

Sample Vegetarian Menus *(The following menus do not contain meat.)*

Day one	Day two	Day three
Breakfast		
orange juice, $\frac{3}{4}$ C high fiber cereal, 1 C skim milk, $\frac{3}{4}$ C banana fat-free yogurt, 1 C	apple juice, $\frac{3}{4}$ C nonfat cottage cheese, 1 C fresh fruit whole-wheat English muffin $\frac{1}{4}$ cantaloupe	orange juice, $\frac{3}{4}$ C oatmeal, 1 C with raisins skim milk, $\frac{3}{4}$ 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, $\frac{3}{4}$ C	pasta salad, 1 C nonfat dressing, 2 Tbs steamed green vegetables, 1 C low-fat cottage cheese, $\frac{1}{2}$ C fresh fruit, $\frac{1}{2}$ C
Dinner		
spaghetti/tomato sauce, $1\frac{1}{2}$ C nonfat parmesan cheese green salad, 1 C nonfat dressing, 2 Tbs steamed broccoli, 1 C canned peaches, $\frac{1}{2}$ 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, $\frac{3}{4}$ C nonfat frozen yogurt, 1 C
Snacks <i>(low-fat, low cholesterol substitutes for candy, pastries, and high-sugar drinks)</i>		
$\frac{1}{2}$ 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 *(The following menus include lean meat.)*

Day one	Day two	Day three
Breakfast		
strawberries, $\frac{1}{2}$ C cream of wheat, 1 C sugar, 2 tsp 1% milk, $\frac{3}{4}$ C whole-wheat toast, 2 slices trans fat-free margarine, 2 tsp	2 waffle sections berries, $\frac{2}{3}$ C syrup, $\frac{1}{4}$ C trans fat-free margarine, 2 tsp fruit juice, $\frac{3}{4}$ C	orange juice, $\frac{3}{4}$ C low-fat granola, 1 C 1% milk, $\frac{3}{4}$ 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, $\frac{1}{2}$ C low-fat sour cream, $\frac{1}{4}$ C 3-bean salad, $\frac{3}{4}$ C whole-wheat bread, 2 slices trans fat-free margarine, 2 tsp fruit, $\frac{1}{2}$ 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, $\frac{3}{4}$ C stir-fried vegetables, $\frac{3}{4}$ C whole-wheat dinner roll 1% milk, $\frac{1}{2}$ C	beef stroganoff, 1 C eggless noodles, $1\frac{1}{2}$ C green salad, 1 C low-calorie dressing, 2 Tbs steamed broccoli, $\frac{3}{4}$ C whole-wheat dinner roll apple cobbler, $\frac{1}{2}$ C	spaghetti, $1\frac{1}{2}$ C tomato sauce, 1 C nonfat parmesan cheese, 2 Tbs whole-wheat bread, 2 slices trans fat-free margarine, 2 tsp steamed mushrooms, $\frac{1}{2}$ C steamed broccoli, 1 C
Snacks (similar to above)		