

Example of a DASH menu's macronutrient summary**Chicken/FISH**

DAY	Energy (kcal)	PRO (g)	FAT (g)	CHO (g)	Fiber (g)	SAT FAT (g)	Na (mg)
1	2221.82	100.94	66.29	331.84	31.92	13.98	2415.69
2	2226.33	100.04	64.01	343.28	53.79	16.67	2393.71
3	2172.25	100.13	60.62	317.89	30.33	14.21	2399.11
4	2189.91	101.63	67.46	325.84	55.06	14.73	2436.76
5	2194.55	101.02	62.18	332.56	43.29	19.54	2161.82
6	2225.8	100.18	68.82	320.29	38.87	15.82	2271.88
7	2191.01	100.02	61.67	328.59	36.42	14.06	2494.08
AVG CHICKEN/FISH	2203.095714	100.5657143	64.43571429	328.6128571	41.38285714	15.57285714	2367.578571

PORK

DAY	Energy (kcal)	PRO (g)	FAT (g)	CHO (g)	Fiber (g)	SAT FAT (g)	Na (mg)
1	2204.49	99.23	65.99	325.39	29.73	16.61	2356.92
2	2202.96	99.42	63.6	339.83	55.77	17.41	2339.22
3	2199.77	99.38	60.65	326.33	35.22	16.93	2368.18
4	2196.84	99.73	66.68	321.17	50.87	18.35	2420.77
5	2155.89	99.8	61.9	321.52	44.94	15.67	2455.34
6	2147.14	96.46	59.62	322.08	40.51	14.88	2391.58
7	2153.48	97.06	58.7	337.24	38.81	12.74	2182.24
AVG PORK	2180.081429	98.72571429	62.44857143	327.6514286	42.26428571	16.08428571	2359.178571

Example of a DASH-PORK (DASH-P) Menu

Day 1

Foods in Bold Are Provided by the Metabolic Kitchen

Breakfast

Cheerios	3/4 cup
Skim Milk	10 fl oz
Banana	1 medium
Cranberry Juice Cocktail	12 fl oz
Coffee (black) - measure 8 oz	8 fl oz

Lunch

Chef Salad	
<i>Lettuce, Romaine</i>	3 cups
Uncured Ham	32 grams
<i>Tomato</i>	1 ea
<i>Baby Carrots</i>	10 ea
<i>Cucumber, cubed or diced</i>	1/2 cup
<i>Fat Free Shredded Cheese</i>	22 grams
Croutons	1 packet
Oil & Vinegar Dressing	30 grams
Melba Rounds	4 pieces
Fruit Cocktail	1 serving
Diet Soda	12 fl oz

Mid-Afternoon Snack

Honey Multi-Grain Bagel	1/2 bagel
Country Crock Margarine	2 ea
Crystal Light*	8 fl oz

Dinner

Kroger Whole Wheat Hamburger Bun	1 ea
Pork Loin	90 grams
Barbecue Sauce	25 grams
Corn on the Cob	1 ea
Country Crock Margarine	4 ea
Mandarin Oranges	1 ea
Passion Fruit Juice	6 fl oz

Evening Snack

Popcorn	1 serving
Diet Soda	12 fl oz

*Crystal Light can be substituted with water or other beverages sweetened with artificial sweeteners such as Crystal Light or Diet Soda.
Please refer to the Beverages handout for more information about allowable beverages.

Day 2- DASH-P		
Foods in Bold Are Provided by the Metabolic Kitchen		
Breakfast		
Thomas Hearty Light Multi-Grain English Muffins		1 ea
Reduced Fat JIF Peanut Butter		11 grams
Grapefruit		1/2 large fruit
Apple Juice		8 fl oz
Skim Milk		6 fl oz
Coffee (black) - measure 8 oz		8 fl oz
Lunch		
Soft Taco		
<i>Ole Extreme Wellness Whole Wheat Tortilla</i>		1 ea
<i>Ground Pork Taco Filling</i>		40 grams
<i>Lettuce, shredded</i>		1/2 cup
<i>Tomato, diced</i>		1/2 cup
<i>Cheddar Fat Free Shredded Cheese</i>		14 grams
Baked Tostitos Scoops		1 oz
Banana		1 small
Blueberries		1/2 cup
Diet Soda		12 fl oz
Mid-Afternoon Snack		
Cherry Tomatoes		5 ea
Baby Carrots		5 ea
Cucumber, sliced with peel		1/2 cup
Vegetable Dip		30 grams
Dinner		
Uncured Ham		50 grams
Broccoli		1/2 cup
Kraft American Cheese		9 1/2 grams
Aunt Millie Whole Grain Dinner Roll		1 ea
Country Crock		2 ea
Side Salad		
<i>Lettuce, Shredded</i>		1 cup
<i>Low Sodium Salad Dressing</i>		15 grams
Vanilla Frozen Yogurt		1/2 cup
Raspberries		1/2 cup
Ice Tea		8 fl oz
Water*		8 oz
Evening Snack		
Reduced Fat Vanilla Wafers		5 ea
Water*		8 fl oz
*Water can be substituted with beverages sweetened with artificial sweeteners such as Crystal Light or Diet Sodas. Please refer to the Beverages handout for more information about allowable beverages.		

