

## 2,500 Green Sample Menu

Meal	Page	Food	Calories	Protein	Carbs	Fat
1	14	1 svg. Fruit and Yogurt	490	39g	82g	3.5g
		8 ounces skim milk	86	8.5g	12g	0.5g
2	74	1 Fruit and Veggie Shake	380	33g	65g	2g
		1 kiwi fruit	50	0g	12g	0g
3	67	1 svg. Cheese and Tortilla Casserole	389	28g	65g	3g
		3 ounces light tuna in water	80	18g	0g	1g
4	201	3 Meringue Cookies	46	1g	7g	2g
	176	1 svg. Hot Mocha Drink	203	29g	16g	2g
5	99	1 svg. Grilled Chicken	193	29g	16g	2g
	140	1 svg. Maple Sweet Potatoes	181	3g	41g	0.5g
6		1 Orange Rush Reload	371	26g	60g	2g
		1/4 cup pineapple chunks	56	9g	36g	0g
			2,495	223.5g	412g	18.5g

## 2,500 Yellow Sample Menu

Meal	Page	Food	Calories	Protein	Carbs	Fat
1	49	Apple and Cream Cheese Bagel	436	25.5g	.5g	5g
		1 cup Egg Beaters	120	24g	6g	0g
		6 ounces orange juice	72	0g	18g	0g
2	183	1 Maple Graham Shake	508	35g	74g	8.5g
		1/2 banana	50	0g	12g	0g
3	77	1 Mexican Burger	253	16.5g	28.5g	7.5g
		3/4 cup steamed cauliflower and carrots	45	2g	9g	1g
4	211	1 svg. Chocolate Berry Dessert Cup	276	5g	48g	6g
		8 ounces skim milk	86	8.5g	12g	0.5g
5	110	1 svg. Turkey with Mushroom Sauce	245	37g	6g	8g
	141	1 svg. Green Bean Salad	68	15g	0.5g	3g
		1/2 cup cooked rice	105	3g	22g	0.5g
6		1 Chocolate Crave Reload	377	26g	60g	2.5g
		10 grapes	35	0g	9g	0.5g
			2,676	184.5g	397g	40.5g