

## Healthy Eating Meal Plan

### Healthy Eating Meal Plan Day 1

Meal/Menu Item(s)	Serving Size	Serving UOM	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
<b>Breakfast</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
			367	16.7	2.5	0	351	1440	52	12.8	9.6
avocado	0.5	WHOLE, SLICED	160	14.6	2.1	0	7	487	8.0	6.0	2.0
Pepperidge Farm® Whole Grain 100% Whole Wheat Bread	1	SLICE	105	1.7	0.4	0	105	105	20.1	2.6	5.2
crushed red pepper	1	PINCH	1	0.0	0.0	0	0	9	0.2	0.1	0.0
orange	1	MEDIUM	68	0.2	0.0	0	1	232	17.5	3.0	1.2
Low Sodium V8® 100% Vegetable Juice	5.5	FL OZ CAN	30	0.0	0.0	0	95	606	6.0	1.0	1.0
sea salt	1	PINCH	1	0.0	0.0	0	141	0	0.0	0.0	0.0
<b>Lunch</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
			640	19	2.1	186	958	1688	99.7	14.4	23.3
banana	1	MEDIUM	105	0.3	0.1	0	1	422	26.9	3.0	1.1
Campbell's® Well Yes!® Black Bean Vegetables Soup	1	CUP	170	1.0	0.0	0	640	500	30.9	7.0	9.0
grape tomatoes	0.5	CUP	13	0.1	0.0	0	3	176	2.8	0.8	0.5
hard boiled egg	1	LARGE	77	5.3	1.6	186	62	63	0.5	0.0	6.2
raisins	2	TBSP	56	0.0	0.0	0	2	141	14.9	0.6	0.5
walnuts	1	TBSP	45	4.5	0.4	0	0	30	4.5	0.4	1.0
balsamic vinaigrette salad dressing	2	TBSP	68	5.9	0.0	0	82	0	3.4	0.0	0.0
baby spinach	2	CUP	13	0.1	0.0	0	47	334	2.1	1.3	1.6
Pepperidge Farm® Country Style Classic Dinner Rolls	1	ROLL	90	1.5	0.0	0	120	20	17.0	1.0	3.0
<b>Mid-day Snack</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
			249	20.4	4.8	22	178	229	6.7	3.5	12.2
almonds	1	OZ	164	14.1	1.0	0	0	207	6.0	3.5	5.9
string cheese mozzarella sticks	1	OZ	85	6.3	3.7	22	177	21	0.6	0.0	6.2
<b>Dinner</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
			590	17.3	4.4	71	331	1208	68.8	5.4	37.8
non fat milk	1	CUP	83	0.1	0.1	4	102	382	12.1	0.0	8.2
salmon fillet	4	OZ	144	4.9	0.9	52	85	415	0.0	0.0	22.6
cooked brown rice	1	CUP	216	1.7	0.1	0	9	83	42.9	1.9	3.9
broccoli	0.5	CUP	26	0.2	0.0	0	25	246	5.1	2.0	2.1
garlic powder	1	DASH	2	0.0	0.0	0	0	9	0.5	0.0	0.1
lemon	1	WEDGE	14	0.1	0.0	0	0	67	4.5	1.3	0.5
butter	1	TSP	33	3.8	2.4	10	30	1	0.0	0.0	0.0
honey mustard dressing	1	TBSP	69	6.1	0.7	4	76	3	3.4	0.0	0.1
<b>Evening Snack</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
			272	5.2	1.5	11	162	335	41.9	2.7	16.1
blueberries	0.5	CUP	42	0.2	0.0	0	0	56	10.7	1.7	0.5
vanilla nonfat Greek yogurt	6	OZ	90	0.0	0.0	11	56	158	10.2	0.0	13.6
Pepperidge Farm® Goldfish® Graham's Fudge Brownie	1	SERVING	140	5.0	1.5	0	105	120	21.0	1.0	2.0
<b>Daily Totals</b>			<b>2120</b>	<b>78.8</b>	<b>15.5</b>	<b>291</b>	<b>1982</b>	<b>4903</b>	<b>269.3</b>	<b>39.1</b>	<b>99.2</b>

