



# Menu: Day 1

	Number of Dietary Guideline Servings (ounce equivalents or cups)					
	Grains (oz. equiv.)	Veg (cups)	Fruit (cups)	Milk (cups)	Meat & Beans (oz. equiv.)	Oil (teaspoons)
<b>Breakfast:</b> Whole grain cereal with a banana and fat-free milk; wheat toast and jelly						
Whole grain cereal with fat-free milk (1 cup cereal with 1/2 cup fatfree milk)	1			1/2		
Banana (1 large = 1 cup)			1			
Wheat toast (1 slice)	1					
Jelly (2 tsp.)						
<b>Lunch:</b> Lean roast beef on whole wheat with Swiss cheese, lettuce, tomatoes, and mustard; pretzels; and iced tea						
Whole wheat bread (2 slices)	2					
Roast beef, roasted, sliced (2 oz.)					2	
Mustard, brown (2 tsp.)						
Romaine or spinach lettuce leaves (1/2 cup)		1/2				
Cheese, Swiss, low-fat (1 slice = 1/2 cup milk)				1/2		
Tomato slices (1/2 cup)		1/2				
Pretzels (1 1/2 oz.)	1 1/2					
Fat-free milk (1 cup)				1		
<b>Snack:</b> Apple slices						
Apple (1 small = 1 cup)			1			
<b>Dinner:</b> Couscous with chicken and salsa; broccoli/cauliflower mix; frozen yogurt with fruit						
Couscous with chicken and salsa	3/4	1		1	4	3/4
Broccoli/cauliflower mix (1 cup)		1				
Chocolate frozen yogurt (1/2 cup)				1/2		
Strawberry slices (1/2 cup)			1/2			
<b>DAILY TOTALS</b>	6 1/4	3	2 1/2	3 1/2	6	3/4
<b>DAILY GOAL (adult, 31 – 50 y.o.)</b>	Grains (6 – 7 oz. equiv., half from whole grains)	Veg (2½ – 3 cups)	Fruit (1½ – 2 cups)	Milk (3 cups)	Meat & Bean servings (5 – 6 oz. equiv.)	Oil – Daily Allowance (5 – 7 teaspoons)



# Menu: Day 2

	Number of Dietary Guideline Servings (ounce equivalents or cups)					
	Grains (oz. equiv.)	Veg (cups)	Fruit (cups)	Milk (cups)	Meat & Beans (oz. equiv.)	Oil (teaspoons)
<b>Breakfast:</b> French Toast with orange juice						
Very berry French toast (1 serving)	1		1/2		1/2	
Orange juice (1 cup)			1			
<b>Lunch:</b> Chicken in a pita; vegetables with reduced-fat dressing; sparkling water; yogurt with fresh berries						
Chicken in a pita	1	1/6			1	2
Carrots, cherry tomatoes, mushrooms and/or bell pepper slices (1 cup total)		1				
Fat-free ranch dressing (1 Tbsp.)						
Sparkling water with lemon						
Vanilla yogurt (1 cup)				1		
Fresh raspberries (1/2 cup)			1/2			
<b>Snack:</b> Popcorn with fat-free milk						
Popcorn (3 cups = 1 oz. equiv.)	1					
Fat-free milk (1 cup)				1		
<b>Dinner:</b> Tomato basil pasta; salad with chick peas, low-fat dressing, egg and sunflower seeds; whole grain dinner roll; and fruit dessert pizza						
Tomato basil pasta	2	1/4				1
Spinach (1 cup)		1				
Chick peas (1/2 cup = 2 oz. equiv.)					2	
Hard-cooked egg					1	
Sunflower seeds (1/2 ounce)					1	
Salad dressing, reduced-fat (1 Tbsp.)						
Whole grain dinner roll	1					
Fat-free milk (1 cup)				1		
Fruit dessert pizza (1 slice)			1/2			
<b>DAILY TOTALS</b>	6	2 1/2	2 1/2	3	5 1/2	3
<b>DAILY GOAL (adult, 31 – 50 y.o.)</b>	Grains (6 – 7 oz. equiv., half from whole grains)	Veg (2½ – 3 cups)	Fruit (1½ – 2 cups)	Milk (3 cups)	Meat & Bean servings (5 – 6 oz. equiv.)	Oil – Daily Allowance (5 – 7 teaspoons)

# Couscous with Chicken and Salsa



## Ingredients

- |  |   |
|--|---|
| 1 pound skinless, boneless chicken breasts, seasoned | 1 yellow bell pepper, cut in bite-size pieces           |
| 1 Tbsp. vegetable oil                                | 1 cup thick and chunky salsa, heated                    |
| 2 cups fat-free chicken broth                        | 1 cup shredded Monterey Jack and Cheddar cheese mixture |
| 1 1/2 cups couscous                                  | 3/4 cup reduced fat sour cream                          |
| 1 medium zucchini, thinly sliced (2 cups)            | 1/4 cup chopped green onions                            |

## Directions

Season chicken breast as desired with salt, pepper, garlic salt, taco seasoning, etc. Heat oil in a large nonstick skillet; cook chicken over medium high heat, turning occasionally until browned and meat is cooked through (10-15 minutes, depending on thickness of meat). Remove chicken from skillet, cut into 1/2-inch strips; keep warm. In medium saucepan, bring broth to a boil; stir in couscous. Remove from heat and cover. Let stand 5 minutes. In the same skillet, place zucchini and yellow pepper; cook over medium heat, stirring occasionally, until tender yet crisp, about 5 minutes. Fluff couscous with a fork and place on large platter. Drizzle with 1/2 of salsa. Top with zucchini and peppers, then chicken. Sprinkle with cheese. Drizzle with remaining salsa. Top with dollops of sour cream and green onions.