Day 3- DASH-P		
Foods in Bold Are Provided by the Metabolic Kitchen		
Breakfast		
Carbmaster Yogurt		1 container (grams)
Quaker Natural Granola - Oats, Honey & Raisins		51 grams
Banana		1 medium
Orange Juice		4 fl oz
Coffee (black) - measure 8 oz		8 1/2 cup
Lunch		
Tomato Soup (25% less sodium)		1/3 cup
Low Sodium Oyster Crackers		5 ea
Healthy Life 100% Whole Wheat Bread		1 slice
Uncured Ham		38 grams
Reduced Fat Cheddar Cheese		22 grams
Country Crock		3 each
Apple		1 ea
Crystal Light*		8 fluid oz
Mid-Afternoon Snack		
Celery strips, 4" long		8 ea
Reduced Fat JIF Peanut Butter		22 grams
Diet Soda		1 can
Dinner		
Pork Loin		70 grams
Gravy, turkey or pork, in jar		23 grams
Healthy Life 100% Whole Wheat Bread		1 slice
Country Crock Margarine		5 ea
Jelly, reduced sugar		1 packet
Sweet Potatoes		1/2 cup
Mini Marshmallows		30 ea
Green Beans		
Mixed Fruit		1/2 cup (1 fruit cup)
Ice Tea		8 fl oz
Evening Snack		
Quaker Chocolate Chunk Granola Bar		1 ea
Water*		8 fl oz
*Water can be substituted with beverages sweetened with artificial sweeteners such as Crystal Light or Diet Sodas.		
Please refer to the Beverages handout for more information about allowable beverages.		

Day 4- DASH-P		
Foods in Bold Are Provided by the Metabolic Kitchen		
Breakfast		
Cheerios		1 cup
1% Milk		10 fl oz
Peaches		1/2 cup
Orange Juice		6 fl oz
Coffee (black) - measure 8 oz		1 cup
Lunch		
Pork Quesadilla		
<i>Thomas Hearty Multi-Grain Light English Muffins</i>		1 ea
Pork Loin		20 grams
<i>Reduced Fat Cheddar Cheese</i>		22.6 grams
<i>Onion, chopped</i>		1/4 cup
<i>Green Pepper, chopped</i>		1/2 cup
<i>Red Pepper, chopped</i>		1/2 cup
Banana		1 medium
Cherry Tomatoes		10 ea
Baby Carrots		10 ea
Vegetable Dip		32 grams
Diet Soda		1 can
Water*		8 fluid oz
Mid-Afternoon Snack		
Carbmaster Yogurt		1/2 container
Quaker Natural Granola		25 grams
Crystal Light*		8 fl oz
Dinner		
Pork Waldroff Salad		
Pork Loin		65 grams
Romaine Lettuce, Shredded		2 1/2 cups
Parmesan Cheese		2 tsp
Green Beans, string		1/2 cup
Mushrooms		1/2 cup
Pears		1 cup
Low Sodium Salad Dressing		10 grams
Peas		1/2 cup
Country Crock Margarine		3 ea
Melba Rounds		4 ea
Apple Cinnamon Fruit Crisp		1 ea
Water*		8 fl oz
Evening Snack		
Popcorn		1 serving
Diet Soda (any flavor)		1 12 oz can
*Water can be substituted with beverages sweetened with artificial sweeteners such as Crystal Light or Diet Sodas.		
Please refer to the Beverages handout for more information about allowable beverages.		

