

Sample Menu #12

Breakfast

Oatmeal, cooked, ½ cup (add pears, frozen yogurt, and nuts on top)
Pears, diced, canned in juice or water, drained, ½ cup
Frozen yogurt, low-fat, ½ cup
Pecans or walnuts, unsalted, chopped, 2 tablespoons

Snack

Part-skim mozzarella cheese stick, 1 ounce
Whole wheat crackers (such as Triscuit®), low-sodium variety, 5 squares

Lunch

Tuna salad sandwich, ½ sandwich, made with 2 ounces tuna, canned in water (low-sodium variety preferred), 1 slice whole wheat bread, 1 tablespoon reduced-fat mayonnaise, 1 small stalk chopped celery, ¼ cup chopped onion
Sweet potato, baked, ½ large, with 1 teaspoon soft tub margarine and cinnamon
Juice, vitamin C-fortified, ½ cup

Snack

Blueberry yogurt smoothie (blend all ingredients), made with ½ cup frozen blueberries, ½ cup low-fat blueberry or vanilla yogurt, ½ cup low-fat milk, and ice cubes as needed for a thinner texture

Evening meal

Pork chop, trimmed of visible fat, grilled or baked, 3 ounces
Cheesy Broccoli Bake (recipe provided)
Butterbeans, canned, rinsed and drained, ½ cup
Biscuit, 1 small (lower-fat refrigerated variety if not homemade, or using the “Better-For-You Buttermilk Biscuits” recipe), with 1 teaspoon soft tub margarine



Snack

Whole grain, ready-to-eat unsweetened cereal (such as bran flakes), ¾ cup
Milk, 1%, ½ cup

*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.

Cheesy Broccoli Bake

Serves 6

Ingredients:

- 1 (10 ounce) box frozen chopped broccoli, thawed
- 1½ cups cooked brown rice
- 1 cup reduced-fat cheddar cheese, cubed or shredded
- 1 (10 ¾ ounce) can reduced-sodium cream of chicken soup (such as Campbell's Healthy Request)
- ½ cup (4 ounce) plain non-fat yogurt
- ¼ cup bread crumbs + ¼ cup crushed cornflakes or cracker crumbs
- 1½ tablespoons soft tub margarine, melted



Directions:

1. Preheat oven to 350°F.
2. In a medium bowl, mix together the broccoli, rice, cheese, undiluted soup, and yogurt.
3. Press the mixture lightly into a small (about 1-quart) baking dish.
4. For the topping, mix together the bread crumbs and cornflakes and sprinkle on top of the broccoli mixture; drizzle the melted margarine on top.
5. Bake in the oven for approximately 30 minutes, or until heated through and golden on top.
6. Serve warm; save any leftovers to have as part of a healthy lunch.



Estimated Nutrition Facts per serving:

220 calories
7 g total fat
3.5 g saturated fat
29 g carbohydrate
12 g protein
4 g fiber