

TLC Sample Menu

Mexican-American Cuisine, Male 25-49 Years

Breakfast

- Bean Tortilla
 - Corn tortilla (2 medium)
 - Pinto beans* (½ cup)
 - Onion (¼ cup), tomato, chopped (¼ cup)
 - 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 (3 oz)
 - Garlic, minced (1 tsp)
 - Onion, chopped (¼ cup)
 - Tomato, chopped (¼ cup)
 - Potato, diced (¼ cup)
 - Salsa (¼ cup)
 - Olive oil (2 tsp)
- Mexican rice
 - Rice, cooked (1 cup)
 - Onion, chopped (¼ cup)
 - Tomato, chopped (¼ cup)
 - Jalapeno pepper (1 medium)
 - Carrots, diced (¼ cup)
 - Cilantro (2 Tbsp)
 - Olive oil (1 Tbsp)
- 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 (2 medium)
 - Chicken breast, baked (3 oz)
 - Onion, chopped (2 Tbsp)
 - Green pepper, chopped (¼ cup)
 - Garlic, minced (1 tsp)
 - Salsa (2 Tbsp)
 - Canola oil (2 tsp)
- Avocado salad
 - Romaine lettuce (1 cup)
 - Avocado slices, dark skin, California type (1 small)
 - Tomato, sliced (¼ cup)
 - Onion, chopped (2 Tbsp)
 - Sour cream, low fat (1½ Tbsp)
- Rice pudding with raisins (¾ 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, cook beans with canola oil (1 Tbsp).

** If using higher fat alternative, reduce papaya serving to ½ medium fruit because canola oil adds extra calories.

Nutrient Analysis

Calories	2535	Total fat, % calories	28
Cholesterol (mg)	158	Saturated fat, % calories	5
Fiber (g)	48	Monounsaturated fat, % calories	17
Soluble (g)	17	Polyunsaturated fat, % calories	5
Sodium (mg)	2118	Trans fat (g)	<1
Carbohydrates, % calories	58		
		Protein, % calories	17
* Higher Fat Alternative	No salt is added in recipe preparation or as seasoning.		
Total fat, % calories	33	The sample menu meets or exceeds the Daily Reference Intake (DRI) for nutrients.	