Day 5- DASH-P		
Foods in Bold Are Provided by the Metabolic Kitchen		
Breakfast		
Quaker Instant Oatmeal (any fruit & cream variety)		1 ea
Country Crock		2 ea
Grapefruit	1/2	medium fruit
Skim Milk	11	fluid oz
Lunch		
Pork Tenderloin Sandwich:		
<i>Kroger Whole Wheat Hamburger Bun</i>		1 ea
Pork Loin	50	grams
<i>Lettuce, inner leaf</i>	2	ea
<i>Tomato, slice</i>	1	ea
Light Mayonnaise	2	Tbsp
Lay's Lightly Salted Potato Chips	28	gram
Kiwi Fruit	1	ea
Crystal Light	1	packet
Mid-Afternoon Snack		
Green Pepper, sliced	3/4	cup
Red Pepper, sliced	3/4	cup
Vegetable Dip	25	grams
Diet Soda (any flavor)	1	can
Dinner		
<u>Pizza:</u>		
<i>Thomas Hearty Multi-Grain Light English Muffins</i>		1 ea
<i>Pizza Sauce</i>	3/4	cup
Uncured Ham	28	grams
<i>Pineapple</i>	1/2	cup
<i>Fat Free Mozzarella Cheese</i>	1/3	cup
Frozen Yogurt	1/2	cup
Raspberries	1/2	cup
Frozen Fruit Bar	1	ea
Water*	8	fl oz
Evening Snack		
Quaker Chocolate Chunk Granola Bar		1 ea
*Water can be substituted with beverages sweetened with artificial sweeteners such as Crystal Light or Diet Sodas. Please refer to the Beverages handout for more information about allowable beverages.		

Day 6- DASH-P		
Foods in Bold Are Provided by the Metabolic Kitchen		
Breakfast		
Kellogg's Eggo Golden Oat Waffles		2 ea
Country Crock Margarine		2 ea
Syrup		1/2 Tbsp.
Blueberries		1/2 cup
Skim Milk		10 fluid oz
Coffee (black) - measure 8 oz		1 cup
Lunch		
<u>Ham & Veggie Wrap</u>		
<i>Ole Extreme Wellness Whole Wheat Tortilla</i>		1 ea
<i>Uncured Ham</i>		42 grams
<i>Lettuce, shredded</i>		1/2 cup
<i>Tomatoes, diced</i>		1/2 cup
<i>Light Mayonnaise</i>		1 packet
Melba Rounds		8 ea
Banana		1 medium
Crystal Light*		1 packet
Mid-Afternoon Snack		
Celery, 4 inch strips		6 ea
Reduced Fat Peanut Butter		1 Tbsp
Crystal Light*		1 packet
Dinner		
Southwestern Pork Salad		
<i>Lettuce, romaine, shredded</i>		2 cups
<i>Canola Oil</i>		5 grams
<i>Pork Loin</i>		60 grams
<i>Red Pepper, chopped</i>		1/4 cup
<i>Green Pepper, chopped</i>		1/4 cup
<i>Onions, chopped</i>		1/4 cup
<i>Mild Cheddar Cheese, Shredded</i>		15 grams
<i>Salsa</i>		30 grams
<i>Corn</i>		1/2 cup
Baked Tostitos Scoops		1 oz
Mandarin Oranges		1/2 cup (1 fruit cup)
Peach Fruit Crisp		1 ea
Ice Tea		12 fl oz
Evening Snack		
Popcorn		1 serving
Diet Soda		1 can
*Water can be substituted with beverages sweetened with artificial sweeteners such as Crystal Light or Diet Sodas. Please refer to the Beverages handout for more information about allowable beverages.		

