

### Healthy Eating 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>
			<b>327</b>	<b>15.9</b>	<b>2.3</b>	<b>0</b>	<b>310</b>	<b>1388</b>	<b>44.3</b>	<b>12.2</b>	<b>7.8</b>
avocado	0.5	WHOLE, SLICED	160	14.6	2.1	0	7	487	8.0	6.0	2.0
Pepperidge Farm® Whole Grain Thin Sliced 100% Whole Wheat Bread	1	SLICE	65	1.0	0.2	0	65	60	12.5	2.0	3.5
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® Vegetable Juice	5.5	FL OZ CAN	30	0.0	0.0	0	95	600	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>
			<b>574</b>	<b>19.5</b>	<b>2.1</b>	<b>186</b>	<b>957</b>	<b>1543</b>	<b>86.5</b>	<b>12</b>	<b>20.1</b>
banana	1	MEDIUM	105	0.3	0.1	0	1	422	26.9	3.0	1.1
Campbell's® Well Yes!® Hearty Lentil and Vegetables Soup	1	CUP	110	1.5	0.0	0	640	430	19	5	6
grape tomatoes	0.5	CUP	7	0.0	0.0	0	2	100	1.6	0.5	0.3
hard cooked 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	0.9	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>
			<b>247</b>	<b>20.5</b>	<b>4.7</b>	<b>22</b>	<b>177</b>	<b>234</b>	<b>6.6</b>	<b>4</b>	<b>12.3</b>
Emerald® Nuts Natural Almonds	1	OZ	160	14	1.0	0	0	210	6.0	4.0	6.0
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>
			<b>589</b>	<b>17.2</b>	<b>4.3</b>	<b>71</b>	<b>331</b>	<b>1208</b>	<b>68.8</b>	<b>5.4</b>	<b>37.8</b>
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	0.33	TBSP	33	3.7	2.3	9	29	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>
			<b>272</b>	<b>5.2</b>	<b>1</b>	<b>11</b>	<b>197</b>	<b>255</b>	<b>41.9</b>	<b>2.7</b>	<b>15.1</b>
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® Grahams Vanilla Cupcake	1	SERVING	140	5.0	1	0	140	40	21.0	1.0	1
<b>Daily Totals</b>			<b>2011</b>	<b>78.4</b>	<b>14.7</b>	<b>291</b>	<b>1973</b>	<b>4630</b>	<b>248.3</b>	<b>36.6</b>	<b>93.3</b>

### Healthy Eating 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>
			<b>451</b>	<b>6.8</b>	<b>0.8</b>	<b>4</b>	<b>409</b>	<b>1816</b>	<b>91.5</b>	<b>11.4</b>	<b>15.5</b>
Low Sodium V8® Vegetable Juice	5.5	FL OZ CAN	30	0.0	0.0	0	95	600	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>
			<b>498</b>	<b>21.5</b>	<b>12.6</b>	<b>53</b>	<b>1008</b>	<b>1027</b>	<b>60.1</b>	<b>8.2</b>	<b>21.9</b>
Campbell's® Condensed Tomato Soup	0.5 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	120	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>
			<b>100</b>	<b>6</b>	<b>0.5</b>	<b>0</b>	<b>25</b>	<b>80</b>	<b>9</b>	<b>1</b>	<b>3</b>
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>
			<b>540</b>	<b>13.2</b>	<b>2.4</b>	<b>81</b>	<b>479</b>	<b>1070</b>	<b>62.5</b>	<b>6.4</b>	<b>40.4</b>
baby spinach	1	CUP	6	0.0	0.0	0	23	167	1.0	0.6	0.8
grape tomatoes	0.25	CUP	3	0.0	0.0	0	1	50	0.8	0.2	0.1
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	0.0	0.0	0.0
Italian Chicken with Peppers Onions	1	SERVING	470	7.7	1.2	77	381	839	59.2	5.5	38
<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>
			<b>373</b>	<b>16.1</b>	<b>2.4</b>	<b>11</b>	<b>214</b>	<b>591</b>	<b>40.7</b>	<b>6.2</b>	<b>21.2</b>
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>1964</b>	<b>63.8</b>	<b>18.9</b>	<b>151</b>	<b>2136</b>	<b>4586</b>	<b>263.9</b>	<b>33.3</b>	<b>102.2</b>

