

Client Name \_\_\_\_\_ Date \_\_\_\_\_

RD/DTR \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

## Fat-Restricted Sample 5-Day Menus

### Menu 1 (approximately 22g fat)

<b>Breakfast</b>	½ cup tomato juice 4-inch oat bran bagel with 1 tablespoon fat-free cream cheese 1.5 oz liquid egg substitute 1 cup (8 oz) fat-free milk
<b>Snack</b>	Fruit smoothie: 1 cup skim milk blended with 1 cup yogurt and ripe banana
<b>Lunch</b>	Turkey sandwich: 2 oz lean turkey, small whole wheat pita, lettuce, tomato, sprouts, 2 teaspoons fat-free mayonnaise, 1 teaspoon mustard 1 cup carrots ½ cup pineapple chunks 1 cup (8 oz) fat-free milk
<b>Evening Meal</b>	4 oz chicken breast baked in tomato sauce with 1 cup pasta Mixed green salad with carrots, cucumbers, tomatoes 2 slices french bread, 1 teaspoon reduced-fat margarine Cooked apple with cinnamon and sugar Water, tea, or coffee

### Menu 2 (approximately 27g fat)

<b>Breakfast</b>	½ cup oatmeal made with 1 cup fat-free milk 2 slices whole wheat toast with 2 teaspoons jam ½ cup (4 oz) orange juice
<b>Lunch</b>	1 cup chicken noodle soup Turkey sandwich: 2 slices whole wheat bread, 2 oz turkey 8 baby carrots 1 apple 1 cup (8 oz) fat-free milk
<b>Evening Meal</b>	3 oz lean roast beef 1 cup potato ½ cup green beans 1 whole wheat dinner roll with 2 teaspoons margarine 1 orange ½ cup pudding made with fat-free milk
<b>Snack</b>	½ cup pretzels

### Menu 3 (approximately 32g fat)

<b>Breakfast</b>	2 packets cooked oatmeal with raisins 1 cup (8 oz) soy milk Caffeine-free herbal tea (not made with peppermint or spearmint)
<b>Lunch</b>	Chicken salad made with 2 oz cooked chicken, lettuce, and low-fat dressing 1 small corn muffin ½ cup sliced bananas with ½ cup blueberries 1 cup (8 oz) fat-free milk
<b>Snack</b>	1 cup (8 oz) apple juice 1 oz low-fat cheddar cheese 4 whole wheat crackers
<b>Evening Meal</b>	Pasta primavera: 1 cup pasta with ½ cup broccoli, tomato, and zucchini Plain bread stick Baked apple dumpling made with peeled apple, cinnamon and sugar 1 cup (8 oz) fat-free milk

### Menu 4 (approximately 39g fat)

<b>Breakfast</b>	1-egg omelet 1 slice white toast with 1 teaspoon margarine ½ cup grits ½ cup (4 oz) cranberry juice Caffeine-free herbal tea
<b>Snack</b>	Fruit smoothie: 1 cup (8 oz) soy milk blended with 1 cup yogurt and ripe banana
<b>Lunch</b>	1 cup low-fat cream of mushroom soup 3 tablespoons tuna salad on 4-inch white pita bread 5 saltines Caffeine-free herbal tea
<b>Snack</b>	½ cup cottage cheese sprinkled with cinnamon and sugar
<b>Evening Meal</b>	4 oz baked chicken 1 cup white rice ½ cup carrots 1 white roll
<b>Snack</b>	1 cup low-fiber cereal with ½ cup (4 oz) fat-free milk

## Menu 5 (approximately 40g fat)

<b>Breakfast</b>	<p>½ cup (4 oz) apple juice            ¾ cup oatmeal with 1 small banana and 1 cup (8 oz) fat-free milk            1 cup (8 oz) brewed coffee</p>
<b>Lunch</b>	<p>Turkey and cheese sandwich: 2 slices whole wheat bread, 2 oz lean deli turkey breast, 1 oz low-fat Swiss cheese, mustard, 1 medium sliced tomato, shredded lettuce            1 pear            1 cup (8 oz) fat-free milk</p>
<b>Evening Meal</b>	<p>3 oz broiled fish            ½ cup brown rice            1 medium stalk broccoli and 1 medium carrot            Tossed salad with mixed greens, tomatoes, chickpeas, and olive oil and vinegar dressing            1 small whole grain roll with 1 teaspoon soft margarine            1 cup (8 oz) tea            ½ cup fat-free frozen yogurt with fruit</p>
<b>Snacks</b>	<p>1 cup blueberries            1 cup (8 oz) fat-free milk</p>

**Notes:**