Day 7- DASH-P		
Foods in Bold Are Provided by the Metabolic Kitchen		
Breakfast		
Honey Multi-Grain Bagel		1 ea
Country Crock Margarine		4 ea
Jelly, reduced sugar		2 packets
Strawberries		1/2 cup
Skim Milk		4 fluid oz
Coffee (black) - measure 8 oz		1 cup
Lunch		
<u>Asain Beef Stir-Fry</u>		
	Beef Tenderloin	22 grams
	Canola Oil	9 grams
	Broccoli	1 cup
	Mushrooms	1/2 cup
	Corn	1/2 cup
	Snowpeas	50 grams
	Soy Sauce	0.6 Tbsp
Brown Rice		3/4 cup
	Peas & Carrots	1/2 cup
	Pineapple	1/2 cup
Rold Gold Tiny Twist Pretzels		13 each
Apple		1 medium
Water*		8 fl oz
Mid-Afternoon Snack		
Light Ice Cream		
		1 serving
1% Milk		1/2 cup (140 grams)
Hot Fudge or Hot Caramel		2 Tbsp
Dinner		
Hamburger patty, 90% lean ground beef, RAW weight**		73 grams
Kroger Whole Wheat Hamburger Bun		1 ea
Kroger 2% Fat American Singles, 21 g ea		1/2 ea
Van Camp's Pork & Beans		1/4 cup
Green Grapes		20 ea
Water*		8 fl oz
*Water can be substituted with beverages sweetened with artificial sweeteners such as Crystal Light or Diet Sodas. Please refer to the Beverages handout for more information about allowable beverages.		
**73 grams of RAW 90% lean ground burger equals 58 grams of COOKED 90% lean ground burger.		

Example of a DASH-CHICKEN-FISH Menu

Day 1

Foods in Bold Are Provided by the Metabolic Kitchen

Breakfast

Cheerios	3/4 cup
1% Milk	16 fl oz (2 cups)
Banana	1 large
Ocean Spray Light Cranberry Juice	6 fl oz (3/4 cup)
Coffee (black) - measure 8 oz	8 fl oz (1 cup)

Lunch

Chef Salad

<i>Lettuce, Romaine</i>	3 cups
Chicken Breast Tenderloin	85 grams
<i>Tomato, roma</i>	1 ea
<i>Baby Carrots</i>	10 ea
<i>Cucumber, cubed or diced</i>	1 cup
<i>Mild Shredded Cheese</i>	1/4 cup
Croutons	1 packet
Low Sodium Salad Dressing	40 grams
Melba Rounds	4 pieces
Diet Soda	12 fl oz

Mid-Afternoon Snack

Honey Multi-Grain Bagel	1/2 bagel
RF Peanut Butter	10 grams
Crystal Light*	8 fl oz

Dinner

Kroger Whole Wheat Hamburger Bun	1 ea
Tilapia Fillet	95 grams
Light Mayo	1 Tbsp
Corn on the Cob	1 ea
Country Crock Margarine	4 ea
Mandarin Oranges (drink juice)	1 1/4 cup
Ocean Spray Light Cranberry Juice	14 fl oz (1 3/4 cups)
1% Milk	8 fl oz (1 cup)

Evening Snack

Popcorn	1 serving
Diet Soda	12 fl oz

*Crystal Light can be substituted with water or other beverages sweetened with artificial sweeteners such as Crystal L
Please refer to the Beverages handout for more information about allowable beverages.

Day 2- DASH-C/F		
Foods in Bold Are Provided by the Metabolic Kitchen		
Breakfast		
Thomas Hearty Light Multi-Grain English Muffins		2 ea
Reduced Fat JIF Peanut Butter		18 grams
Grapefruit		1/2 large fruit
Apple Juice		6 fl oz (3/4 cup)
1% Milk		8 fl oz (1 cup)
Coffee (black) - measure 8 oz		8 fl oz (1 cup)
Lunch		
Soft Taco		
<i>Ole Extreme Wellness Whole Wheat Tortilla</i>		1 ea
Chicken Breast Tenderloin		65 grams
<i>Lettuce, shredded</i>		1/2 cup
<i>Tomato, diced</i>		1/2 cup
<i>Fat Free Cheddar Shredded Cheese</i>		1/4 cup
Baked Tostitos Scoops		20 ea
No Salt Salsa		2 Tbsp
Banana		1 medium
Blueberries		1 cup
Diet Soda		12 fl oz
Mid-Afternoon Snack		
Cherry Tomatoes		4 ea
Baby Carrots		5 ea
Cucumber, sliced with peel		1/2 cup
Vegetable Dip		25 grams
Dinner		
Tilapia Fillet		70 grams
Broccoli		1/2 cup
Kraft American Cheese Slices (19 g each)		1 each
King's Hawaiian Honey Wheat Roll		1 ea
Country Crock Margarine		1 ea
Side Salad		
<i>Lettuce, Shredded</i>		1 cup
Low Sodium Salad Dressing		30 grams
Raspberries		1 cup
Ice Tea		8 fl oz
Evening Snack		
Reduced Fat Vanilla Wafers		8 ea
1% Milk		10 fl oz (1 1/4 cup)
Water*		8 fl oz

