

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>407</b>	<b>16.9</b>	<b>2.6</b>	<b>0</b>	<b>420</b>	<b>1698</b>	<b>59.8</b>	<b>14.2</b>	<b>12.3</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	2	SLICES	130	2.0	0.5	0	130	120	25.0	4.0	7.0
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	1	CUP	45	0.0	0.0	0	140	850	9.0	1.0	2.0
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>14</b>	<b>0.9</b>	<b>0</b>	<b>933</b>	<b>1842</b>	<b>101</b>	<b>16.1</b>	<b>16.2</b>
grape tomatoes	0.5	CUP	7	0.0	0.0	0	2	100	1.6	0.5	0.3
whole grain roll	1	ROLL	77	1.7	0.3	0	148	32	13.0	1.0	2.4
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
banana	1	MEDIUM	105	0.3	0.1	0	1	422	26.9	3.0	1.1
Pacific Foods® Organic Plant-Based Harvest Black Bean Chili	1	CUP	200	1	0.0	0	650	780	38.0	9.0	9.0
<b>Afternoon 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>145</b>	<b>0.2</b>	<b>0</b>	<b>15</b>	<b>76</b>	<b>327</b>	<b>19.3</b>	<b>1.5</b>	<b>18.5</b>
vanilla nonfat Greek yogurt	8	OZ	120	0.0	0.0	15	75	211	13.6	0.0	18.1
strawberries	0.5	CUP	24	0.2	0.0	0	0	116	5.7	1.5	0.4
<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>671</b>	<b>22</b>	<b>4.8</b>	<b>103</b>	<b>708</b>	<b>1597</b>	<b>63.2</b>	<b>4.9</b>	<b>52.6</b>
non fat milk	1	CUP	83	0.1	0.1	4	102	382	12.1	0.0	8.2
One Skillet Greek Chicken with Orzo	1	SERVING	458	8.7	2.9	98	579	991	48.2	3.9	43.3
red balsamic vinegar	1	TSP	4	0.0	0.0	0	1	5	0.8	0.0	0.0
olive oil	1	TBSP	114	12.9	1.7	0	0	0	0.0	0.0	0.0
grape tomatoes	0.25	CUP	3	0.0	0.0	0	1	50	0.8	0.2	0.1
baby spinach	1	CUP	6	0.0	0.0	0	23	167	1.0	0.6	0.8
<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	0	140	40	21.0	1.0	1.0
<b>Daily Totals</b>			<b>2069</b>	<b>58.4</b>	<b>9.4</b>	<b>130</b>	<b>2336</b>	<b>5722</b>	<b>285.3</b>	<b>39.5</b>	<b>115</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 466</b>	<b>Total 6.8</b>	<b>Total 0.8</b>	<b>Total 4</b>	<b>Total 454</b>	<b>Total 2066</b>	<b>Total 94.5</b>	<b>Total 11.4</b>	<b>Total 16.5</b>
Low Sodium V8® Vegetable Juice	1	CUP	45	0.0	0.0	0	140	850	9.0	1.0	2.0
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 498</b>	<b>Total 21.5</b>	<b>Total 12.6</b>	<b>Total 53</b>	<b>Total 1008</b>	<b>Total 1027</b>	<b>Total 60.1</b>	<b>Total 8.2</b>	<b>Total 21.9</b>
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	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>Afternoon Snack</b>			<b>Total 116</b>	<b>Total 5.3</b>	<b>Total 1.6</b>	<b>Total 2</b>	<b>Total 97</b>	<b>Total 117</b>	<b>Total 15.3</b>	<b>Total 1.1</b>	<b>Total 2.6</b>