**Healthy Eating Plan Day 3**

Meal/Menu Item(s)	Serving Size		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>
			<b>369</b>	<b>4.2</b>	<b>0.6</b>	<b>11</b>	<b>224</b>	<b>415</b>	<b>69.5</b>	<b>5.5</b>	<b>19.4</b>
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>
			<b>541</b>	<b>5.9</b>	<b>1.3</b>	<b>75</b>	<b>623</b>	<b>1974</b>	<b>77.7</b>	<b>8.1</b>	<b>39.2</b>
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	130	1.5	0.0	0	210	120	22.0	3.0	7.0
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	2.6
Low Sodium V8® Vegetable Juice	1	CUP	45	0.0	0.0	0	140	850	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	LEAVES	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>
			<b>240</b>	<b>13</b>	<b>3</b>	<b>15</b>	<b>670</b>	<b>500</b>	<b>27</b>	<b>5</b>	<b>6</b>
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® 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>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>465</b>	<b>11.2</b>	<b>2.1</b>	<b>50</b>	<b>826</b>	<b>1107</b>	<b>60.2</b>	<b>8.9</b>	<b>32.2</b>
Chicken Tortilla Casserole	1	SERVING	240	5.0	1.5	45	427	655	28	6	22
non fat milk	1	CUP	83	0.1	0.1	4	102	382	12.1	0.0	8.2
Late July® Snacks Multigrain Sea Salt by the Seashore Tortilla Chips	1	OZ	130	6.0	0.5	0	65	70	17	2.0	2.0
Pace® Chunky Salsa	2	TBSP	10	0.0	0.0	0	230	0	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>
			<b>322</b>	<b>13.3</b>	<b>2.6</b>	<b>11</b>	<b>62</b>	<b>551</b>	<b>37</b>	<b>3.9</b>	<b>19.2</b>
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>1938</b>	<b>47.8</b>	<b>9.7</b>	<b>162</b>	<b>2407</b>	<b>4549</b>	<b>271.6</b>	<b>31.5</b>	<b>116.1</b>
<b>3 Day Average</b>			<b>Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Carbohydrate (g)</b>	<b>Dietary Fiber (g)</b>	<b>Protein (g)</b>
			1971	63.3	14.4	201	2172	4588	261.3	33.8	103.9

**Vegetarian Eating 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>
			<b>405</b>	<b>16.8</b>	<b>2.6</b>	<b>0</b>	<b>410</b>	<b>1690</b>	<b>59.6</b>	<b>14.1</b>	<b>12.2</b>
Low Sodium V8® Vegetable Juice	1	CUP	45	0.0	0.0	0	140	850	9.0	1.0	2.0
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	120	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>
			<b>789</b>	<b>45.1</b>	<b>9.4</b>	<b>213</b>	<b>963</b>	<b>1019</b>	<b>69.8</b>	<b>12.4</b>	<b>29.6</b>
baby 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	7	0.0	0.0	0	2	100	1.6	0.5	0.3
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 Pecans	1	OZ	170	13.0	1.0	0	125	70	12.0	1.0	2.0
balsamic vinegar	1	TBSP	4	0.0	0.0	0	1	5	0.7	0.0	0.0
Late July® Snacks Multigrain Sea Salt by the Seashore Tortilla Chips	1	OZ	130	6.0	0.5	0	65	70	17	2.0	2.0
Pace® Chunky Salsa	2	TBSP	10	0.0	0.0	0	230	0	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>
			<b>132</b>	<b>0.2</b>	<b>0</b>	<b>11</b>	<b>57</b>	<b>215</b>	<b>20.9</b>	<b>1.7</b>	<b>14.1</b>
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
<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>390</b>	<b>18.1</b>	<b>4.7</b>	<b>27</b>	<b>627</b>	<b>1014</b>	<b>42.1</b>	<b>7.9</b>	<b>15.1</b>
Skillet Vegetable Lasagna with Herbed Cheese	1	SERVING	390	18.1	4.7	27	627	1014	42.1	7.9	15.1
<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>
			<b>275</b>	<b>5.4</b>	<b>1.1</b>	<b>0</b>	<b>141</b>	<b>584</b>	<b>55.6</b>	<b>4.9</b>	<b>2.5</b>
banana	1	EXTRA LARGE	135	0.4	0.1	0	1	544	34.6	3.9	1.5
Pepperidge Farm® Goldfish® Grahams Vanilla Cupcake	1	SERVING	140	5.0	1	0	140	40	21	1.0	1.0
<b>Daily Totals</b>			<b>1993</b>	<b>85.8</b>	<b>17.9</b>	<b>252</b>	<b>2199</b>	<b>4523</b>	<b>248.1</b>	<b>41.2</b>	<b>74</b>

