

Meal	Food Description	Portion
<b>Breakfast</b>	Orange juice Wheat Chex Milk, skim or nonfat Banana, raw	6 fl oz 3/4 cup 6 fl oz 1 small (6" to 7" long)
<b>Lunch</b>	Chef salad made from the following: Romaine lettuce, raw Tomatoes, raw Cucumber, raw Cheese, Cheddar or Colby, lowfat Ham, extra lean, prepackaged or deli Egg, whole, boiled Olive oil Grapes, raw	2 cups 1 medium whole 1/2 cup, sliced 1 slice (1 oz) 1 slice (1 oz) 1/2 medium 1 tablespoon 1/2 cup, seedless
<b>Dinner</b>	Trout, baked or broiled Sweetpotatto, baked, fat not added Peas, green, cooked, fat not added Olive oil (may use on menu items above) Cabbage salad made from the following: Cabbage, green, raw Coleslaw dressing Roll, whole wheat, 100% Margarine, tub Pear, raw	3 oz boneless 3/4 cup 1/2 cup 1 teaspoon  1 cup, shredded 1 tablespoon 1 small roll, about 1 oz 1 teaspoon 1 medium pear
<b>Snack</b>	Peanut butter Cracker, 100% whole wheat, Triscuits	4 teaspoons 4 Triscuits or similar cracker

Meal	Calories	Protein (g)	Cholesterol (g)	Fat (g)
<b>Breakfast Total</b>	368	12	81	1
<b>Lunch Total</b>	340	18	25	26
<b>Dinner Total</b>	702	32	95	29
<b>Snack Total</b>	189	7	15	0
<b>Totals</b>	1,599	69	216	58