Gone Fishin Trail Mix	0.25	CUP	116	5.3	1.6	2	97	117	15.3	1.1	2.6
<b>Dinner</b>			<b>Total 615</b>	<b>Total 17.4</b>	<b>Total 4.3</b>	<b>Total 71</b>	<b>Total 327</b>	<b>Total 1455</b>	<b>Total 74</b>	<b>Total 7.5</b>	<b>Total 40</b>
cooked brown rice	1	CUP	216	1.7	0.1	0	9	83	42.9	1.9	3.9
honey mustard dressing	1	TBSP	69	6.1	0.7	4	76	3	3.4	0.0	0.1
garlic powder	1	DASH	2	0.0	0.0	0	0	9	0.5	0.0	0.1
unsalted butter	1	TSP	32	3.6	2.3	9	0	1	0.0	0.0	0.0
broccoli	1	CUP	53	0.5	0.0	0	51	492	10.3	4.0	4.3
non fat milk	1	CUP	83	0.1	0.1	4	102	382	12.1	0.0	8.2
lemon	1	WEDGE	14	0.1	0.0	0	0	67	4.5	1.3	0.5
salmon fillet	4	OZ	144	4.9	0.9	52	85	415	0.0	0.0	22.6
<b>Evening Snack</b>			<b>Total 168</b>	<b>Total 0.1</b>	<b>Total 0</b>	<b>Total 11</b>	<b>Total 58</b>	<b>Total 318</b>	<b>Total 29.5</b>	<b>Total 2.9</b>	<b>Total 13.6</b>
vanilla nonfat Greek yogurt	6	OZ	90	0.0	0.0	11	56	158	10.2	0.0	13.6
apple	1	MEDIUM	77	0.1	0.0	0	1	159	19.3	2.9	0.0
<b>Daily Totals</b>			<b>1865</b>	<b>51.3</b>	<b>19.5</b>	<b>143</b>	<b>1946</b>	<b>4985</b>	<b>273.6</b>	<b>31.3</b>	<b>94.8</b>

Healthy 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 369</b>	<b>Total 4.2</b>	<b>Total 0.6</b>	<b>Total 11</b>	<b>Total 224</b>	<b>Total 415</b>	<b>Total 69.5</b>	<b>Total 5.5</b>	<b>Total 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 551</b>	<b>Total 6.7</b>	<b>Total 1.7</b>	<b>Total 75</b>	<b>Total 661</b>	<b>Total 1980</b>	<b>Total 79.1</b>	<b>Total 8.2</b>	<b>Total 38.7</b>
tomato	2	SLICES	7	0.0	0.0	0	2	94	1.2	0.4	0.0
whole wheat hamburger bun	1	BUN	140	2.2	0.4	0	248	125	23.4	3.1	6.4
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>Afternoon Snack</b>			<b>Total 261</b>	<b>Total 5.4</b>	<b>Total 1.1</b>	<b>Total 10</b>	<b>Total 251</b>	<b>Total 536</b>	<b>Total 51</b>	<b>Total 4.5</b>	<b>Total 4.3</b>
Goldfish® Snack Cracker Cheddar	1	SERVING	140	5	1	10	250	50	20	<1	3
banana	1	LARGE	121	0.4	0.1	0	1	486	31.0	3.5	1.3
<b>Dinner</b>			<b>Total 585</b>	<b>Total 23.9</b>	<b>Total 11.9</b>	<b>Total 89</b>	<b>Total 927</b>	<b>Total 1069</b>	<b>Total 52.6</b>	<b>Total 3.4</b>	<b>Total 39.5</b>
One Pot Skillet Lasagna	1	SERVING	355	14.2	6.5	70	670	645	27.4	2.3	28.3
non fat milk	1	CUP	83	0.1	0.1	4	102	382	12.1	0.0	8.2
whole grain roll	1	ROLL	77	1.7	0.3	0	148	32	13.0	1.0	2.4
Unsalted light butter	1	TBSP	69	7.4	4.8	14	5	9	0	0.0	0
