

TLC Sample Menu

Mexican-American Cuisine Female, 25-49 Years

Breakfast

- Bean Tortilla
 - Corn tortilla (1 medium)
 - Pinto beans (¼ cup)
 - Onion (2 Tbsp), tomato, chopped (2 Tbsp),
 - Jalapeno pepper (1 medium)
 - Sauté with canola oil (1 tsp)
- Papaya** (1 medium)
- Orange juice, calcium fortified (1 cup)
- Coffee (1 cup) with fat-free milk (2 Tbsp)

Lunch

- Stir-fried Beef
 - Sirloin steak (2 oz)
 - Garlic, minced (1 tsp)
 - Onion, chopped (¼ cup)
 - Tomato, chopped (¼ cup)
 - Potato, diced (¼ cup)
 - Salsa (¼ cup)
 - Olive oil (1½ tsp)
- Mexican rice (½ cup)
 - Rice, cooked (½ cup)
 - Onion, chopped (2 Tbsp)
 - Tomato, chopped (2 Tbsp)
 - Jalapeno pepper (1 medium)
 - Carrots, diced (2 Tbsp)
 - Cilantro (1 Tbsp)
 - Olive oil (2 tsp)
- Mango (1 medium)
 - Blended fruit drink (1 cup)
 - Fat-free milk (1 cup)
 - Mango, diced (¼ cup)

Lunch continued

- Banana, sliced (¼ cup)
- Water (¼ cup)

Dinner

- Chicken fajita
 - Corn tortilla (1 medium)
 - Chicken breast, baked (2 oz)
 - Onion, chopped (2 Tbsp)
 - Green pepper, chopped (2 Tbsp)
 - Garlic, minced (1 tsp)
 - Salsa (1½ Tbsp)
 - Canola oil (1 tsp)
- Avocado salad
 - Romaine lettuce (1 cup)
 - Avocado slices, dark skin, California type (½ small)
 - Tomato, sliced (¼ cup)
 - Onion, chopped (2 Tbsp)
 - Sour cream, low fat (1½ Tbsp)
- Rice pudding with raisins (½ cup)
 - Water (1 cup)

Snack

- Plain yogurt, fat free, no sugar added (1 cup)
 - Mixed with peaches, canned in water (½ cup)
- Water (1 cup)

* For a higher fat alternative, substitute ½ cup of unsalted peanut halves for the potatoes.

** If using higher fat alternative, eliminate papaya because the peanuts add extra calories.

Nutrient Analysis

Calories	1821	Total fat, % calories	26
Cholesterol (mg)	110	Saturated fat, % calories	4
Fiber (g)	35	Monounsaturated fat, % calories	15
Soluble (g)	13	Polyunsaturated fat, % calories	4
Sodium (mg)	1739	Trans fat (g)	<1
Carbohydrates, % calories	61		
		Protein, % calories	17
* Higher Fat Alternative	No salt is added in recipe preparation or as seasoning.		
Total fat, % calories	34	The sample menu meets or exceeds the Daily Reference Intake (DRI) for nutrients.	