



***Waffle House* BREAKFAST**

Have two low-fat toaster waffles topped with low-calorie syrup. Serve with 2 slices turkey bacon. (Cook extra bacon for lunch.)

***TGIF* LUNCH**

1 cup soup (tomato or vegetable) and sandwich made with lean deli meat on whole grained bread. Fruit for dessert.

Sweet Snack

1 cup of fat-free pudding and a cinnamon graham cracker.

***Friday Night In The Big Town* DINNER**

Chinese Restaurant...good choices: Vegetable fried rice; egg roll; broccoli beef; grilled chicken and, of course, a fortune cookie!