<b>Evening Snack</b>			<b>Total 322</b>	<b>Total 13.3</b>	<b>Total 2.6</b>	<b>Total 11</b>	<b>Total 62</b>	<b>Total 551</b>	<b>Total 37</b>	<b>Total 3.9</b>	<b>Total 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>2089</b>	<b>53.6</b>	<b>18.1</b>	<b>197</b>	<b>2127</b>	<b>4554</b>	<b>289.4</b>	<b>25.7</b>	<b>121.2</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>
			2008	55	16	157	2136	5087	283	32	110

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 514</b>	<b>Total 17.8</b>	<b>Total 2.1</b>	<b>Total 0</b>	<b>Total 368</b>	<b>Total 1750</b>	<b>Total 72.6</b>	<b>Total 16.1</b>	<b>Total 15.2</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
Pepperidge Farm® Whole Grain 100 Whole Wheat Bread	2	SLICES	240	3.0	0.0	0	210	180	38	6	10.0
orange	1	MEDIUM	68	0.2	0.0	0	1	232	17.5	3.0	1.2
crushed red pepper	1	TSP	0	0.0	0.0	0	0	0	0.0	0.0	0.0
<b>Lunch</b>			<b>Total 639</b>	<b>Total 38</b>	<b>Total 7.7</b>	<b>Total 27</b>	<b>Total 776</b>	<b>Total 944</b>	<b>Total 59.2</b>	<b>Total 12.8</b>	<b>Total 22.6</b>
grape tomatoes	0.5	CUP	7	0.0	0.0	0	2	100	1.6	0.5	0.3
balsamic vinegar	1	TSP	4	0.0	0.0	0	1	5	0.7	0.0	0.0
raisins	2	TBSP	56	0.0	0.0	0	2	141	14.9	0.6	0.5
part skim mozzarella cheese	1.5	OZ	108	6.7	4.2	27	263	35	1.1	0.0	10.2
Pace® Chunky Salsa	2	TBSP	10	0.0	0.0	0	230	0	3.0	< 1.0	0.0
baby spinach	2	CUPS	13	0.1	0.0	0	47	334	2.1	1.3	1.6
extra virgin olive oil	1	TBSP	114	12.9	1.7	0	0	0	0.0	0.0	0.0
pecans	0.5	OZ	97	10.2	0.8	0	0	58	1.9	1.3	1.2
kidney beans	0.5	CUP	95	0.7	0.2	0	164	197	16.4	5.9	6.3
Late July® Snacks Multigrain Organic Tortilla Chips with Sea Salt	1	OZ	130	7.0	0.5	0	65	70	17	2.0	2.0
<b>Afternoon Snack</b>			<b>Total 132</b>	<b>Total 0.2</b>	<b>Total 0</b>	<b>Total 11</b>	<b>Total 57</b>	<b>Total 215</b>	<b>Total 20.9</b>	<b>Total 1.7</b>	<b>Total 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 465</b>	<b>Total 21.5</b>	<b>Total 4.8</b>	<b>Total 16</b>	<b>Total 952</b>	<b>Total 1530</b>	<b>Total 56.2</b>	<b>Total 13.5</b>	<b>Total 14</b>
Eggplant Steaks with Roasted Chickpeas & Tomato Balsamic Sauce	1	SERVING	465	21.5	4.8	16	952	1530	56.2	13.5	14.0
<b>Evening Snack</b>			<b>Total 275</b>	<b>Total 5.4</b>	<b>Total 1.1</b>	<b>Total 0</b>	<b>Total 141</b>	<b>Total 584</b>	<b>Total 55.6</b>	<b>Total 4.9</b>	<b>Total 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	0	140	40	21.0	1.0	1.0
<b>Daily Totals</b>			<b>2027</b>	<b>83</b>	<b>15.8</b>	<b>55</b>	<b>2286</b>	<b>5024</b>	<b>264.6</b>	<b>49.2</b>	<b>68.5</b>

