

1800 Cal a day	Calories	Cals from Fat	Cals Sat Fat	Total Fat	Protein	Carbohydrate	Cholesterol
Breakfast							
2 egg whites, cooked 1/2 cup hot oatmeal 1/4 cup blueberries 1 cup 1% milk Non calorie beverage of choice*							
<i>Breakfast Total</i>	238	34	15	4	19	32	15
Morning Snack							
1 bottle BOOST Glucose Control, any flavor Non calorie beverage of choice*							
<i>Morning Snack Total</i>	190	63	5	7	16	16	10
Lunch							
Fresh and Fruity Tossed Salad 2 cups fresh, chopped romaine lettuce 3 oz. cooked chicken breast 1/4 cup Mandarin oranges 1/3 cup fresh sliced strawberries 2 Tbsp. sliced almonds 2 Tbsp. fat free dressing of choice (suggestions include - fat free poppy seed, raspberry vinaigrette, or honey Dijon) 1 - 6 oz. container light yogurt (approx. 80 cal) Non calorie beverage of choice*							
<i>Lunch Total</i>	392	109	15	12	32	43	56
Afternoon Snack							
1 medium apple, sliced 2 Tbsp. reduced fat creamy peanut butter Non calorie beverage of choice*							
<i>Afternoon Snack Total</i>	243	109	23	12	7	29	0
Dinner							
1 bottle BOOST Glucose Control, any flavor 3 oz. lean beef, bottom round roast, cooked 1 serving - Mushroom Sauce (see recipe) 3/4 cup cooked green beans 1/2 cup cooked couscous Non calorie beverage of choice*							
<i>Dinner Total</i>	520	139	28	16	48	49	78
Evening Snack							
5 pieces reduced fat Club crackers 1 oz. low fat Swiss cheese 2 Tbsp. dry roasted, unsalted cashews Non calorie beverage of choice*							
<i>Evening Snack Total</i>	219	107	27	12	12	19	10
* Examples include - Coffee, Tea, Water, diet sugar free drink mix (i.e. Crystal Light®), diet sugar free soda							
Daily Total	1802	562	112	63	134	186	169
	% of total calories		6%	30%	30%	40%	

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