



Freedom over Temptation:

Father, I Thank You That:

I can eat anything I want to eat freely that God has created, and I like them. Sweets no longer have a hold on me. I eat a few bites and that is sufficient for me. Everything is permissible for me, but I am full of wisdom, I am too smart to eat things that are not good for me, and I am too smart to be out of control. I will not be a slave to anything.

In the Name of Jesus Amen!

I Timothy 4:3, Romans 4:17, I Corinthians 6:12-13, Romans 6:16



Confession of Faith:

Father, I Thank You That:

With liberty I am free to eat ALL the foods on my eating plan that God created, and I like them. When I make a natural decision to eat the nutritional way, I begin to eat right, look good, feel good, and weigh ____ lbs.

In the Name of Jesus Amen!





10 tips

Nutrition
Education Series



make better food choices

10 tips for women's health



Make yourself a priority and take time to care for yourself. ChooseMyPlate.gov helps you choose the types and amounts of food and beverages you need. And, make time to be physically active, so you can do the things you want to do.

1 find out what you need

Get personalized nutrition information based on your age, gender, height, weight, and physical activity level.

SuperTracker provides your calorie level, shows foods and beverages you need, and tracks progress toward your goals. Learn more at www.SuperTracker.usda.gov.

SuperTracker

2 enjoy your food but eat less

Use a smaller plate at meals to help control the amount of food and calories you eat. Take time to enjoy smaller amounts of food.

3 strengthen your bones

Choose foods like fat-free and low-fat milk, cheese, yogurt, and fortified soymilk to help strengthen bones. Be sure your morning coffee includes fat-free or low-fat milk.



4 make half your plate fruits and vegetables

Add fruit to meals as part of main or side dishes. Choose red, orange, or dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for meals.



5 drink water

Sip water or other drinks with few or no calories to help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.

6 eat whole grains more often

Choose whole grains like brown rice and whole-grain pastas and breads more often. Foods with a high-fiber content can help give you a feeling of fullness and also provide key nutrients.



7 learn what is in foods

Use both ingredient and Nutrition Facts labels to discover what various foods contain. SuperTracker's **Food-A-Pedia** makes it easy to compare nutrition information for more than 8,000 foods.

8 cut back on some foods

Cut calories by cutting out foods high in solid fats and added sugar. Limit fatty meats like ribs, bacon, and hot dogs. Choose cakes, cookies, candies, and ice cream as just occasional treats.

9 be a better cook

Try out healthier recipes that use less solid fat, salt, and sugar. Eat at home more often so you can control what you are eating. If you eat out, check and compare nutrition information. Choose healthier options such as baked chicken instead of fried chicken.

10 be active whenever you can

Set a goal to fit in at least 2½ hours of moderate physical activity in your week. Being active 10 minutes at a time also adds to your weekly total. Ask your friends or family to keep you company as you bike, jog, walk, or dance. Don't forget to do some muscle strengthening activities twice a week.



make better beverage choices

10 tips to get started



What you drink is as important as what you eat. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too much fat and too many calories. Here are some tips to help you make better beverage choices.

1 drink water

Drink water instead of sugary drinks when you're thirsty. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed. To maintain a healthy weight, sip water or other drinks with few or no calories.



2 how much water is enough?

Let your thirst be your guide. Water is an important nutrient for the body, but everyone's needs are different. Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active, live or work in hot conditions, or are an older adult.

3 a thrifty option

Water is usually easy on the wallet. You can save money by drinking water from the tap at home or when eating out.

4 manage your calories

Drink water with and between your meals. Adults and children take in about 400 calories per day as beverages—drinking water can help you manage your calories.

5 kid-friendly drink zone

Make water, low-fat or fat-free milk, or 100% juice an easy option in your home. Have ready-to-go containers filled with water or healthy drinks available in the refrigerator. Place them in lunch boxes or backpacks for easy access when kids are away from home. Depending on age, children can drink ½ to 1 cup, and adults can drink up to 1 cup of 100% fruit or vegetable juice* each day.



*100% juice is part of the Fruit or Vegetable Group. Juice should make up half or less of total recommended fruit or vegetable intake.

6 don't forget your dairy**

When you choose milk or milk alternatives, select low-fat or fat-free milk or fortified soymilk. Each type of milk offers the same key nutrients such as calcium, vitamin D, and potassium, but the number of calories are very different. Older children, teens, and adults need 3 cups of milk per day, while children 4 to 8 years old need 2½ cups and children 2 to 3 years old need 2 cups.