## Vegetarian Eating Plan Day 2

Meal/Menu Item(s)			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 473</b>	<b>Total 12.3</b>	<b>Total 1.3</b>	<b>Total 4</b>	<b>Total 314</b>	<b>Total 1248</b>	<b>Total 86.5</b>	<b>Total 11.1</b>	<b>Total 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	2	TBSP	97	10.1	0.8	0	0	58	1.9	1.3	1.2
<b>Lunch</b>			<b>Total 496</b>	<b>Total 21.2</b>	<b>Total 12.4</b>	<b>Total 53</b>	<b>Total 919</b>	<b>Total 1027</b>	<b>Total 60.1</b>	<b>Total 8.2</b>	<b>Total 22</b>
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	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>Afternoon Snack</b>			<b>Total 162</b>	<b>Total 13.1</b>	<b>Total 2.5</b>	<b>Total 0</b>	<b>Total 4</b>	<b>Total 160</b>	<b>Total 9.2</b>	<b>Total 0.8</b>	<b>Total 4.3</b>
cashews	1	OZ	162	13.1	2.5	0	4	160	9.2	0.8	4.3
<b>Dinner</b>			<b>Total 567</b>	<b>Total 12.5</b>	<b>Total 2.3</b>	<b>Total 4</b>	<b>Total 869</b>	<b>Total 1786</b>	<b>Total 88</b>	<b>Total 17.4</b>	<b>Total 26.1</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
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
whole wheat hamburger bun	1	BUN	140	2.2	0.4	0	248	125	23.4	3.1	6.4
<b>Evening Snack</b>			<b>Total 335</b>	<b>Total 16</b>	<b>Total 2.4</b>	<b>Total 11</b>	<b>Total 213</b>	<b>Total 513</b>	<b>Total 31.2</b>	<b>Total 4.7</b>	<b>Total 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>2035</b>	<b>75.3</b>	<b>21.1</b>	<b>73</b>	<b>2321</b>	<b>4736</b>	<b>275.3</b>	<b>42.4</b>	<b>89.1</b>

Vegetarian Eating Plan Day 3

Meal/Menu Item(s)			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 506</b>	<b>Total 11.9</b>	<b>Total 1.4</b>	<b>Total 8</b>	<b>Total 369</b>	<b>Total 1450</b>	<b>Total 77.5</b>	<b>Total 8.3</b>	<b>Total 28.1</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	0.67	CUP	254	4.0	0.6	0	167	140	53.6	4.0	5.3
plain nonfat Greek yogurt	1	SERVING	100	0.6	0.1	8	61	239	6.1	0.0	17.3
almonds	0.5	OZ	82	7.0	0.5	0	0	103	3.0	1.7	2.9
<b>Lunch</b>			<b>Total 386</b>	<b>Total 8.3</b>	<b>Total 0.5</b>	<b>Total 0</b>	<b>Total 741</b>	<b>Total 1278</b>	<b>Total 68.2</b>	<b>Total 12.4</b>	<b>Total 12.3</b>
Late July® Snacks Multigrain Organic Tortilla Chips with Sea Salt	1	OZ	130	7	0.5	0	65	70	17	2.0	2.0
cantaloupe	1	CUP	54	0.3	0.0	0	25	427	13.0	1.4	1.3
Pacific Foods® Organic Plant-Based Harvest Black Bean Chili	1	CUP	200	1	0.0	0	650	780	38.0	9.0	9.0
<b>Afternoon Snack</b>			<b>Total 92</b>	<b>Total 5.4</b>	<b>Total 0.7</b>	<b>Total 0</b>	<b>Total 174</b>	<b>Total 235</b>	<b>Total 9.4</b>	<b>Total 3.3</b>	<b>Total 2.7</b>
baby carrots	0.5	CUP	21	0.0	0.0	0	46	142	4.9	1.7	0.3