### Healthy Eating Meal Plan Day 2

Meal/Menu Item(s)	Serving Size	Serving UOM	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
<b>Breakfast</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
			451	6.8	0.8	4	409	1820	91.5	11.4	15.5
Low Sodium V8® 100% Vegetable Juice	5.5	FL OZ CAN	30	0.0	0.0	0	95	603	6.0	1.0	1.0
raisin bran cereal	1	CUP	187	1.5	0.2	0	210	385	45.5	6.7	4.5
banana	1	MEDIUM	105	0.3	0.1	0	1	422	26.9	3.0	1.1
pecans	1	TBSP	45	4.7	0.4	0	0	26	0.9	0.6	0.5
non fat milk	1	CUP	83	0.1	0.1	4	102	382	12.1	0.0	8.2
<b>Lunch</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
			498	21.5	12.6	53	1008	1027	60.1	8.2	21.9
Campbell's® Condensed Tomato Soup	.5 cup	.5 CUP PREPARED WITH .5 CUP WATER	90	0.0	0.0	0	480	580	20.0	2.0	2.0
Pepperidge Farm® Whole Grain Thin Sliced 100% Whole Wheat Bread	2	SLICES	130	2.0	0.5	0	130	119	25.0	4.0	7.0
reduced fat cheddar cheese	1.5	OZ	119	7.7	4.9	23	308	39	0.8	0.0	11.5
peach	1	MEDIUM	58	0.3	0.0	0	0	285	14.3	2.2	1.3
butter	1	TBSP	100	11.3	7.1	30	90	3	0.0	0.0	0.0
<b>Mid-day Snack</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
			100	6	0.5	0	25	80	9	1	3
Emerald® Cashews and Almonds with Dried Cranberries 100 Calorie Pack	1	100 CALORIE-PACK	100	6.0	0.5	0	25	80	9.0	1.0	3.0
<b>Dinner</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
			514	12.9	2.1	70	562	1104	65	6.6	33.1
Italian Chicken Peppers	1	SERVING	441	7.4	0.9	67	464	836	61.2	5.5	30.9
baby spinach	1	CUP	6	0.0	0.0	0	23	167	1.0	0.6	0.8
grape tomatoes	0.25	CUP	6	0.0	0.0	0	1	88	1.4	0.4	0.2
Parmesan cheese	1	TSP	16	1.1	0.6	3	72	7	0.5	0.0	1.1
red balsamic vinegar	1	TSP	4	0.0	0.0	0	1	5	0.8	0.0	0.0
olive oil	1	TSP	38	4.3	0.5	0	0	0	4.3	0.0	0.0
<b>Evening Snack</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
			373	16.1	2.4	11	214	591	40.7	6.2	21.2
apple	1	MEDIUM	94	0.1	0.0	0	1	194	23.6	3.6	0.0
crunchy peanut butter	2	TBSP	188	15.9	2.4	0	155	238	6.8	2.5	7.6
vanilla nonfat Greek yogurt	6	OZ	90	0.0	0.0	11	56	158	10.2	0.0	13.6
<b>Daily Totals</b>			<b>1938</b>	<b>63.5</b>	<b>18.5</b>	<b>140</b>	<b>2220</b>	<b>4625</b>	<b>266.5</b>	<b>33.4</b>	<b>94.9</b>