7 enjoy your beverage

When water just won't do—enjoy the beverage of your choice, but just cut back. Remember to check the serving size and the number of servings in the can, bottle, or container to stay within calorie needs. Select smaller cans, cups, or glasses instead of large or supersized options.

8 water on the go

Water is always convenient. Fill a clean, reusable water bottle and toss it in your bag or brief case to quench your thirst throughout the day. Reusable bottles are also easy on the environment.



9 check the facts

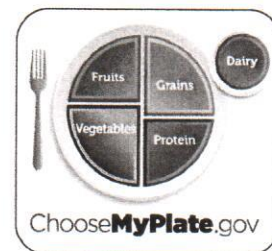
Use the Nutrition Facts label to choose beverages at the grocery store. The label contains information about total sugars, fats, and calories to help you make better choices.

10 compare what you drink

Food-A-Pedia, an online feature available at ChooseMyPlate.gov/SuperTracker, can help you compare calories, added sugars, and fats in your favorite beverages.

** Milk is a part of the Dairy Group. A cup = 1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese.

eat seafood twice a week



10 tips to help you eat more seafood

Twice a week, make seafood—fish and shellfish—the main protein food on your plate.* Seafood contains a range of nutrients, including healthy omega-3 fats. According to the *2010 Dietary Guidelines for Americans*, eating about 8 ounces per week (less for young children) of a variety of seafood can help prevent heart disease.

1 eat a variety of seafood

Include some that are higher in omega-3s and lower in mercury, such as salmon, trout, oysters, Atlantic and Pacific mackerel, herring, and sardines.

2 keep it lean and flavorful

Try grilling, broiling, roasting, or baking—they don't add extra fat. Avoid breading or frying seafood and creamy sauces, which add calories and fat. Using spices or herbs, such as dill, chili powder, paprika, or cumin, and lemon or lime juice, can add flavor without adding salt.



6 get creative with seafood

Think beyond the fish fillet. Try salmon patties, a shrimp stir-fry, grilled fish tacos, or clams with whole-wheat pasta. Add variety by trying a new fish such as grilled Atlantic or Pacific mackerel, herring on a salad, or oven-baked pollock.



7 put it on a salad or in a sandwich

Top a salad with grilled scallops, shrimp, or crab in place of steak or chicken. Use canned tuna or salmon for sandwiches in place of deli meats, which are often higher in sodium.

3 shellfish counts too!

Oysters, mussels, clams, and calamari (squid) all supply healthy omega-3s. Try mussels marinara, oyster stew, steamed clams, or pasta with calamari.

4 keep seafood on hand

Canned seafood, such as canned salmon, tuna, or sardines, is quick and easy to use. Canned white tuna is higher in omega-3s, but canned "light" tuna is lower in mercury.



8 shop smart

Eating more seafood does not have to be expensive. Whiting, tilapia, sardines, canned tuna, and some frozen seafood are usually lower cost options. Check the local newspaper, online, and at the store for sales, coupons, and specials to help save money on seafood.

9 grow up healthy with seafood

Omega-3 fats from seafood can help improve nervous system development in infants and children. Serve seafood to children twice a week in portions appropriate for their age and appetite. A variety of seafood lower in mercury should also be part of a healthy diet for women who are pregnant or breastfeeding.

5 cook it safely

Check oysters, mussels, and clams before cooking. If shells don't clamp shut when you tap them, throw them away. After cooking, also toss any that didn't open. This means that they may not be safe to eat. Cook shrimp, lobster, and scallops until they are opaque (milky white). Cook fish to 145°F, until it flakes with a fork.

10 know your seafood portions

To get 8 ounces of seafood a week, use these as guides: A drained can of tuna is about 3 to 4 ounces, a salmon steak ranges from 4 to 6 ounces, and 1 small trout is about 3 ounces.

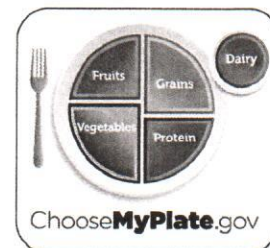
*This recommendation does not apply to vegetarians.

10 tips

Nutrition
Education Series

build a healthy meal

10 tips for healthy meals



A healthy meal starts with more vegetables and fruits and smaller portions of protein and grains. Think about how you can adjust the portions on your plate to get more of what you need without too many calories. And don't forget dairy—make it the beverage with your meal or add fat-free or low-fat dairy products to your plate.

1 make half your plate veggies and fruits
Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.

2 add lean protein
Choose protein foods, such as lean beef and pork, or chicken, turkey, beans, or tofu. Twice a week, make seafood the protein on your plate.



