

5 DAY MENU 1400 -1500 calories.

Repeat 2 menus for the weekend

CSL Nutritional Services

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**Fox News 26, Slim Up for Rodeo & Beyond!**

## Day One Menu

### ~Breakfast~

<b>Breakfast: Fruit &amp; Yogurt Parfait, Toast &amp; Peanut Butter, Milk</b>	<b>Calories</b>
½ Cup Fage® All Natural- Nonfat (0%) Greek Strained Yogurt.	60
¼ Cup Quaker® Natural Granola Cereal- Oats, Honey & Raisins	105
2 oz. fresh blueberries	32
2¼ oz. fresh chopped strawberries	20
1½ oz. fresh raspberries	22
1 frozen dark sweet cherry on top	6
<b>water</b>	
<b>TOTAL CALORIES</b>	<b>245</b>

### ~Lunch~

<b>Lunch: Wraps, Carrots, Pretzels, Strawberries, Water</b>	<b>Calories</b>
1 Flatout® Multi-grain with Flax Flatbread Mini	70
1 cup Romaine Lettuce shredded	8
1 slices (1 oz.) low fat Swiss Cheese	51
3 thin slices of turkey	78
4 medium slices (¼" thick) of tomatoes	14
1 clove garlic chopped	4
3 oz. of sweet onion	27
1 tbsp. Fage® All Natural- Nonfat (0%) Greek Strained Yogurt.	8
10 Baby Carrots	30
.5 oz Pretzels	51
5 medium strawberries	19
<b>TOTAL CALORIES</b>	<b>360</b>
<b>Water or green tea</b>	

### ~Afternoon Snack~

<b>After School Snack: Tostada</b>	<b>Calories</b>
1 Whole Grain Tortilla	100
¼ cup Low-moisture, part skim Mozzarella cheese	80
2 oz blackbeans (from a can, rinsed)	75
2 tbsp Pico de Gallo (HEB)	6
2 tbsp Fage® All Natural- Nonfat (0%) Greek Strained Yogurt.	20
<b>TOTAL CALORIES</b>	<b>281</b>

Flavored Sparking Water

~Dinner~

Dinner	Chicken Manicotti, Green Beans with Onions & Garlic,	Calories
	Chicken Manicotti (see recipe), 1 piece	240
	1½ cup Green Beans	51
	¼ Onion	14
	1 tsp. garlic cloves ground	7
	1 cup skim milk, calcium fortified	86
	Whole Wheat Honey Biscuit (see recipe,) 1 piece	110
	<b>TOTAL CALORIES</b>	<b>508</b>
	Green tea or flavored sparkling water	

**TOTAL CALORIES ALL DAY: 1394**

## Day Two Menu

### ~Breakfast~

Breakfast: Omlet and fresh fruit	Calories
¼ cup All Whites® Liquid Egg Whites	30
2 Tbsp skim milk, calcium fortified	7
Vegetable spray	
¼ cup Low-moisture, part skim Mozzarella cheese	80
3 medium mushrooms	12
3" green onions chopped	2
2 oz tomatoes chopped	10
3 oz cooked spinach	34
2 oz fresh blueberries	32
3 fresh chopped strawberries	12
1½ oz fresh raspberries	22
1 cup Orange juice, with calcium added	104
<b>TOTAL CALORIES</b>	<b>345</b>

\*Feel free to add in more vegetables!

### ~Lunch~

Lunch: Turkey Sandwich, Carrots, Tricuits® and Laughing Cow® Cheese, Strawberries, Water	Calories
2 slices whole wheat bread	138
1 leaf Romaine Lettuce	5
1 Wedge of low fat laughing cow cheese	45
2 ounces of turkey breast	70
2 thin small slices (¼" thick) of tomatoes	5
1 tbsp Fage® All Natural- Nonfat (0%) Greek Strained Yogurt.	8
6 Triscuit® Crackers	120
10 Baby Carrots	30
5 medium strawberries	19
<b>TOTAL CALORIES</b>	<b>440</b>

**Drink Water!!**

### ~Afternoon Snack~

After School Snack: Popcorn	Calories
1 bag Orville Redenbachers® 100 Calorie Mini Bags	100
Water	0
<b>TOTAL CALORIES</b>	<b>100</b>

~Dinner~

Dinner: Grilled Redfish (4 oz) with Black Bean Salsa (2 oz), (see fish recipe) Mango & spinach and strawberry salad		Calories
4 oz Redfish Fillet		107
1 tbsp Cilantro Leaves chopped		3
¼ tablespoon lime juice		2
¼ Jalapeño pepper		1
¼ tsp black pepper		1
¼ garlic clove, chopped		1
2 oz of Black Salsa		41
½ cup strawberries		25
2 tbsp pine nuts		116
1 cup raw spinach		7
2 tbsp Newman's Own® Lighten Up Cranberry Walnut dressing		70
1 cup skim milk, calcium fortified		86
<b>TOTAL CALORIES</b>		<b>460</b>

**TOTAL CALORIES ALL DAY: 1345**

## Day Three Menu

### ~Breakfast~

<b>Breakfast: 1 Buckwheat Waffle &amp; Fruit</b>	<b>Calories</b>
1 ½ tsp All Whites® Liquid Egg Whites	4
½ cup skim milk, calcium fortified	43
1 tsp Canola Oil, plus vegetable spray	30
⅔ cups Hodgson Mill® Buckwheat Pancake Mix	280
¼ cup Sugar Free Maple Syrup	15
½ banana	53
1 cup skim milk, calcium fortified	86
<b>TOTAL CALORIES</b>	<b>511</b>