**Vegetarian Eating 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>
			<b>473</b>	<b>12.3</b>	<b>1.3</b>	<b>4</b>	<b>314</b>	<b>1248</b>	<b>86.5</b>	<b>11.1</b>	<b>15.2</b>
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	0.13	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>
			<b>496</b>	<b>21.2</b>	<b>12.4</b>	<b>53</b>	<b>919</b>	<b>1027</b>	<b>60.1</b>	<b>8.2</b>	<b>22</b>
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	120	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	11.0	6.9	29	1	3	0.0	0.0	0.1
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>
			<b>100</b>	<b>6</b>	<b>0.5</b>	<b>0</b>	<b>25</b>	<b>80</b>	<b>9</b>	<b>1</b>	<b>3</b>
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>
			<b>557</b>	<b>11.7</b>	<b>1.8</b>	<b>4</b>	<b>831</b>	<b>1780</b>	<b>86.6</b>	<b>17.3</b>	<b>26.7</b>
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
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
olive oil	1	TSP	38	4.3	0.5	0	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	130	1.5	0.0	0	210	120	22.0	3.0	7.0
<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>
			<b>335</b>	<b>16</b>	<b>2.4</b>	<b>11</b>	<b>213</b>	<b>513</b>	<b>31.2</b>	<b>4.7</b>	<b>21.2</b>
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>1962</b>	<b>67.3</b>	<b>18.5</b>	<b>73</b>	<b>2303</b>	<b>4649</b>	<b>273.6</b>	<b>42.4</b>	<b>88.3</b>

**Vegetarian Eating 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>
			<b>459</b>	<b>11.8</b>	<b>1.1</b>	<b>8</b>	<b>356</b>	<b>1460</b>	<b>65.8</b>	<b>7.5</b>	<b>27.7</b>
Low Sodium V8® Vegetable Juice	1	CUP	45	0.0	0.0	0	140	850	9.0	1.0	2.0
strawberries	0.5	CUP	24	0.2	0.0	0	0	116	5.7	1.5	0.4
low-fat granola	0.5	CUP	190	3	0.4	0	125	105	40	3	3.9
plain nonfat Greek yogurt	6	OZ	100	0.6	0.1	8	61	239	6.1	0.0	17.3
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>
			<b>696</b>	<b>28.7</b>	<b>11.1</b>	<b>24</b>	<b>716</b>	<b>944</b>	<b>89.7</b>	<b>15.7</b>	<b>27.4</b>
cantaloupe	1	CUP	54	0.3	0.0	0	25	427	13.0	1.4	1.3
string cheese mozzarella sticks	1	OZ	85	6.3	3.7	22	177	21	0.6	0.0	6.2
Mashed White Bean Basil Sandwich	1	SERVING	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>
			<b>140</b>	<b>5</b>	<b>2.5</b>	<b>15</b>	<b>640</b>	<b>350</b>	<b>22</b>	<b>3</b>	<b>2</b>
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>
			<b>275</b>	<b>14.1</b>	<b>3</b>	<b>186</b>	<b>592</b>	<b>535</b>	<b>24.9</b>	<b>4.3</b>	<b>12</b>
Easy Delicious Shakshuka	1	SERVING	198	13.8	3.0	186	442	502	9.4	3.7	9.5
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>
			<b>322</b>	<b>13.3</b>	<b>2.6</b>	<b>11</b>	<b>62</b>	<b>551</b>	<b>37</b>	<b>3.9</b>	<b>19.2</b>
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
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>1893</b>	<b>73</b>	<b>20.5</b>	<b>245</b>	<b>2368</b>	<b>3842</b>	<b>239.6</b>	<b>34.5</b>	<b>88.5</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)
	1949	75.4	19	190	2290	4338	253.8	39.4	83.6