3 include whole grains
Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

4 don't forget the dairy
Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don't drink milk? Try soy milk (soy beverage) as your beverage or include fat-free or low-fat yogurt in your meal.



5 avoid extra fat
Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steamed broccoli is great, but avoid topping it with cheese sauce. Try other options, like a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

6 take your time
Savor your food. Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.

7 use a smaller plate
Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

8 take control of your food
Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose healthier options such as baked instead of fried.

9 try new foods
Keep it interesting by picking out new foods you've never tried before, like mango, lentils, or kale. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.



10 satisfy your sweet tooth in a healthy way
Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

choose MyPlate

10 tips to a great plate



Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.

Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.



6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."



10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

4 foods to eat more often

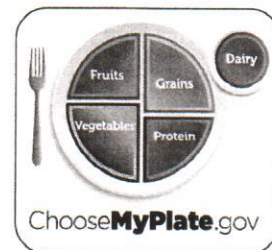
Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.



5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

enjoy your food, but eat less



10 tips to enjoying your meal

You can enjoy your meals while making small adjustments to the amounts of food on your plate.

Healthy meals start with more vegetables and fruits and smaller portions of protein and grains. And don't forget dairy—include fat-free or low-fat dairy products on your plate, or drink milk with your meal.

- 1** get to know the foods you eat
Use the **SuperTracker** to find out what kinds of foods and how much to eat and to get tips and support for making better food choices.

SuperTracker

- 2** take your time
Be mindful to eat slowly, enjoy the taste and textures, and pay attention to how you feel. Use hunger and fullness cues to recognize when to eat and when you've had enough.

- 3** use a smaller plate
Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

- 4** if you eat out, choose healthier options
Check and compare nutrition information about the foods you are eating. Preparing food at home makes it easier to control what is in your meals.

- 5** satisfy your sweet tooth in a healthy way
Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.



- 6** choose to eat some foods more or less often
Choose more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. Cut back on foods high in solid fats, added sugars, and salt.

- 7** find out what you need
Get your personalized plan by using the **SuperTracker** to identify your food group targets. Compare the foods you eat to the foods you need to eat.

- 8** sip smarter
Drink water or other calorie-free beverages, 100% juice, or fat-free milk when you are thirsty. Soda and other sweet drinks contain a lot of sugar and are high in calories.



- 9** compare foods
Check out the **Food-A-Pedia** to look up and compare nutrition information for more than 8,000 foods.

- 10** make treats “treats,” not everyday foods
Treats are great once in a while. Just don't make treat foods an everyday choice. Limit sweet treats to special occasions.

liven up your meals with vegetables and fruits



10 tips to improve your meals with vegetables and fruits

Discover the many benefits of adding vegetables and fruits to your meals. They are low in fat and calories, while providing fiber and other key nutrients. Most Americans should eat more than 3 cups—and for some, up to 6 cups—of vegetables and fruits each day. Vegetables and fruits don't just add nutrition to meals. They can also add color, flavor, and texture. Explore these creative ways to bring healthy foods to your table.

1 fire up the grill

Use the grill to cook vegetables and fruits. Try grilling mushrooms, carrots, peppers, or potatoes on a kabob skewer. Brush with oil to keep them from drying out. Grilled fruits like peaches, pineapple, or mangos add great flavor to a cookout.

2 expand the flavor of your casseroles

Mix vegetables such as sauteed onions, peas, pinto beans, or tomatoes into your favorite dish for that extra flavor.



3 planning something Italian?

Add extra vegetables to your pasta dish. Slip some peppers, spinach, red beans, onions, or cherry tomatoes into your traditional tomato sauce. Vegetables provide texture and low-calorie bulk that satisfies.

4 get creative with your salad

Toss in shredded carrots, strawberries, spinach, watercress, orange segments, or sweet peas for a flavorful, fun salad.

5 salad bars aren't just for salads

Try eating sliced fruit from the salad bar as your dessert when dining out. This will help you avoid any baked desserts that are high in calories.

6 get in on the stir-frying fun

Try something new! Stir-fry your veggies—like broccoli, carrots, sugar snap peas, mushrooms, or green beans—for a quick-and-easy addition to any meal.

7 add them to your sandwiches

Whether it is a sandwich or wrap, vegetables make great additions to both. Try sliced tomatoes, romaine lettuce, or avocado on your everyday sandwich or wrap for extra flavor.



8 be creative with your baked goods

Add apples, bananas, blueberries, or pears to your favorite muffin recipe for a treat.

