



### ***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).

### ***Tuna It Up LUNCH***

Prepare tuna salad by combining 4 oz albacore tuna (in water, drained), 1 tbsp pickle relish, diced celery, 15-20 seedless grapes, 1-1/2 tbsp mayonnaise. Serve on lettuce leaves with apple slices. Or, make tuna sandwich on whole wheat bread.

### ***Roll Up Snack***

Place 3 oz sliced turkey breast in flour tortilla. Roll & eat.

### ***Stack Up Dinner***

Use homemade chili (or open a can of turkey chili). Place flour tortillas on a cookie sheet in a 400 degree oven for about 10 minutes until lightly brown and crispy.

Prepare brown minute rice.

Layer on a plate: tortillas (crushed, if preferred), 1/2 cup rice, chili. Top with your choice of: black olives, lettuce, tomatoes, cucumbers, onions, peppers, salsa, etc.

Fat free chocolate pudding with Ginger Snaps for dessert.