Healthy Eating Meal Plan Day 3

Meal/Menu Item(s)	Serving Size	Serving UOM	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
<b>Breakfast</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
			369	4.2	0.6	11	224	415	69.5	5.5	19.4
low-fat granola	0.67	CUP	254	4.0	0.6	0	167	140	53.6	4.0	5.3
vanilla nonfat Greek yogurt	6	OZ	90	0.0	0.0	11	56	158	10.2	0.0	13.6
strawberries	0.5	CUP	24	0.2	0.0	0	0	116	5.7	1.5	0.4
<b>Lunch</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
			521	5.6	1.3	75	591	1962	74.4	7.6	38
tomato	2	SLICES	7	0.0	0.0	0	2	94	1.2	0.4	0.0
Pepperidge Farm® 100% Whole Wheat Hamburger Buns	1	BUN	109	1.2	0.0	0	177	101	18.5	2.5	5.9
grilled chicken breast	3	OZ	140	2.9	0.8	72	62	217	0.0	0.0	26.3
red seedless grapes	1	CUP	104	0.2	0.0	0	3	288	27.3	1.3	1.0
German potato salad	0.5	CUP	92	1.1	0.3	2	155	380	14.7	2.1	2.4
Low Sodium VB® 100% Vegetable Juice	1	CUP	45	0.0	0.0	0	141	857	9.0	1.0	2.0
honey mustard	1	TBSP	20	0.0	0.0	0	48	0	3.0	0.0	0.0
iceberg lettuce	2	SLICES	2	0.0	0.0	0	1	22	0.4	0.1	0.1
<b>Mid-day Snack</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
			240	13	3	15	670	500	27	5	6
Campbell's Well Yes!® Roasted Red Pepper and Tomato Soup	1	CONTAINER	140	5.0	2.5	15	640	350	22.0	3.0	2.0
Emerald® Coca Roast Almonds 100 Calorie Pack	1	100 CALORIE-PACK	100	8.0	0.5	0	30	150	5.0	2.0	4.0
<b>Dinner</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
			463	11.2	2.1	50	825	1184	59.5	8.9	32.1
Chicken Tortilla Casserole	1	SERVING	239	5.0	1.5	45	427	657	27.4	5.9	21.9
non fat milk	1	CUP	83	0.1	0.1	4	102	382	12.1	0.0	8.2
Late July® Multigrain Sea Salt by the Seashore Tortilla Chips	1	OZ	130	6.0	0.5	0	65	70	17.0	2.0	2.0
Pace® Chunky Salsa	2	TBSP	10	0.0	0.0	0	230	75	3.0	1.0	0.0
<b>Evening Snack</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
			322	13.3	2.6	11	62	551	37	3.9	19.2
cashews	1	OZ	162	13.1	2.5	0	4	160	9.2	0.8	4.3
orange	1	MEDIUM	68	0.2	0.0	0	1	232	17.5	3.0	1.2
vanilla nonfat Greek yogurt	6	OZ	90	0.0	0.0	11	56	158	10.2	0.0	13.6
<b>Daily Totals</b>			<b>1917</b>	<b>47.4</b>	<b>9.7</b>	<b>162</b>	<b>2374</b>	<b>4619</b>	<b>268</b>	<b>31</b>	<b>114.8</b>

3 Day Average	Calories (kcal)	Total Fat (g)	Saturated Fat(g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
	1991	63.2	14.6	198	2192	4715	267.9	34.5	103

Vegetarian Meal Plan

Vegetarian Meal Plan Day 1

Meal/Menu Item(s)	Serving Size	UOM	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
<b>Breakfast</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
			404	16.8	2.6	0	409	1718	59.3	14.5	11.7
Low Sodium VB® 100% Vegetable Juice	1	CUP	43	0.0	0.0	0	139	878	8.7	1.4	1.4
avocado	0.5	WHOLE, SLICED	160	14.6	2.1	0	7	487	8.0	6.0	2.0
sea salt	1	PINCH	1	0.0	0.0	0	132	0	0.0	0.0	0.0
Pepperidge Farm® Whole Grain Thin Sliced 100% Whole Wheat Bread	2	SLICES	130	2.0	0.5	0	130	119	25.0	4.0	7.0
orange	1	MEDIUM	68	0.2	0.0	0	1	232	17.5	3.0	1.2
crushed red pepper	1	PINCH	0	0.0	0.0	0	0	0	0.0	0.0	0.0
<b>Lunch</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
			795	45.3	9.4	213	965	1169	70.9	12.8	29.8
babby spinach	2	CUP	13	0.1	0.0	0	47	334	2.1	1.3	1.6
raisins	2	TBSP	56	0.0	0.0	0	2	141	14.9	0.6	0.5
hard cooked egg	1	LARGE	77	5.3	1.6	186	62	63	0.5	0.0	6.2
extra virgin olive oil	1	TBSP	114	12.9	1.7	0	0	0	0.0	0.0	0.0
grape tomatoes	0.5	CUP	13	0.1	0.0	0	3	176	2.8	0.8	0.5
kidney beans	0.5	CUP	95	0.7	0.2	0	164	197	16.4	5.9	6.3
part skim mozzarella cheese	1.5	OZ	108	6.7	4.2	27	263	35	1.1	0.0	10.2
Emerald® Nuts Glazed Raisins	1	OZ	172	13.1	1.0	0	126	70	12.1	1.0	2.0
balsamic vinegar	1	TSP	4	0.0	0.0	0	1	5	0.7	0.0	0.0
Late July® Multigrain Sea Salt by the Seashore Tortilla Chips	1	OZ	130	6.0	0.5	0	65	70	17.0	2.0	2.0
Pace® Chunky Salsa	2	TBSP	10	0.0	0.0	0	230	75	3.0	1.0	0.0
<b>Mid-day Snack</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
			132	0.2	0	11	57	215	20.9	1.7	14.1
vanilla nonfat Greek yogurt	6	OZ	90	0.0	0.0	11	56	158	10.2	0.0	13.6
blueberries	0.5	CUP	42	0.2	0.0	0	0	56	10.7	1.7	0.5
<b>Dinner</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
			390	18.1	4.6	26	626	962	42.1	7.8	15.4
Skillet Vegetable Lasagna with Herbed Cheese	1	SERVING	390	18.1	4.6	26	626	962	42.1	7.8	15.4
<b>Evening Snack</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
			261	5.4	1.6	0	106	606	52	4.5	3.3
banana	1	LARGE	121	0.4	0.1	0	1	486	31.0	3.5	1.3
Pepperidge Farm® Goldfish® Grahams Fudge Brownie	1	SERVING	140	5.0	1.5	0	105	120	21.0	1.0	2.0
<b>Daily Totals</b>			<b>1984</b>	<b>85.9</b>	<b>18.4</b>	<b>251</b>	<b>2166</b>	<b>4673</b>	<b>245.4</b>	<b>41.6</b>	<b>74.6</b>