9 make a tasty fruit smoothie

For dessert, blend strawberries, blueberries, or raspberries with frozen bananas and 100% fruit juice for a delicious frozen fruit smoothie.

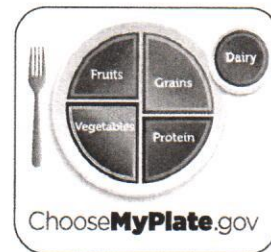


10 liven up an omelet

Boost the color and flavor of your morning omelet with vegetables. Simply chop, saute, and add them to the egg as it cooks. Try combining different vegetables, such as mushrooms, spinach, onions, or bell peppers.

**10
tips**
*Nutrition
Education Series*

add more vegetables to your day



10 tips to help you eat more vegetables

It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, follow these simple tips. It is easier than you may think.

1 discover fast ways to cook
Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.

2 be ahead of the game
Cut up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with hummus, or in a veggie wrap.



3 choose vegetables rich in color
Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but also are good for you, too.

4 check the freezer aisle
Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen corn, peas, green beans, spinach, or sugar snap peas to some of your favorite dishes or eat as a side dish.

5 stock up on veggies
Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."



6 make your garden salad glow with color
Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, or watercress. Your salad will not only look good but taste good, too.



7 sip on some vegetable soup
Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups.

8 while you're out
If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish.

9 savor the flavor of seasonal vegetables
Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys. Or visit your local farmer's market.



10 try something new
You never know what you may like. Choose a new vegetable—add it to your recipe or look up how to fix it online.

Sensible Eating Plan

Sunday	Breakfast 1-2 slices Turkey Bacon 1 Slice Wheat toast/ All fruit 1/2 Grapefruit 1/2 c. skim milk 1tsp of butter	Snack 1/2 c of Tuna 1/2 c of carrot/cucum. Mix 16oz water	Lunch 2oz chicken breast/mustard 2 slices wheat bread 1 c broccoli (raw) 1/2 c carrots (raw) 1 sm apple 1/2 c yogurt 1tbs fat free dressing	Snack 1/2 c of tuna 4-6 wheat crackers 1/2 c yogurt 16oz water	Dinner 2oz grilled fish 1 sm baked potato 1 sm salad (lett., cucum., tom.) 1/2c stmd. green beans 1c strawberries 1/2c skim milk 1tbs fat free dressing
	Breakfast 1 boiled egg 1 slice wheat toast w/ All fruit 1 sm orange 1/2 c. skim milk 1tsp of butter	Snack 1oz chicken breast 1 sm apple 16oz water	Lunch 2oz grilled fish 1 sm baked potato 1 sm salad (lettuce, cucumber, tomato) 1/2 c steamed green beans 1 c strawberries 1/2 c skim milk 1tbs fat free dressing	Snack 1 rice cake 8oz fat-free yogurt 16oz water	Dinner 2oz turkey breast 1/3 c of brown rice 1/2 c of steamed broccoli 1c cucumber w/ vinegar 1c cantelope or honey dew melon 8oz fat-free yogurt 1tsp butter
Monday	Breakfast 1-2 slices Turkey Bacon 3/4 c. Oatmeal 1 sm Pear 1tsp of butter	Snack 1 rice cake 8oz fat-free yogurt 16oz water	Lunch 2oz turkey breast 1/3 c. of brown rice 1/2 c. of steamed broccoli 1 c. cucumber w/ vinegar 1 c. cantelope or honey dew melon 8oz fat-free yogurt 1tsp butter	Snack 4tsp cottage cheese 8oz low-fat fruit flavored yogurt 16oz water	Dinner 2oz Grilled Salmon 1c broccoli 1/2 carrots 1/2 cucumbers 1c cubed watermelon
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Tuesday	Breakfast 1/2 oz. chicken breast/ mozzarella 1 wheat tortilla 1 c. cantelope 8oz. Fat Free Yogurt 1 tsp of butter	Snack 1/2 c of Tuna 1/2 c of carrot/cucum. mix 16oz water	Lunch 2oz grilled fish 1 sm baked potato 1 sm salad (lett., tom., cucum.) 1/2 c. steam green beans 1 c. strawberries 1/2 c skim milk 1tbs fat free dressing	Snack 1/2 c of Tuna 1/2 c of carrot/cucumber mix 16oz water	Dinner 2oz Baked chicken 1/2 c of steamed green beans 1/3 c of brown rice 1/2 grapefruit 8oz fat free yogurt 1tsp butter
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* Please make sure to include 8oz of water before and with every meal; 16oz with snacks.

* Please follow serving size from package labels for packaged food.