

NFC Menu Plan

<i>Food</i>	<i>Fiber (grams)</i>	<i>Calories**</i>
Breakfast:		
1/2 cup high-fiber cereal	5	60
8 ounces low-fat (1%) milk	0	110
1 medium banana, sliced	3	105
Coffee, tea, decaf	0	0
Snack:		
1 cup non-fat plain yogurt	0	110
Lunch:		
Turkey sandwich on whole-grain bread:		
2 slices whole-grain bread	4	140
3 ounces white meat turkey	0	105
Large salad (3 cups greens)		
2 tablespoons "Light" dressing	0	80
8 ounces orange juice	0	110
1/4 cup raisins	1	110
Snack:		
1 ounce dry-roasted almonds (22 pieces)	3	169
Dinner:		
4 ounces lean pork tenderloin, OR beef tenderloin, OR salmon filet	0	220
1 medium baked sweet potato with skin	4	105
1 cup cooked spinach	4	40
1 tablespoon trans-fat free spread	0	80
1 medium orange	3	70
Snack:		
1 cup non-fat plain yogurt	0	110
1/2 cup fresh blueberries	2	32
Discretionary Calories:		200

**Sedentary* is light physical activity associated with typical day-to-day life.

**Note: Some numbers are rounded up and may also vary by brand.