Vegetarian Meal Plan Day 2

Meal/Menu Item(s)	Serving Size	UOM	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
<b>Breakfast</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
			473	12.3	1.3	4	314	1248	86.5	11.1	15.2
banana	1 MEDIUM		105	0.3	0.1	0	1	422	26.9	3.0	1.1
raisin bran cereal	1 CUP		187	1.5	0.2	0	210	385	45.5	6.7	4.5
non fat milk	1 CUP		83	0.1	0.1	4	102	382	12.1	0.0	8.2
pecans	2 TBSP		97	10.1	0.8	0	0	58	1.9	1.3	1.2
<b>Lunch</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
			496	21.2	12.4	53	919	1027	60.1	8.2	22
Campbell's® Condensed Tomato Soup	0.5 .5 CUP PREPARED WITH .5 CUP WATER		90	0.0	0.0	0	480	580	20.0	2.0	2.0
Pepperidge Farm® Whole Grain Thin Sliced 100% Whole Wheat Bread	2 SLICES		130	2.0	0.5	0	130	119	25.0	4.0	7.0
reduced fat cheddar cheese	1.5 OZ		119	7.7	4.9	23	308	39	0.8	0.0	11.5
unsalted butter	1 TBSP		97	11	6.9	29	1	3	0.0	0.0	0.0
peach	1 MEDIUM		58	0.3	0.0	0	0	285	14.3	2.2	1.3
<b>Mid-day Snack</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
			100	6	0.5	0	25	80	9	1	3
Emerald® Cashews and Almonds with Dried Cranberries 100 Calorie Pack	1 100 CALORIE-PACK		100	6.0	0.5	0	25	80	9.0	1.0	3.0
<b>Dinner</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
			536	11.5	1.8	4	798	1761	83.2	16.8	25.6
veggie burger patty	3 OZ		150	5.3	1.2	4	483	283	12.1	4.1	13.3
tomato	3 SLICES		10	0.1	0.0	0	3	142	1.7	0.6	0.0
iceberg lettuce	3 LEAVES		2	0.0	0.0	0	1	21	0.4	0.1	0.1
Heinz Tomato Ketchup	1 TSP		6	0.0	0.0	0	53	0	1.6	0.0	0.0
green beans	1 CUP		38	0.2	0.0	0	7	263	8.6	3.3	2.2
extra virgin olive oil	1 TSP		38	4.3	0.5	0	0	0	0	0.0	0.0
cooked sweet potato	1 CUP		180	0.2	0.0	0	72	950	40.0	6.0	4.0
Pepperidge Farm® 100% Whole Wheat Hamburger Buns	1 BUN		109	1.2	0.0	0	177	101	18.5	2.5	5.9
<b>Evening Snack</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
			335	16	2.4	11	213	513	31.2	4.7	21.2
apple	1 CUP		56	0.1	0.0	0	1	116	14.1	2.1	0.0
vanilla nonfat Greek yogurt	6 OZ		90	0.0	0.0	11	56	158	10.2	0.0	13.6
crunchy peanut butter	2 TBSP		188	15.9	2.4	0	155	238	6.8	2.5	7.6
<b>Daily Totals</b>			<b>1942</b>	<b>67.1</b>	<b>18.5</b>	<b>73</b>	<b>2270</b>	<b>4631</b>	<b>270.2</b>	<b>41.9</b>	<b>87.2</b>

