

Week 1 Tuesday 2000 [1600] (1200) Calories

Breakfast

Omelette, Toast, Mixed Berries, Peach Nectar, and Latte

1 *Southwestern egg white omelette** [(1/2)]

2 slices whole wheat toast (0) [1] , topped with 4 t raspberry jam (0) [2 t]

1 c mixed blueberries, strawberries, and raspberries

6 fl oz peach nectar [(4 fl oz)]

coffee latte: 8 fl oz nonfat milk and 2 fl oz espresso

Lunch

Ham and Swiss Sandwich, Raw Veggies, Apple

ham and Swiss sandwich: 2 slices whole grain bread [(1)] , 2 oz ham, and 1 oz low sodium, low fat Swiss cheese [(0.6)], topped with 1/4 c shredded cabbage, 2 slices tomato, and mustard

1/2 c carrots “chips” (crinkle-cut raw carrot chips)

8 grape tomatoes

1 medium Granny Smith apple [(small)]

Snack

Hazelnuts, Cantaloupe, Yogurt

1/4 c hazelnuts [(1 T)]

4 oz cantaloupe

6 oz nonfat, artificially sweetened strawberry-kiwi yogurt

Dinner

Salmon on a Bed of Mashed Sweet Potato with Broccoli, Mesclun Salad, Bread, Frozen Yogurt

4 oz grilled salmon [(3 oz)]

1/2 c mashed sweet potato

1 c steamed broccoli

mesclun salad: 1 1/2 c mixed baby greens, topped with 2 T champaign vinaigrette dressing [(1 T)]

1 slice Italian bread (0)

1/2 c nonfat, artificially sweetened frozen yogurt

DASH servings: 4 whole grain, 1 refined grain, 3 dairy, 4 fruit, 5+ vegetables, 1 nuts, 8 oz meats