

Breakfast

- 1½ Cups Shredded Wheat Cereal (255)
- 1½ Cup (1%) Milk (158)

Morning Snack

- 1 Medium Banana (105)

Lunch

- 6½" Whole Wheat Pita (160)
- ½ cup reduced fat cottage cheese (101)
- 4 oz. (~110g) Tuna (Canned, Water-packed). (132)
- 1 tsp Olive Oil (40)
- 1/2 a tomato, 1/2 a cucumbers (37)

Afternoon Snack

- 14 Raw Almonds (107)
- 1 Medium Apple (93)

Dinner

- 8 oz. (~220g) Chicken Breast (skinless boneless) – cook in griller. (200)

- 1 Cup Broccoli
(55)
- 1 ½ Cup (cooked) Brown Rice
(324)
- 1 Tablespoon Honey mustard for seasoning (65)