

TLC Sample Menu

Asian Cuisine, Female 25-49 Years

Breakfast

- Scrambled egg whites (½ cup liquid egg substitute)
 - o Cooked with fat-free cooking spray*
- English muffin (1 whole)
 - o Soft margarine (2 tsp)
 - o Jam (1 Tbsp)
- Strawberries (1 cup)
- Orange Juice, calcium fortified** (1 cup)
- Coffee (1 cup) with fat-free milk (2 Tbsp)

Lunch

- Tofu Vegetable stir-fry
 - o Tofu (3 oz)
 - o Mushrooms (½ cup)
 - o Onion (¼ cup)
 - o Carrots (½ cup)
 - o Swiss chard (½ cup)
 - o Garlic, minced (2 Tbsp)
 - o Peanut oil (1 Tbsp)
 - o Soy sauce, low sodium (2½ tsp)
- Rice, cooked (½ cup)
- Orange (1 medium)
- Green tea (1 cup)

Dinner

- Beef stir-fry
 - o Beef tenderloin (3 oz)
 - o Soybeans, cooked (¼ cup)
 - o Broccoli, cut in large pieces (½ cup)
 - o Peanut oil (1 Tbsp)
 - o Soy sauce, low sodium (2 tsp)
- Rice, cooked (½ cup)
- Watermelon (1 cup)
- Almond cookie (1 cookie)
- Fat-free milk (1 cup)

Snack

- Chinese noodles, soft (½ cup)
 - o Peanut oil (1 tsp)
- Green tea (1 cup)

* For a higher fat alternative, cook egg whites with 1 Tbsp of canola oil.

** If using higher fat alternative, eliminate orange juice because canola oil adds calories.

Nutrient Analysis

Calories	1829	Total fat, % calories	28
Cholesterol (mg)	74	Saturated fat, % calories	6
Fiber (g)	26	Monounsaturated fat, % calories	11
Soluble (g)	10	Polyunsaturated fat, % calories	9
Sodium (mg)	1766	Trans fat (g)	3
Carbohydrates, % calories	56		
		Protein, % calories	18
* 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.	