Vegetarian Meal Plan Day 3

Meal/Menu Item(s)	Serving Size	UOM	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
<b>Breakfast</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
			524	12.9	1.3	8	400	1503	79.5	8.5	29.1
strawberries	0.5 CUP		24	0.2	0.0	0	0	116	5.7	1.5	0.4
low-fat granola	0.67 CUP		254	4.0	0.6	0	167	140	53.6	4.0	5.3
plain nonfat Greek yogurt	6 OZ		100	0.6	0.1	8	61	239	6.1	0.0	17.3
Low Sodium V8® 100% Vegetable Juice	1 CUP		45	0.0	0.0	0	141	857	9.0	1.0	2.0
Emerald® Cocoa Roast Almonds 100 Calorie Pack	1 100 CALORIE-PACK		100	8.0	0.5	0	30	150	5.0	2.0	4.0
<b>Lunch</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
			696	28.7	11.1	24	716	944	89.7	15.7	27.4
cantaloupe	1 CUP		54	0.3	0.0	0	25	427	13.0	1.4	1.3
mozzarella sting cheese	1 OZ		85	6.3	3.7	22	177	21	0.6	0.0	6.2
Mashed White Bean Basil Sandwich	1 SANDWICH		403	13.0	2.0	0	506	336	59.3	12.3	18.4
dark chocolate	1 OZ		154	9.0	5.3	1	6	159	16.7	2.0	1.4
<b>Mid-day Snack</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
			140	5	2.5	15	640	350	22	3	2
Campbell's® Well Yes!® Roasted Red Pepper and Tomato Soup	1 CONTAINER		140	5.0	2.5	15	640	350	22.0	3.0	2.0
<b>Dinner</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
			275	14.1	3	186	592	502	25	4.3	12
Easy Delicious Shakshuka	1 SERVING		198	13.8	3.0	186	442	469	9.4	3.7	9.4
pita bread	1 4-INCH PITA		77	0.3	0.0	0	150	33	15.5	0.6	2.5
<b>Evening Snack</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
			322	13.3	2.6	11	62	551	37	3.9	19.2
orange	1 MEDIUM		68	0.2	0.0	0	1	232	17.5	3.0	1.2
cashews	1 OZ		162	13.1	2.5	0	4	160	9.2	0.8	4.3
Greek yogurt	6 OZ		90	0.0	0.0	11	56	158	10.2	0.0	13.6
<b>Daily Totals</b>			<b>1958</b>	<b>74.1</b>	<b>20.7</b>	<b>245</b>	<b>2411</b>	<b>3852</b>	<b>253.4</b>	<b>35.5</b>	<b>89.8</b>

<b>3 Day Average</b>			<b>1960</b>	<b>75.7</b>	<b>19.2</b>	<b>190</b>	<b>2282</b>	<b>4383</b>	<b>256.1</b>	<b>39.7</b>	<b>83.9</b>
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## Budget Friendly Meal Plan

