



- Breakfast: **“Eddie’s Instant Breakfast”**: ½-c evaporated **skim milk**, 1-c (1%) milk, 1/3-c fresh **strawberries**, 1 **banana**, 2/3 packet of **instant oats** (plain).
Blenderize & drink.
Coffee or tea ok (no sugar)
- AM Snack: 1 slice **wheat berry toast** with 1-T **peanut butter** (with squirt of **lemon juice** and **chile**)
4-oz **tomato juice** (w/chile)
- Lunch: **Tex-Mex Grilled Chicken Breast** (2-oz), sliced over generous **Salad** (2-c **Romaine**, ½ **tomato**, ½ -c shredded **carrot**, 2-T **olive oil**, 1-tsp **lemon juice**);
1 **French Roll**
- PM Snack: 4 **graham crackers**
1 **Navel orange**
- Dinner: ¾ -c **brown rice**
Asparagus beef (scant 2-oz **beefsteak**- from T-bone-, 4.3 oz **asparagus**, 1-oz **green onion**, 1-T **soy sauce**, 1 lg clove **garlic**)
Radish-ginger salad: ¼ c sliced radishes;
1 oz Japanese vinegared ginger
1cup **green tea**
- Dessert/Snack: **Parfait**: ½ c **sugar-free strawberry-kiwi gelatin** with 1/3 cup **fresh blueberries** and
2-T **real whipped cream**
Vanilla wafers (lower fat) –6

1720 calories	80 grams protein
62 grams fat	223 grams carbohydrates
20 grams fiber	1007 mg calcium
16 mg iron	23103 IU Vitamin A
227 mg Vitamin C	