hummus	2	TBSP	71	5.3	0.7	0	127	93	4.5	1.6	2.3
<b>Dinner</b>			<b>Total 624</b>	<b>Total 26.8</b>	<b>Total 5.2</b>	<b>Total 14</b>	<b>Total 595</b>	<b>Total 1524</b>	<b>Total 76.1</b>	<b>Total 11.8</b>	<b>Total 25.3</b>
Quinoa Vegetable Pilaf	1	SERVING	418	21.4	2.6	0	342	1121	47.0	10.8	14.1
Pepperidge Farm® Country Style Classic Dinner Rolls	1	ROLL	90	1.5	0.0	0	120	20	17.0	1.0	3.0
butter	1	TSP	33	3.7	2.3	9	29	1	0.0	0.0	0.0
non fat milk	1	CUP	83	0.1	0.1	4	102	382	12.1	0.0	8.2
<b>Evening Snack</b>			<b>Total 299</b>	<b>Total 5.2</b>	<b>Total 1</b>	<b>Total 11</b>	<b>Total 198</b>	<b>Total 431</b>	<b>Total 48.7</b>	<b>Total 4</b>	<b>Total 15.8</b>
orange	1	MEDIUM	68	0.2	0.0	0	1	232	17.5	3.0	1.2
Pepperidge Farm® Goldfish® Grahams Vanilla Cupcake	1	SERVING	140	5.0	1.0	0	140	40	21.0	1.0	1.0
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>1908</b>	<b>57.3</b>	<b>9</b>	<b>34</b>	<b>2078</b>	<b>4919</b>	<b>280.1</b>	<b>40.1</b>	<b>84.4</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>
			1993	71.9	15.3	54	2228	4893	273.4	43.9	80.7

Budget-Friendly Eating Plan 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	MEDIUM	68	0.2	0.0	0	1	232	17.5	3.0	1.2	0.90
Pepperidge Farm® Whole Grain 100 Whole Wheat Bread	2	SLICES	240	3.0	0.0	0	210	180	38	6	10.0	0.54
egg	1	LARGE	71	4.7	1.5	186	71	69	0.0	0.0	6.0	0.16
avocado	0.5	WHOLE, SLICED	160	14.6	2.1	0	7	487	8.0	6.0	2.0	0.53
non fat milk	1	CUP	83	0.1	0.1	4	102	382	12.1	0.0	8.2	0.19
<b>AM 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	0.18
hummus	2	TBSP	71	5.3	0.7	0	127	93	4.5	1.6	2.3	0.38
Low Sodium V8® Vegetable Juice	1	CUP	45	0.0	0.0	0	140	850	9.0	1.0	2.0	0.42
<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	0.36
strawberries	0.25	CUP	12	0.1	0.0	0	0	58	2.8	0.7	0.2	0.26
almonds	0.5	OZ	82	7.0	0.5	0	0	103	3.0	1.7	2.9	0.50
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	0.30
balsamic vinaigrette salad dressing	1	TBSP	68	5.9	0.0	0	82	0	3.4	0.0	0.0	0.27
part skim mozzarella cheese	1.5	OZ	108	6.7	4.2	27	263	35	1.1	0.0	10.2	0.47
fresh basil leaves	5	LEAVES	2	0.0	0.0	0	0	36	0.2	0.1	0.3	0.07
tomato	3	SLICES	10	0.1	0.0	0	3	142	1.7	0.6	0.0	0.32
<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>
Easy Chicken Curry	1	SERVING	526	20.0	4.3	130	325	1472	55.6	8.9	30.9	2.37
cooked white rice	0.5	CUP	120	0.1	0.0	0	0	26	26.5	0.2	2.1	0.18
<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	LARGE	121	0.4	0.1	0	1	486	31.0	3.5	1.3	0.36
vanilla nonfat yogurt	0.5	CUP	48	0.2	0.1	2	66	200	8.5	0.0	4.3	0.68