### Budget Friendly Meal Plan Day 1

Meal/Menu Item(s)	Serving Size	Serving UOM	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Protein (g)	Cost (\$)
<b>Breakfast</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
orange	1	EA	68	0.2	0.0	0	1	232	17.5	3.0	1.2	0.85
Pepperidge Farm® Whole Grain 100 Whole Wheat Bread	1	SLICE	105	1.7	0.4	0	105	105	20.1	2.6	5.2	0.27
egg	1	EA	71	4.7	1.5	186	71	69	0.0	0.0	6.0	0.14
avocado	0.25	WHOLE, SLICED	80	7.3	1.0	0	3	243	4.0	3.0	1.0	0.14
non fat milk	1	CUP	83	0.1	0.1	4	102	382	12.1	0.0	8.2	0.17
<b>Lunch</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
mixed salad greens	1	CUP	6	0.0	0.0	0	19	0	0.6	0.0	0.6	0.34
strawberries	2	EACH	11	0.1	0.0	0	0	55	2.7	0.7	0.2	0.22
almonds	0.5	OZ	82	7.0	0.5	0	0	103	3.0	1.7	2.9	0.44
Mashed White Bean Basil Sandwich	1	SANDWICH	403	13.0	2.0	0	506	336	59.3	12.3	18.4	0.96
balsamic vinaigrette salad dressing	1	TBSP	68	5.9	0.0	0	82	0	3.4	0.0	0.0	0.24
<b>Mid-day Snack</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
carrot	1	CUP	50	0.2	0.0	0	84	390	10.9	2.4	0.0	0.16
hummus	2	TBSP	71	5.3	0.7	0	127	93	4.5	1.6	2.3	0.36
Low Sodium V8® 100% Vegetable Juice	1	CUP	45	0.0	0.0	0	141	857	9.0	1.0	2.0	0.51
<b>Dinner</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
Slow Cooker Corn & Chicken Chili	1	SERVING	315	7.6	1.8	84	542	603	25.9	4.2	35.2	1.81
mild cheddar cheese	1	OZ	115	9.5	5.4	28	182	21	0.3	0.0	6.8	0.25
Late July® Multigrain Sea Salt by the Seashore Tortilla Chips	1	OZ	131	6.0	0.5	0	65	70	17.2	2.0	2.0	0.50
russet potato	1	EACH	168	0.0	0.0	0	10	888	38.3	2.7	4.4	0.45
<b>PM Snack</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
banana	1	EA	105	0.3	0.1	0	1	422	26.9	3.0	1.1	0.28
vanilla nonfat yogurt	0.5	CUP	48	0.2	0.1	2	66	200	8.5	0.0	4.3	0.60
<b>Daily Totals</b>			<b>2031</b>	<b>69.8</b>	<b>14.6</b>	<b>306</b>	<b>2115</b>	<b>5076</b>	<b>264.9</b>	<b>40.8</b>	<b>102.6</b>	<b>8.69</b>

### Budget-Friendly Meal Plan Day 2

Meal/Menu Item(s)	Serving Size	Serving UOM	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Protein (g)	Cost (\$)
<b>Breakfast</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
sliced peaches in juice	0.5	CUP	37	0.0	0.0	0	3	109	9.8	1.1	0.5	0.30
toasted oats cereal	1	CUP	105	1.8	0.4	0	139	179	20.4	2.6	3.3	0.26
raisins	1	TBSP	38	0.0	0.0	0	1	97	10.2	0.4	0.3	0.09
plain nonfat yogurt	0.5	CUP	96	1.3	0.9	5	74	248	15.6	0.0	5.5	0.66
chia seeds	1	TBSP	63	3.9	0.4	0	2	52	5.4	4.4	2.0	0.14
cinnamon	1	TSP	6	0.0	0.0	0	0	11	2.0	1.3	0.0	0.10
<b>Lunch</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
Campbell's® Condensed Tomato Soup	0.5	CUP	90	0.0	0.0	0	480	690	20.0	1.0	2.0	0.48
Pepperidge Farm® Whole Grain Thin Sliced 100% Whole Wheat Bread	2	SLICES	130	2.0	0.5	0	130	119	25.0	4.0	7.0	0.27
reduced fat cheddar cheese	1	OZ	79	5.1	3.2	15	205	26	0.5	0.0	7.7	0.28
unsalted light butter	1	TBSP	69	7.7	4.8	14	5	9	0.0	0.0	0.4	0.12
<b>Mid-day Snack</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
apple	1	EA	94	0.1	0.0	0	1	194	23.6	3.6	0.0	1.08
creamy peanut butter	2	TBSP	191	16.4	3.2	0	136	178	7.0	1.6	7.0	0.16
Low Sodium V8® 100% Vegetable Juice	1	CUP	43	0.0	0.0	0	139	878	8.7	1.4	1.4	0.67
<b>Dinner</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
One Pot Spaghetti Bolognese	1	SERVING	530	17.3	5.5	75	742	1239	68.2	5.9	41.5	2.42
non fat milk	1	CUP	83	0.1	0.1	4	102	382	12.1	0.0	8.2	0.17
<b>PM Snack</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
vanilla frozen yogurt	1	CUP	114	4.0	2.4	1	62	151	17.4	0.0	2.8	0.15
graham cracker	5	CRACKERS	150	3.7	0.5	0	160	59	27.1	1.1	2.3	0.27
canned pears juice packed	1	SERVING	21	0.0	0.0	0	1	41	5.1	0.4	0.0	0.15
<b>Daily Totals</b>			<b>1947</b>	<b>63.9</b>	<b>22.2</b>	<b>113</b>	<b>2286</b>	<b>4288</b>	<b>266.9</b>	<b>29.3</b>	<b>84.4</b>	<b>7.61</b>

