

# Soft sample menus

Breakfast 8 am		Breakfast 8 am		Breakfast 8 am	
4 hard boiled egg whites		1 Morning Star Farms® sausage patty 4 egg white omelet		½ cup Cheerios soaked in ¼ cup skim milk ¼ cup low-fat cottage cheese	
Snack 10 am		Snack 10 am		Snack 10 am	
¼ cup canned peaches		¼ cup canned pears 1 oz. light cheese stick		protein supplement	
Lunch 12 pm		Lunch 12 pm		Lunch 12 pm	
veggie burger ¼ cup cooked soft vegetable		½ cup Health Valley® turkey and bean chili		3 oz. turkey breast, chopped ¼ cup sweet potato	
Snack 2 pm		Snack 2 pm		Snack 2 pm	
protein supplement		protein supplement		3 whole wheat crackers 1 oz. light cheese stick	
Dinner 6 pm		Dinner 6 pm		Dinner 6 pm	
3 oz. broiled Tilapia 2 Tbsp. soft vegetable 2 Tbsp. soft boiled potatoes		3 oz. ground chicken breast sautéed with soft cooked onions, peppers or mushrooms		3 oz. canned crab or imitation crab/lobster ¼ cup cooked soft vegetables	
Daily totals		Daily totals		Daily totals	
Calories	550	Calories	525	Calories	573
Fat	8 grams	Fat	11.5 grams	Fat	9 grams
Protein	79 grams	Protein	65 grams	Protein	72 grams

\* It is up to you what time of the day you choose to eat your meals and snacks.

# Soft sample menus

Breakfast 8 am		Breakfast 8 am		Breakfast 8 am	
½ cup Egg Beaters® ½ small banana		½ cup non / low-fat cottage cheese 1 canned peach half		½ cup Greek style yogurt ¼ cup unsweetened applesauce	
Snack 10 am		Snack 10 am		Snack 10 am	
¼ cup fruit cocktail 1 oz Baby Bell Light Cheese		½ ripe banana		1 oz. low-fat cheese stick	
Lunch 12 pm		Lunch 12 pm		Lunch 12 pm	
3 oz. canned chicken breast 1-2 teaspoons fat-free low-fat salad dressing or mayo 1 slice toasted whole wheat toast		veggie burger 1 oz. fat-free cheddar cheese Arnold® Toasted Sandwich Thin ¼ cup cooked soft vegetable		4 oz. canned tuna 2 teaspoons fat-free / low fat mayo or salad dressing 4 low fat crackers	
Snack 2 pm		Snack 2 pm		Snack 2 pm	
protein supplement		protein supplement		protein supplement	
Dinner 6 pm		Dinner 6 pm		Dinner 6 pm	
3oz. canned crab or imitation crab/lobster 1/4 cup cooked soft vegetables		3 oz. ground chicken breast sautéed with onions peppers or mushrooms		3 oz. turkey breast ¼ cup cooked soft vegetables ½ cup mashed potatoes	
Daily totals		Daily totals		Daily totals	
Calories	530	Calories	650	Calories	590
Fat	9.5 grams	Fat	13.5 grams	Fat	12.5 grams
Protein	79 grams	Protein	72 grams	Protein	74 grams

\* It is up to you what time of the day you choose to eat your meals and snacks.