

Sample Vegetarian Menus <i>(The following menus do not contain meat.)</i>		
Day one	Day two	Day three
Breakfast		
orange juice, ¾ C high fiber cereal, 1 C skim milk, ¾ C banana fat-free yogurt, 1 C	apple juice, ¾ C nonfat cottage cheese, 1 C fresh fruit whole-wheat English muffin ¼ cantaloupe	orange juice, ¾ C oatmeal, 1 C with raisins skim milk, ¾ C whole-wheat toast, 2 slices low-sugar jam
Lunch		
baked potato low-fat sour cream, 2 Tbs green salad, 1 C nonfat dressing, 2 Tbs fresh fruit lentil soup, 1 C	burrito made with red beans, brown rice, salsa nonfat sour cream, 1 Tbs green salad, 1 C nonfat dressing, 2 Tbs fruit juice, ¾ C	pasta salad, 1 C nonfat dressing, 2 Tbs steamed green vegetables, 1 C low-fat cottage cheese, ½ C fresh fruit, ½ C
Dinner		
spaghetti/tomato sauce, 1½ C nonfat parmesan cheese green salad, 1 C nonfat dressing, 2 Tbs steamed broccoli, 1 C canned peaches, ½ C	vegetarian chili, 1 C green salad, 1 C nonfat dressing, 2 Tbs baked squash whole-wheat roll trans fat-free margarine, 2 tsp	bean soup, 1 C whole-wheat roll fruit salad, 1 C grape juice, ¾ C nonfat frozen yogurt, 1 C
Snacks <i>(low-fat, low cholesterol substitutes for candy, pastries, and high-sugar drinks)</i>		
½ bagel banana fat-free pretzels herb tea	carrot sticks orange air-popped popcorn rice cake	apple fat-free tortilla chips whole-wheat toast fat-free cream cheese
Sample Low-fat, Low-cholesterol Menus <i>(The following menus include lean meat.)</i>		
Day one	Day two	Day three
Breakfast		
strawberries, ½ C cream of wheat, 1 C sugar, 2 tsp 1% milk, ¾ C whole-wheat toast, 2 slices trans fat-free margarine, 2 tsp	2 waffle sections berries, ⅔ C syrup, ¼ C trans fat-free margarine, 2 tsp fruit juice, ¾ C	orange juice, ¾ C low-fat granola, 1 C 1% milk, ¾ C
Lunch		
peanut butter sandwich (made of 2 slices whole-wheat bread, 2 Tbs peanut butter) carrot and celery sticks orange fruit-sweetened fig bars, 2	brown rice, ½ C low-fat sour cream, ¼ C 3-bean salad, ¾ C whole-wheat bread, 2 slices trans fat-free margarine, 2 tsp fruit, ½ C	vegetable stew, 2 C unsalted wheat or rye crackers, 6 green salad, 1 C low-calorie dressing, 2 Tbs
Dinner		
baked chicken breast, 4 oz steamed brown rice, ¾ C stir-fried vegetables, ¾ C whole-wheat dinner roll 1% milk, ½ C	beef stroganoff, 1 C eggless noodles, 1½ C green salad, 1 C low-calorie dressing, 2 Tbs steamed broccoli, ¾ C whole-wheat dinner roll apple cobbler, ½ C	spaghetti, 1½ C tomato sauce, 1 C nonfat parmesan cheese, 2 Tbs whole-wheat bread, 2 slices trans fat-free margarine, 2 tsp steamed mushrooms, ½ C steamed broccoli, 1 C
Snacks (similar to above)		