Day 3- DASH-C/F		
Foods in Bold Are Provided by the Metabolic Kitchen		
Breakfast		
Kroger Carbmaster Yogurt		1 container
Quaker Natural Granola - Oats, Honey & Raisins		25 grams
Banana		1 large
Orange Juice		8 fl oz (1 cup)
1% Milk		6 fl oz (3/4 cup)
Coffee (black) - measure 8 oz		1 cup
Lunch		
Tomato Soup (25% less sodium)		1/4 cup
Low Sodium Oyster Crackers		10 ea
Healthy Life 100% Whole Wheat Bread		1 slices
Tilapia Fillet		120 grams
Country Crock Margarine		5 each
Apple		1 large
Apple Pear Fruit Crisp		1 each
Crystal Light*		8 fluid oz
Mid-Afternoon Snack		
Celery strips, 4" long		8 ea
JIF Peanut Butter		25 grams
Diet Soda		1 can
Dinner		
Chicken Breast Tenderloin		125 grams
Gravy, turkey or pork, in jar		1 Tbsp
Healthy Life 100% Whole Wheat Bread		1 slices
Country Crock Margarine		6 ea
Jelly, reduced sugar		2 packet
Sweet Potato (cooked, without skin)		1 each
Mini Marshmallows		40 ea
Green Beans		1/2 cup
Mixed Fruit		1 cup
1% Milk		8 fl oz (1 cup)
Ice Tea		8 fl oz
Evening Snack		
Quaker Chocolate Chunk Granola Bar		2 ea
Water*		8 fl oz
<i>*Water can be substituted with beverages sweetened with artificial sweeteners such as Crystal Light or Diet Sodas.</i>		
<i>Please refer to the Beverages handout for more information about allowable beverages.</i>		

Day 4- DASH-C/F		
Foods in Bold Are Provided by the Metabolic Kitchen		
Breakfast		
Cheerios		1 cup
1% Milk		12 fl oz (1 1/2 cups)
Peaches		1 cup
Orange Juice		8 fl oz (1 cup)
Coffee (black) - measure 8 oz		1 cup
Lunch		
Chicken Quesadilla		
<i>Thomas Hearty Multi-Grain Light English Muffins</i>		2 ea
Chicken Breast Tenderloin		60 grams
<i>Reduced Fat Cheddar Cheese</i>		1/4 cup
<i>Onion, chopped</i>		1/4 cup
Banana		1 large
Cherry Tomatoes		8 ea
Baby Carrots		8 ea
Vegetable Dip		30 grams
Diet Soda		1 can
Water*		8 fluid oz
Mid-Afternoon Snack		
Carbmaster Yogurt		1 container
Quaker Natural Granola		15 grams
Crystal Light*		8 fl oz
Dinner		
Chicken Waldroff Salad		
Chicken Breast Tenderloin		92 grams
Romaine Lettuce, Shredded		2 1/2 cups
Green Beans		1 cup
Mushrooms		1/2 cup
Pears		1 cup
Low Sodium Salad Dressing		50 grams
Peas		1/2 cup
Country Crock Margarine		5 ea
Melba Rounds		4 ea
Apple Pear Fruit Crisp		1 ea
Water*		8 fl oz
Evening Snack		
Popcorn		1 serving
Diet Soda (any flavor)		1 12 oz can

Day 5- DASH-C/F		
Foods in Bold Are Provided by the Metabolic Kitchen		
Breakfast		
Quaker Instant Oatmeal (any fruit & cream variety)		1 ea
Country Crock Margarine		3 ea
Grapefruit		1/2 large fruit
1% Milk		14 fl oz (1 3/4 cups)
Lunch		
Chicken Sandwich:		
	<i>Kroger Whole Wheat Hamburger Bun</i>	1 ea
	Chicken Breast Tenderloin	118 grams
	<i>Lettuce, inner leaf</i>	2 ea
	<i>Tomato, slice</i>	1 ea
	Light Mayonnaise	2 Tbsp
Lay's Lightly Salted Potato Chips		15 ea
Kiwi Fruit		1 ea
Crystal Light		1 packet
Mid-Afternoon Snack		
Baby Carrots, raw		10 each
Vegetable Dip		25 grams
Edy's Frozen Fruit Bar		1 ea
Diet Soda (any flavor)		1 can
Dinner		
<u>Pizza:</u>		
	<i>Thomas Hearty Multi-Grain Light English Muffins</i>	1 ea
	<i>Pizza Sauce</i>	3/4 cup
	Tilapia Fillet	68 grams
	<i>Pineapple</i>	1 cup
	<i>Fat Free Mozzarella Cheese</i>	1/3 cup
Frozen Yogurt		3/4 cup
Raspberries		3/4 cup
Water*		8 fl oz
Evening Snack		
Quaker Chocolate Chunk Granola Bar		1 ea
1% Milk		8 fl oz (1 cup)
Apple		1 large
*Water can be substituted with beverages sweetened with artificial sweeteners such as Crystal Light or Diet Sodas. Please refer to the Beverages handout for more information about allowable beverages.		