Budget Friendly Meal Plan Day 3

Meal/Menu Item(s)	Serving Size	Serving UOM	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Protein (g)	Cost (\$)
<b>Breakfast</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
			536	14.2	7	212	573	1252	77.2	3.6	25.1	1.87
red or green seedless grapes	0.5	CUP	52	0.0	0.0	0	1	144	13.6	0.6	0.5	0.55
egg	1	EACH	71	4.7	1.5	186	71	69	0.0	0.0	6.0	0.14
Swiss cheese	1	OZ	107	7.8	5.0	26	19	21	1.5	0.0	7.6	0.34
Low Sodium V8®100% Vegetable Juice	1	CUP	45	0.0	0.0	0	141	857	9.0	1.0	2.0	0.51
Pepperidge Farm® Everything Bagel	1	EACH	260	1.5	0.5	0	340	160	53	2	9	0.66
<b>Lunch</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
			480	5.7	2.5	12	822	1882	81.1	14.4	25	3.05
Campbell's® Well Yes!® Veggie Chili with Black Beans and Whole Grains POWER Soup	1	SERVING	200	1.5	0.0	0	652	640	33.0	9.0	13.0	2.44
non fat milk	1	CUP	83	0.1	0.1	4	102	382	12.1	0.0	8.2	0.17
cooked sweet potato	1	EACH	162	0.1	0.0	0	64	855	36.0	5.4	3.6	0.38
unsalted light butter	0.5	TBSP	34	3.8	2.4	7	2	4	0.0	0.0	0.2	0.06
<b>Mid-day Snack</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
			217	2.6	0.6	3	240	522	42.6	4.7	10.2	1.79
vanilla nonfat yogurt	1	EACH	73	0.3	0.1	3	100	300	12.7	0.0	6.5	0.89
frozen blueberries	0.5	CUP	39	0.4	0.0	0	0	41	9.4	2.0	0.3	0.64
toasted oats cereal	1	cup	105	1.8	0.4	0	139	179	20.4	2.6	3.3	0.26
<b>Dinner</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
			443	6.6	1.6	113	402	1099	52.5	8.2	40	2
boneless skinless chicken thighs cooked	1	EACH*	140	4.7	1.1	109	110	280	0.0	0.0	22.7	0.90
cauliflower florets	1	CUP	16	0.1	0.0	0	19	197	2.6	1.3	0.6	0.58
non fat milk	1	CUP	83	0.1	0.1	4	102	382	12.1	0.0	8.2	0.17
cooked brown rice	0.5	CUP	108	0.8	0	0	0	4	21.4	0.9	1.9	0.16
kidney beans	0.5	CUP	95	0.7	0.2	0	164	197	16.4	5.9	6.3	0.06
<b>PM Snack</b>			<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
			309	16.3	2.5	0	156	725	37.8	6	9	0.49
banana	1	SERVING	121	0.4	0.1	0	1	486	31.0	3.5	1.3	0.32
crunchy peanut butter	2	TBSP	188	15.9	2.4	0	155	238	6.8	2.5	7.6	0.17
<b>Daily Totals</b>			<b>1988</b>	<b>45.6</b>	<b>14.5</b>	<b>341</b>	<b>2194</b>	<b>5481</b>	<b>291.6</b>	<b>37.1</b>	<b>109.5</b>	<b>9.53</b>

3 Day Average	Calories (kcal)	Total Fat (g)	Saturated Fat(g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Protein (g)	Cost (\$)
	1989	59.8	17.1	253	2199	4948	274.5	35.7	98.8	8.61