

Menu

Sample Menu Based on 2,000 calories a Day



Breakfast

1 c oatmeal, 1 c skim milk, 1/2 c blueberries, and 1/2 c orange juice

Snack

1 apple and 1 c low-fat yogurt

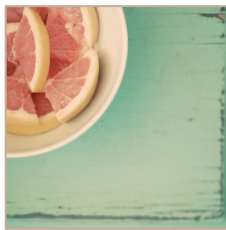


Lunch

Chicken salad sandwich: 2 slices whole grain bread, 1 tbsp. mayonnaise, 3 oz. shredded chicken, and 1.5 c green salad

Snack

1 banana



Dinner

3 oz chicken breast cooked in 1 tsp. olive oil, 1 c steamed vegetables, and 1 c brown rice