<b>Daily Totals</b>			<b>2028</b>	<b>71.3</b>	<b>14.5</b>	<b>350</b>	<b>1637</b>	<b>5368</b>	<b>260</b>	<b>40.1</b>	<b>92.2</b>	<b>9.44</b>

Budget-Friendly Eating Plan 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 440</b>	<b>Total 20.9</b>	<b>Total 2.3</b>	<b>Total 5</b>	<b>Total 185</b>	<b>Total 682</b>	<b>Total 50.7</b>	<b>Total 7.5</b>	<b>Total 20.2</b>	<b>Total 2.17</b>
sliced peaches in juice	0.5	CUP	37	0.0	0.0	0	3	109	9.8	1.1	0.5	0.32
toasted oats cereal	1	CUP	105	1.8	0.4	0	139	179	20.4	2.6	3.3	0.29
raisins	1	TBSP	38	0.0	0.0	0	1	97	10.2	0.4	0.3	0.09
plain nonfat Greek yogurt	0.5	CUP	66	0.4	0.1	5	40	160	4.0	0.0	11.5	0.77
walnuts	1	OZ	185	18.4	1.7	0	0	125	3.8	1.8	4.3	0.59
cinnamon	1	TSP	6	0.0	0.0	0	0	11	2.0	1.3	0.0	0.11
<b>AM Snack</b>			<b>Total 331</b>	<b>Total 16.5</b>	<b>Total 3.2</b>	<b>Total 0</b>	<b>Total 278</b>	<b>Total 1223</b>	<b>Total 39.7</b>	<b>Total 6.2</b>	<b>Total 9</b>	<b>Total 1.78</b>
apple	1	MEDIUM	94	0.1	0.0	0	1	194	23.6	3.6	0.0	1.18
creamy peanut butter	2	TBSP	191	16.4	3.2	0	136	178	7.0	1.6	7.0	0.19
Low Sodium V8® Vegetable Juice	1	CUP	45	0.0	0.0	0	140	850	9.0	1.0	2.0	0.42
<b>Lunch</b>			<b>Total 369</b>	<b>Total 14.9</b>	<b>Total 8.5</b>	<b>Total 30</b>	<b>Total 820</b>	<b>Total 736</b>	<b>Total 45.5</b>	<b>Total 6</b>	<b>Total 17.1</b>	<b>Total 1.35</b>
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	0.61
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	0.30
reduced fat Cheddar cheese	1	OZ	79	5.1	3.2	15	205	26	0.5	0.0	7.7	0.31
unsalted light butter	1	TBSP	69	7.7	4.8	14	5	9	0.0	0.0	0.4	0.13
<b>Dinner</b>			<b>Total 465</b>	<b>Total 12.4</b>	<b>Total 3.8</b>	<b>Total 55</b>	<b>Total 875</b>	<b>Total 1168</b>	<b>Total 58.7</b>	<b>Total 5.8</b>	<b>Total 26.7</b>	<b>Total 2.51</b>
One Pot Chicken Sausage & Orzo	1	SERVING	381	12.3	3.7	50	772	785	46.5	5.8	18.4	2.32
skim milk	1	CUP	83	0.1	0.1	4	102	382	12.1	0.0	8.2	0.19
<b>PM Snack</b>			<b>Total 222</b>	<b>Total 2.9</b>	<b>Total 0.4</b>	<b>Total 8</b>	<b>Total 171</b>	<b>Total 269</b>	<b>Total 38.8</b>	<b>Total 2</b>	<b>Total 12</b>	<b>Total 1.33</b>
vanilla nonfat Greek yogurt	0.75	CUP	64	0.0	0.0	8	40	112	7.1	0.0	9.6	0.77
graham cracker	4	SQUARES	120	2.9	0.4	0	128	47	21.7	0.9	1.8	0.24
sliced peaches in juice	0.5	CUP	37	0.0	0.0	0	3	109	9.8	1.1	0.5	0.32
<b>Daily Totals</b>			<b>1828</b>	<b>67.9</b>	<b>18.4</b>	<b>99</b>	<b>2331</b>	<b>4079</b>	<b>233.5</b>	<b>27.6</b>	<b>85.2</b>	<b>9.15</b>



Budget-Friendly Eating Plan 3

