

Breakfast

- Fruit smoothie – blend:
 - 1 cup nonfat/low fat milk (90)
 - 1/4 cup blueberries (21)
 - 1/4 cup strawberries (12)
 - 1/2 cup orange juice (56)
 - 1/2 cup ice (0)
 - Protein powder 1/2 scoop (50)
- 1/2 English muffin with 1 tablespoon apple butter (156)

Morning Snack

- 20 shelled pistachio kernels (88)

Lunch

- Avocado wrap:
 - 1/4 avocado, sliced (80)
 - 1 whole wheat low fat tortilla (130)
 - 1 medium size tomato, sliced (22)
 - 1 cup lettuce & alfalfa sprouts (7)
 - 1 slice (1 oz.) low fat cheddar cheese (48)
- 6 oz. V-8 or tomato juice (low sodium) (36)

Afternoon Snack

- Celery filled with cottage cheese:

- 3 or 4 stalks celery (4)
- 1/2 cup (4.4 oz) nonfat/low fat cottage cheese (80)
- 1/4 cup salsa to season (17)

Dinner

- Burger (turkey):
 - 3 oz. ground lean patty (seasoned with salt, pepper & minced garlic, cooked on nonstick skillet or grill. (128)
 - 1 whole-wheat burger bun (120)
 - 1 cup lettuce & tomatoes garnish (with pickles, ketchup & mustard to taste) (20)