### ~Lunch~

<b>Lunch: Leftover Chicken Manicotti</b>	<b>Calories</b>
Chicken manicotti from Day 1	240
Water	0
®Central Market Flax Seed Tortilla Chips (12 chips)	140
10 Baby Carrots	30
1 Medium apple(approx 2¾" diameter) sliced	72
Water	0
<b>TOTAL CALORIES</b>	<b>482</b>

\*Note: Recipe makes 4 servings. Be sure to give correct serving size

### ~Afternoon Snack~

<b>After School Snack: Fruit</b>	<b>Calories</b>
½ Banana	53
Water	0
<b>TOTAL CALORIES</b>	<b>53</b>

### ~Dinner~

<b>Dinner: Vegetarian Whole Wheat Pizza (⅓ slice) and apple slices</b>	<b>Calories</b>
1 cup Ragú® Light Tomato & Basil	100
½ cup Reduced Fat Sharp Cheddar Cheese	180
½ low-moisture, part skim mozzarella cheese	160
1 365 Organic® Whole Wheat Pizza Crust	680
Saute vegetables below and place over sauce on pizza, add cheese	

½ cup onion chopped	36
1 tsp fresh basil	0
1 tsp chopped rosemary	2
1 tsp chopped oregano	6
1 clove of garlic	4
1 cup Crimini mushrooms, sliced	19
2 cups spinach	14
2 cups kale	67
2 cups tomatoes, chopped	65
1 t Olive oil	39
1 Medium apple(approx 2¾" diameter) sliced	72
<b>TOTAL CALORIES</b>	<b>415</b>

Ingredients are for whole pizza. Calories for 2 slices of ½ pizza

**TOTAL CALORIES ALL DAY: 1457**

## Day Four Menu

### ~Breakfast~

<b>Breakfast: Cereal with fresh fruit &amp; bagel with peanut butter</b>	<b>Calories</b>
¾ cup Organic Flax Plus® Multibran cereal	110
½ cup skim milk, calcium fortified	43
10 blueberries	10
½ wheat bagel toasted	152
1 tbsp buttery spread	50
1 cup Orange juice, with calcium added	104
<b>TOTAL CALORIES</b>	<b>409</b>

### ~Lunch~

<b>Lunch: Quick Skillet Pasta and fruit</b>	<b>Calories</b>
Swiss Chard and and White Bean Soup (see recipe to make on weekend). 1 cup	90
Corn Muffins (see recipe)	147
½ medium banana (7" long)	53
®Central Market Flax Seed Tortilla Chips (12 chips)	140
Water	0
<b>TOTAL CALORIES</b>	<b>430</b>

### ~Afternoon Snack~

<b>After School Snack: Popcorn</b>	<b>Calories</b>
1 bag Orville Redenbachers® 100 Calorie Mini Bags	100
Water	0
<b>TOTAL CALORIES</b>	<b>100</b>

### ~Dinner~

<b>Dinner: Fruited Chicken with Bulgur</b>	<b>Calories</b>
Spaghetti Pie (see recipe), 1 cup	170
10 spears of Asparagus, Steamed	50
½ cup apple	23
½ cup watermelon	32
10 blueberries, raw	8
Vegetables Italian Style (see recipe), 2 cups	70
1 cup Skim milk, calcium fortified	86
<b>TOTAL CALORIES</b>	<b>558</b>

TOTAL CALORIES ALL DAY: 1497

## Day Five Menu

### ~Breakfast~

Breakfast: Egg white omelet and fruit	Calories
Egg White Omelet	81
¼ cup strawberries	12
¼ cup blueberries	21
¼ cup apples	16
¼ cup raspberries	16
1 cup Orange juice, with calcium added	104
<b>TOTAL CALORIES</b>	<b>250</b>

### ~Lunch~

Lunch: Peanut Butter & Jelly Roll Ups	Calories
Left over Spaghetti Pie, 1 cup	170
Italian Home Style Salad & Dressing (see recipes)	115
12 oz Green tea	
<b>TOTAL CALORIES:</b>	<b>285</b>

### ~Afternoon Snack~

After School Snack: Tostada	Calories
1 Flatout <sup>®</sup> Multi-grain with Flax Flatbread Mini	70
¼ cup Low-moisture, part skim Mozzarella cheese	80
2 oz blackbeans (from a can, rinsed)	75
2 tbsp Pico de Gallo (HEB)	6
2 tbsp Fage <sup>®</sup> All Natural- Nonfat (0%) Greek Strained Yogurt.	20
<b>TOTAL CALORIES</b>	<b>251</b>

Green tea or water

### ~Dinner~

Dinner: Quick Corn Chili	Calories
Quick Corn Chili (see recipe), 1 cup	240
2 cups mixed fruit salad	160
<sup>®</sup> Central Market Flax Seed Tortilla Chips (12 chips)	140
1 cup skim milk, calcium fortified	86
<b>TOTAL CALORIES:</b>	<b>626</b>

**TOTAL CALORIES ALL DAY: 1412**