



Scrambled BREAKFAST

Scramble 2 whole eggs and 3 egg whites. Top with 1 oz low-fat cheddar cheese. Serve with 2 slices whole wheat toast and 1 orange (or 6 oz orange juice).

Brown Bag LUNCH

Sandwich of your choice made with lean deli meat on whole grain bread. Top with lettuce, tomatoes, and dill pickles. Serve with baked chips or pretzels. Have a couple of oatmeal cookies for dessert.

On The Run Snack

Apple and string cheese

Turkey DINNER

Baked turkey breast with sweet potatoes, green beans, and tossed salad.

Baked sweet potatoes with Pineapple: Preheat oven to 375. In 2-qt casserole, combine 2 large sweet potatoes, peeled and cut into 1" slices; 1/2 navel orange, cut into slices; 1 (8 oz) can unsweetened pineapple tidbits and juice; 1/2 tsp cinnamon; 1/4 tsp grated nutmeg; and 2 tsp reduced-calorie margarine. Bake, covered, until potatoes are tender, about 45 minutes.