



***Coffee House* BREAKFAST**

1 reduced-fat bran muffin with yogurt and fresh fruit.

***Turkey & Dressing* LUNCH**

Prepare 1 box of Stove Top stuffing according to directions. Spoon dressing onto slices of deli turkey (medium thickness). Roll up and place seam side down in casserole dish. Pour chicken gravy (use canned gravy) over the top. Bake 25-30 minutes at 350. Serve with fluffy fruit salad and green beans.

Fluffy Fruit Salad: Combine drained pineapple tidbits, whole berry cranberry sauce, drained mandarin oranges. Fold in fat-free whipped topping and 1 tsp grated orange peel. Top with toasted pecan halves just before serving.

***Energizing* Snack**

Celery sticks spread with a little peanut butter.

***Salad & Shake* DINNER**

Have a large tossed salad with deli turkey and chopped boiled egg white added in. Use a reduced-fat dressing.

Dessert: Chocolate shake made with light vanilla ice cream or frozen yogurt, low-fat milk, and chocolate syrup.