**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>
			<b>423</b>	<b>13.9</b>	<b>2.7</b>	<b>190</b>	<b>288</b>	<b>1037</b>	<b>54.7</b>	<b>10</b>	<b>21.5</b>	<b>1.69</b>
orange	1	MEDIUM	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	120	1.5	0.0	0	110	110	21.0	4.0	5.0	0.27
egg	1	LARGE	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	0.26
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>
			<b>571</b>	<b>26.1</b>	<b>2.5</b>	<b>0</b>	<b>609</b>	<b>495</b>	<b>69.1</b>	<b>14.8</b>	<b>22.2</b>	<b>2.20</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	SERVING	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>
			<b>166</b>	<b>5.5</b>	<b>0.7</b>	<b>0</b>	<b>351</b>	<b>1334</b>	<b>24.4</b>	<b>5</b>	<b>4.3</b>	<b>1.03</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® Vegetable Juice	1	CUP	45	0.0	0.0	0	140	850	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>
			<b>732</b>	<b>22.9</b>	<b>7.8</b>	<b>113</b>	<b>801</b>	<b>1602</b>	<b>83.2</b>	<b>9.2</b>	<b>48.7</b>	<b>2.96</b>
Slow Cooker Corn & Chicken Chili	1	SERVING	317	7.2	1.8	84	542	621	27.3	4.4	35.4	1.84
mild Cheddar cheese	1	OZ	115	9.5	5.4	28	182	21	0.3	0.0	6.8	0.25
Late July® Snacks Multigrain Sea Salt by the Seashore Tortilla Chips	1	OZ	130	6.0	0.5	0	65	70	17	2.0	2.0	0.42
russet potato	1	MEDIUM	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>
			<b>153</b>	<b>0.5</b>	<b>0.2</b>	<b>2</b>	<b>68</b>	<b>623</b>	<b>35.4</b>	<b>3</b>	<b>5.5</b>	<b>0.88</b>
banana	1	MEDIUM	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>2048</b>	<b>69.2</b>	<b>14.2</b>	<b>306</b>	<b>2119</b>	<b>5092</b>	<b>267</b>	<b>42.3</b>	<b>102.5</b>	<b>8.76</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>
			<b>314</b>	<b>6.1</b>	<b>0.9</b>	<b>2</b>	<b>233</b>	<b>739</b>	<b>56.9</b>	<b>10</b>	<b>12.9</b>	<b>1.55</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	63	0.2	0.1	2	87	289	8.7	0.0	6.5	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>
			<b>369</b>	<b>14.9</b>	<b>8.5</b>	<b>30</b>	<b>820</b>	<b>736</b>	<b>45.5</b>	<b>6</b>	<b>17.1</b>	<b>1.10</b>
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	0.43
Pepperidge Farm® Whole Grain Thin Sliced 100% Whole Wheat Bread	2	SLICES	130	2.0	0.5	0	130	120	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>
			<b>331</b>	<b>16.5</b>	<b>3.2</b>	<b>0</b>	<b>278</b>	<b>1223</b>	<b>39.7</b>	<b>6.2</b>	<b>9</b>	<b>1.75</b>
apple	1	MEDIUM	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® Vegetable Juice	1	CUP	45	0.0	0.0	0	140	850	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>
			<b>613</b>	<b>17.3</b>	<b>5.5</b>	<b>75</b>	<b>742</b>	<b>1290</b>	<b>68.2</b>	<b>6</b>	<b>41.4</b>	<b>2.42</b>
One Pot Spaghetti Bolognese	1	SERVING	530	17.1	5.4	70	640	908	56.1	6	33.2	2.26
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>
			<b>236</b>	<b>3.7</b>	<b>0.5</b>	<b>8</b>	<b>202</b>	<b>212</b>	<b>39.5</b>	<b>1.6</b>	<b>11.9</b>	<b>1.17</b>
vanilla nonfat Greek yogurt	0.75	CUP	64	0.0	0.0	8	40	112	7.1	0.0	9.6	0.69
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	0.21
<b>Daily Totals</b>			<b>1865</b>	<b>58.7</b>	<b>18.9</b>	<b>116</b>	<b>2277</b>	<b>4202</b>	<b>250</b>	<b>29.8</b>	<b>92.5</b>	<b>8.00</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>
			<b>536</b>	<b>14.2</b>	<b>7</b>	<b>212</b>	<b>572</b>	<b>1245</b>	<b>77.1</b>	<b>3.6</b>	<b>25.1</b>	<b>2.20</b>
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	LARGE	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® Vegetable Juice	1	CUP	45	0.0	0.0	0	140	850	9.0	1.0	2.0	0.51
Pepperidge Farm® Everything Bagels	1	BAGEL	260	1.5	0.5	0	340	160	53.0	2.0	9.0	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>
			<b>480</b>	<b>5.7</b>	<b>2.5</b>	<b>12</b>	<b>820</b>	<b>1882</b>	<b>81.1</b>	<b>14.4</b>	<b>25</b>	<b>2.61</b>
Campbell's® Well Yes!® Veggie Chili with Black Beans and Whole Grains POWER Soup	1	CONTAINER	200	1.5	0.0	0	650	640	33.0	9.0	13.0	2.00
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	LARGE	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>
			<b>217</b>	<b>2.6</b>	<b>0.6</b>	<b>3</b>	<b>240</b>	<b>522</b>	<b>42.6</b>	<b>4.7</b>	<b>10.2</b>	<b>1.79</b>
vanilla nonfat yogurt	6	OZ	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>
			<b>443</b>	<b>6.6</b>	<b>1.6</b>	<b>113</b>	<b>402</b>	<b>1099</b>	<b>52.6</b>	<b>8.2</b>	<b>40</b>	<b>2.00</b>
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	41	21.4	0.9	1.9	0.06
kidney beans	0.5	CUP	95	0.7	0.2	0	164	197	16.4	5.9	6.3	0.29
<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>
			<b>309</b>	<b>16.3</b>	<b>2.5</b>	<b>0</b>	<b>156</b>	<b>725</b>	<b>37.8</b>	<b>6</b>	<b>9</b>	<b>0.49</b>
banana	1	LARGE	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>1987</b>	<b>45.6</b>	<b>14.5</b>	<b>341</b>	<b>2191</b>	<b>5474</b>	<b>291.5</b>	<b>37.1</b>	<b>109.5</b>	<b>9.09</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 \$
		1967	57.9	15.8	255	2196	4923	269.5	36.4	101.5