Meal/Menu Item(s)			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 516</b>	<b>Total 15.7</b>	<b>Total 6.5</b>	<b>Total 212</b>	<b>Total 442</b>	<b>Total 1265</b>	<b>Total 62.1</b>	<b>Total 7.6</b>	<b>Total 26.1</b>	<b>Total 2.10</b>
red or green seedless grapes	0.5	CUP	52	0.0	0.0	0	1	144	13.6	0.6	0.5	0.60
egg	1	LARGE	71	4.7	1.5	186	71	69	0.0	0.0	6.0	0.16
Swiss cheese	1	OZ	107	7.8	5.0	26	19	21	1.5	0.0	7.6	0.38
Low Sodium V8® Vegetable Juice	1	CUP	45	0.0	0.0	0	140	850	9.0	1.0	2.0	0.42
Pepperidge Farm® Whole Grain 100 Whole Wheat Bread	2	SLICES	240	3.0	0.0	0	210	180	38	6	10.0	0.54
<b>AM Snack</b>			<b>Total 217</b>	<b>Total 2.6</b>	<b>Total 0.6</b>	<b>Total 3</b>	<b>Total 240</b>	<b>Total 522</b>	<b>Total 42.6</b>	<b>Total 4.7</b>	<b>Total 10.2</b>	<b>Total 2.01</b>
vanilla nonfat yogurt	1	CONTAINER	73	0.3	0.1	3	100	300	12.7	0.0	6.5	1.02
frozen blueberries	0.5	CUP	39	0.4	0.0	0	0	41	9.4	2.0	0.3	0.70
toasted oats cereal	1	CUP	105	1.8	0.4	0	139	179	20.4	2.6	3.3	0.29
<b>Lunch</b>			<b>Total 480</b>	<b>Total 5.2</b>	<b>Total 2.5</b>	<b>Total 12</b>	<b>Total 820</b>	<b>Total 2022</b>	<b>Total 86.1</b>	<b>Total 14.4</b>	<b>Total 21</b>	<b>Total 2.30</b>
Pacific Foods® Organic Plant-Based Harvest Black Bean Chili	1	CUP	200	1	0.0	0	650	780	38.0	9.0	9.0	1.64
non fat milk	1	CUP	83	0.1	0.1	4	102	382	12.1	0.0	8.2	0.19
cooked sweet potato	1	LARGE	162	0.1	0.0	0	64	855	36.0	5.4	3.6	0.41
unsalted light butter	0.5	TBSP	34	3.8	2.4	7	2	4	0.0	0.0	0.2	0.06
<b>Dinner</b>			<b>Total 563</b>	<b>Total 9.3</b>	<b>Total 1.6</b>	<b>Total 72</b>	<b>Total 354</b>	<b>Total 1220</b>	<b>Total 74.1</b>	<b>Total 9.1</b>	<b>Total 40.7</b>	<b>Total 2.67</b>
cauliflower florets	1	CUP	16	0.1	0.0	0	19	197	2.6	1.3	0.6	0.62
non fat milk	1	CUP	83	0.1	0.1	4	102	382	12.1	0.0	8.2	0.19
cooked brown rice	1	CUP	216	1.7	0.1	0	9	83	42.9	1.9	3.9	0.06
kidney beans	0.5	CUP	95	0.7	0.2	0	164	197	16.4	5.9	6.3	0.30
white fish fillet cod haddock or halibut	4	OZ	151	6.5	1.0	68	57	359	0.0	0.0	21.5	1.50
<b>PM Snack</b>			<b>Total 215</b>	<b>Total 8.3</b>	<b>Total 1.3</b>	<b>Total 0</b>	<b>Total 79</b>	<b>Total 606</b>	<b>Total 34.4</b>	<b>Total 4.8</b>	<b>Total 5.2</b>	<b>Total 0.45</b>
banana	1	LARGE	121	0.4	0.1	0	1	486	31.0	3.5	1.3	0.36
crunchy peanut butter	1	TBSP	94	7.9	1.2	0	77	119	3.4	1.2	3.8	0.10
<b>Daily Totals</b>			<b>1993</b>	<b>41.3</b>	<b>12.7</b>	<b>300</b>	<b>1936</b>	<b>5635</b>	<b>299.5</b>	<b>40.8</b>	<b>103.4</b>	<b>9.54</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>	<b>Cost (\$)</b>
			1950	60.2	15.2	250	1968	5028	264	36.2	93.6	9.38