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QUESTIONS?

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Week of:

Handout 4-1

Weekly Menu Planner

Day	Breakfast	Lunch	Dinner	Snack
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information or veteran status.

Breakfast Recipes

Breakfast Burritos

Ingredients

- Vegetable cooking spray
- 2 egg whites
- 2 whole wheat tortillas
- 1/4 cup fat-free cheese
- 1/4 cup rinsed canned beans (such as pinto beans or black beans)
- Salsa (to taste)

Directions

1. Spray vegetable cooking spray into a frying pan.
 2. Scramble the egg whites in the pan and cook to the desired degree of doneness.
 3. Place the cooked eggs on the tortillas.
 4. Sprinkle the cheese over the eggs.
 5. Place the beans over the cheese and eggs.
 6. Roll each tortilla into a wrap.
 7. Microwave for 30 seconds.
 8. Spoon salsa on top.
- Makes 2 servings.

Nutrition Facts

Serving Size (142g)		Servings Per Container	
Amount Per Serving		Calories from Fat 30	
Calories 210		% Daily Value*	
Total Fat	3g		5%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	670mg		28%
Total Carbohydrate	32g		11%
Dietary Fiber	4g		16%
Sugars	4g		
Protein 13g			
Vitamin A	2%	Vitamin C	2%
Calcium	8%	Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000		2,500	
Total Fat	Less than 65g		80g
Saturated Fat	Less than 20g		25g
Cholesterol	Less than 300mg		300mg
Sodium	Less than 2,400mg		2,400mg
Total Carbohydrate	300g		375g
Dietary Fiber	25g		30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Strawberry Parfaits

Ingredients

- 1 lb strawberries
- 2 cups low fat vanilla yogurt
- 6 tbsp granola cereal

Directions

1. Cut 1 lb strawberries into quarters and divide half among 4 glasses.
 2. Divide 1 cup low fat vanilla yogurt and 3 tbsp granola cereal evenly among glasses.
 3. Repeat with remaining berries and additional 1 cup yogurt and 3 tbsp granola. Top with sliced berries.
- Makes 2 servings.

Nutrition Facts

Serving Size (491g)		Servings Per Container	
Amount Per Serving		Calories from Fat 50	
Calories 360		% Daily Value*	
Total Fat	6g		9%
Saturated Fat	2.5g		13%
Trans Fat	0g		
Cholesterol	15mg		5%
Sodium	170mg		7%
Total Carbohydrate	65g		22%
Dietary Fiber	6g		24%
Sugars	49g		
Protein 16g			
Vitamin A	2%	Vitamin C	230%
Calcium	50%	Iron	10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000		2,500	
Total Fat	Less than 65g		80g
Saturated Fat	Less than 20g		25g
Cholesterol	Less than 300mg		300mg
Sodium	Less than 2,400mg		2,400mg
Total Carbohydrate	300g		375g
Dietary Fiber	25g		30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Berry Breakfast Smoothie

Ingredients

- 1 banana, cut into chunks
- 1/2 cup fat-free milk (cold in the summer, warm in the winter)
- 1/4 cup frozen unsweetened blueberries
- 1/4 cup frozen unsweetened strawberries
- 1 teaspoon peanut butter
- 1/2 teaspoon honey

Directions

1. In a blender, combine the banana, milk, blueberries, strawberries, peanut butter, and honey. Process about 1 minute, or until the consistency of a thick milkshake.
- Makes 2 servings.

Nutrition Facts

Serving Size (325g)		Servings Per Container	
Amount Per Serving		Calories from Fat 30	
Calories 220		% Daily Value*	
Total Fat	3.5g		5%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	75mg		3%
Total Carbohydrate	45g		15%
Dietary Fiber	5g		20%
Sugars	29g		
Protein 7g			
Vitamin A	10%	Vitamin C	45%
Calcium	15%	Iron	8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000		2,500	
Total Fat	Less than 65g		80g
Saturated Fat	Less than 20g		25g
Cholesterol	Less than 300mg		300mg
Sodium	Less than 2,400mg		2,400mg
Total Carbohydrate	300g		375g
Dietary Fiber	25g		30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Vanilla Spice French Toast with Apple

Ingredients

- 1 egg plus 2 egg whites
- 1 teaspoon vanilla extract
- Dash each of cinnamon and nutmeg
- 2 pieces whole-grain bread
- 1/2 medium apple, sliced

Directions

1. Whisk eggs, vanilla, and spices together. Dip bread into egg mixture. Spray skillet with cooking spray, and sauté bread on each side until brown (about 3 minutes). Top with apple slices.
- Makes 1 serving.

Nutrition Facts

Serving Size (263g)		Servings Per Container	
Amount Per Serving		Calories from Fat 70	
Calories 300		% Daily Value*	
Total Fat	7g		11%
Saturated Fat	2g		10%
Trans Fat	0g		
Cholesterol	185mg		62%
Sodium	380mg		16%
Total Carbohydrate	36g		12%
Dietary Fiber	6g		24%
Sugars	14g		
Protein 21g			
Vitamin A	6%	Vitamin C	8%
Calcium	10%	Iron	15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000		2,500	
Total Fat	Less than 65g		80g
Saturated Fat	Less than 20g		25g
Cholesterol	Less than 300mg		300mg
Sodium	Less than 2,400mg		2,400mg
Total Carbohydrate	300g		375g
Dietary Fiber	25g		30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4