**Breakfast**

- Hard Boiled Egg
- Banana
- Raisin Bran w/ ½ Cup Skim Milk
- Unsweetened Iced Tea

**Lunch**

- Grilled Chicken Wrap w/ lettuce, tomato, cheese (No Dressing)
- Apple

**Dinner**

- Baked Salmon
- Steamed Broccoli
- Steamed Brown Rice

**Snacks**

- Carrot Sticks
- Lowfat, Plain Yogurt w/ Fresh Strawberries on top
- Whole Grain Pretzels
- Light String Cheese

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**1500 Calories – Nutrient Rich**

**1500 Calories – Nutrient Poor**

- Grande (16 oz.) Salted Caramel Mocha Frappuccino
- 20 oz. Coca-Cola and Reese's Cups (2- pack)
- Large French Fry & 12 oz. Beer