Day 6- DASH-C/F		
Foods in Bold Are Provided by the Metabolic Kitchen		
Breakfast		
Kellogg's Eggo Golden Oat Waffles		2 ea
Country Crock Margarine		2 ea
Syrup		2 Tbsp.
Blueberries		3/4 cup
1% Milk		12 fl oz (1 3/4 cups)
Banana		1 large
Coffee (black) - measure 8 oz		1 cup
Lunch		
<u>Fish & Veggie Wrap</u>		
<i>Ole Extreme Wellness Whole Wheat Tortilla</i>		1 ea
<i>Tilapia Fillet</i>		57 grams
<i>Lettuce, shredded</i>		1 cup
<i>Tomatoes, diced</i>		1 cup
<i>Light Mayonnaise</i>		2 tsp
Melba Rounds		4 ea
Strawberries		1 1/2 cups
1% Milk		8 fl oz (1 cup)
Crystal Light*		1 packet
Mid-Afternoon Snack		
Celery, 4 inch strips		8 ea
JIF Peanut Butter		32 g
Crystal Light*		1 packet
Dinner		
Southwestern Chicken Salad		
<i>Lettuce, romaine, shredded</i>		2 cups
<i>Canola Oil</i>		1 Tbsp
<i>Chicken Breast Tenderloin</i>		86 grams
<i>Onions, chopped</i>		1/4 cup
<i>Reduced Fat Cheddar Cheese, Shredded</i>		1/2 cup
<i>Salsa</i>		1/4 cup
<i>Corn</i>		1/2 cup
Baked Tostitos Scoops		20 ea
Mandarin Oranges (drink juice)		1 cup
Peach Fruit Crisp		1 ea
1% Milk		8 fl oz (1 cup)
Edy's Frozen Fruit Bar		1 each
Ice Tea		12 fl oz
Evening Snack		
Popcorn		1 serving
Diet Soda		1 can

Day 7- DASH-C/F		
Foods in Bold Are Provided by the Metabolic Kitchen		
Breakfast		
Honey Multi-Grain Bagel		1 ea
Country Crock Margarine		3 ea
Jelly, reduced sugar		3 packets
Strawberries		1 cup
1 % Milk		10 fl oz (1 1/4 cups)
Coffee (black) - measure 8 oz		1 cup
Lunch		
<u>Asian Beef Stir-Fry</u>		
	Beef Tenderloin	38 grams
	Canola Oil	1 Tbsp
	Broccoli	1 cup
	Mushrooms	1/2 cup
	Corn	1/2 cup
	Snowpeas	1/2 cup
	Soy Sauce	2 tsp
	Brown Rice	1 1/4 cup
	Peas & Carrots	1/2 cup
	Pineapple	1 cup
Water*		8 fl oz
Mid-Afternoon Snack		
Kroger Carbmaster Yogurt (any flavor)		1 container
Quaker Natural Granola		20 g
Dinner		
Beef Tenderloin		67 g
Ore Ida Steam & Cut Mash Potatoes		1 1/3 cup
Gravy, turkey or pork, in jar		1/4 cup
King's Hawaiian Honey Wheat Rolls		1 ea
Country Crock Margarine		5 ea
Peas		1/2 cup
Kroger Fat Free Cottage Cheese		1/3 cup
Peaches		1 cup
Edy's Frozen Fruit Bar		1 each
Ice Tea		8 fl oz
Evening Snack		
Quaker Chocolate Chunk Granola Bar		1 ea
*Water can be substituted with beverages sweetened with artificial sweeteners such as Crystal Light or Diet Sodas. Please refer to the Beverages handout for more information about allowable beverages.		