ½ large (to go with pudding)

Snack

Whole wheat crackers, low-sodium variety, 5 squares
Bean dip, ¼ cup

Evening meal

Chicken sandwich, made with 3 ounces skinless chicken breast (fresh or canned), 1
small (2 ounces) whole wheat hamburger bun, 2 teaspoons reduced-fat
mayonnaise, lettuce and tomato
Broccoli, frozen or fresh, roasted or steamed, chopped, ½ cup
Corn, fresh or frozen, boiled (or no-salt-added canned), ½ cup, with 1 teaspoon
soft tub margarine

Snack

Milk, 1%, 1 cup
Orange, 1 small

*Remember to drink plenty of fluids throughout the day! Water, tea, coffee, small
amounts of juice, and other liquids all can help to keep you hydrated.



Southern Roots Vegetable Soup

Serves 4

Ingredients:

- 1 cup low-sodium chicken broth or stock
- 1 (16 ounce) can no-salt-added tomatoes (whole or diced)
- ½ small sweet onion, diced (about ½ cup)
- 2 medium carrots, peeled and sliced (about 1 cup)
- 2 small stalks celery, cleaned and diced
- 2 teaspoons canola oil
- ¾ cup kidney or white beans (canned, rinsed and drained)
- 1 teaspoon Italian salt-free seasoning blend



Directions:

1. In a medium saucepan (2 quart), sauté the carrots and celery with the canola oil for 5 minutes over medium heat; add the onion.
2. As the root vegetables sweat, puree the tomatoes in a food processor (*use a can of crushed tomatoes if you do not have a food processor*).
3. Add the pureed tomatoes, chicken broth, and seasoning blend to the vegetables in the pot.
4. Bring the soup up to a boil, then cover and turn the heat to low/medium-low and simmer for 20-30 minutes, or until vegetables are the desired tenderness.
5. When the soup has about 10 minutes left, add in the kidney beans.
6. Serve with whole grain toast or cornbread; use leftovers for another day's lunch.



Try this!

Add or substitute other vegetables you enjoy in soup, such as green beans, peppers, corn, or diced potatoes.

Estimated Nutrition Facts per serving:

120 calories
3 g total fat
0 g saturated fat
19 g carbohydrate
5 g protein
5 g fiber