**Servings:** 4 servings

## Approximate nutrition analysis (per serving):

608 calories; 19 g fat; 0 g saturated fat; 108 mg cholesterol; 963 mg sodium; 62 g carbohydrates; 5 g fiber; 44 g protein; 32 mcg folate; 2 mg iron

## Food Group Servings:

4 ounce equivalent meat and beans  
3/4 ounce equivalent grains  
1 cup vegetables  
1 cup milk  
3/4 teaspoons oil



# Very Berry French Toast



## Ingredients

4 medium eggs  
1 Tbsp. vanilla extract  
1/4 tsp. baking powder  
1 cup low-fat or fat-free milk  
8 slices French bread, about  
one inch thick  
Powdered sugar, optional

## Topping:

3/4 cup sugar  
1 1/2 Tbsp. cornstarch  
1 16-ounce package mixed, frozen,  
unsweetened strawberries,  
blueberries, or mixed berries,  
thawed and drained

## Directions

Preheat oven to 450°F. Begin by preparing the topping. In a medium bowl, combine sugar, cornstarch, and berries. Lightly coat a 9- x 13-inch pan with cooking spray. Spread fruit mixture in pan.

In a separate bowl, combine eggs, vanilla, baking powder, and milk; mix well. Dip bread in egg mixture until well saturated. Arrange bread on top of fruit mixture in pan. Bake 25 minutes or until lightly browned. Arrange on individual plates. Serve remaining fruit in pan as additional syrup. Sift powdered sugar over top (optional).

**Servings:** Makes 8 servings.

## Approximate Nutrition Analysis (per serving, 1 slice):

183 calories; 3 g fat; 1 g saturated fat;  
94 mg cholesterol; 178 mg sodium;  
35 g carbohydrates; 2 g fiber;  
24 mg folate; 5 g protein; 1 mg iron.

## Food Group Servings:

1 ounce equivalent grains  
1/2 cup fruit  
1/2 ounce equivalent meat and beans



# Chicken in a Pita

## Ingredients

- |   |   |
|---|---|
| 1/2 cup fat-free mayonnaise or salad dressing | 1/2 cup peas, cut in half                   |
| 1 Tbsp. soy sauce (light)                     | 1/2 cup chopped red or yellow sweet peppers |
| 1/4 tsp. ground ginger                        | 1/4 cup roasted peanuts                     |
| 1 Tbsp. peanut butter (reduced fat)           | 3 whole wheat pita breads, cut in half      |
| 1 cup cooked chopped chicken                  |   |

## Directions

Mix first four ingredients until well blended. Add chicken and vegetables and refrigerate 1 to 4 hours. Stir in peanuts and spoon into pita pockets.

**Servings:** Makes 6 pita halves

## Approximate Nutrition Analysis (per serving):

219 calories; 13 g protein; 8g fat;  
2 g saturated fat; 23 mg cholesterol;  
615 mg sodium; 25 g carbohydrates;  
4 g fiber; 28 mcg folate; 2 mg iron

## Food Group Servings:

- 1 ounce equivalent grains
- 1/6 cup vegetables
- 1 ounce equivalent meat and beans
- 2 teaspoons oil



# Tomato Basil Pasta



## Ingredients

- |   |  |
|---|--|
| 12 oz. long whole wheat pasta of choice (spaghetti, linguine, fettuccini) | 12 oz. cherry tomatoes, cut in quarters          |
| 1 tsp. salt   | 2 Tbsp. fresh basil leaves, cut into thin strips |
| 1 tsp. fresh minced garlic  | 1/4 cup Asiago or Parmesan cheese, shredded      |
| 2 Tbsp. olive oil   |  |

## Directions

Cook pasta according to package directions (with 1 tsp. salt) and drain. In small skillet, sauté garlic in olive oil. Add tomatoes and basil; stir until warmed. In a large bowl, combine pasta with tomato mixture and cheese. Garnish with a basil sprig. Serve immediately.

**Servings:** Makes 6 servings

## Approximate nutrition analysis

**(per serving):** 282 calories; 7 g fat; 2 g saturated fat; 4 mg cholesterol; 408 mg sodium; 45 g carbohydrates; 2 g fiber, 9 g protein, 140 mcg folate, 2 mg iron

## Food group Servings:

- 2 ounce equivalent grains
- 1/4 cup vegetables
- 1 teaspoon oil



# Fruit Dessert Pizza



## Ingredients

- |  |   |
|--|---|
| 1 18-oz. package refrigerated sugar cookie dough | 1 16-oz. can sliced lite peaches, drained (reserve juice) |
| 4 oz. cream cheese (1/3 less fat), softened      | 7 large, fresh strawberries                               |
| 1 1/2 tsp. sugar                                 | 1 to 2 medium kiwis                                       |
| 4 oz. frozen whipped topping, thawed             | 1/3 cup sugar   |
|  | 1 Tbsp. cornstarch  |

## Directions

Preheat oven to 350°F. Cut cookie dough into slices and arrange on a 12-inch pizza pan, coated with nonstick spray. Press slices together to form a solid crust. Bake 12 to 15 minutes until golden. Crust is done when edges begin to brown. Beat cream cheese until smooth; add sugar and whipped topping. Spread evenly over cooled crust. Top with peach slices, strawberries, and kiwi. Combine 1/2 cup reserved peach juice, sugar, and cornstarch. Cook until thick. Drizzle over pizza and chill.

**Servings:** Serves 8

## Approximate Nutrition Analysis (per serving):

428 calories; 17 g fat; 6 g saturated fat; 25 mg cholesterol; 339 mg sodium; 64 g carbohydrates, 2 g fiber; 5 g protein; 52 mcg folate; 1 g iron

## Food Group Servings:

1/2 cup fruit