

**Study 003 MyPyramid Menu Summary
2000 Calories**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Skim Milk Orange Juice Breakfast Burrito Flour Tortilla Scrambled Egg Promise Spread Black Beans Salsa	Skim Milk Orange Juice Oatmeal Promise Spread Splenda Sweetener Raisins	Skim Milk Prune Juice Bran Flakes Splenda Sweetener Banana Whole Wheat Bread Promise Spread	Coffee Hard Boiled Egg Whole Wheat English Muffin Promise Spread Black Raspberry Jam Red Grapefruit Mixed Berry Yogurt	Skim Milk Shredded Wheat Splenda Sweetener Raisins Banana Whole Wheat Bread Promise Spread Strawberry Jelly	Skim Milk French Toast Egg 2% Milk Whole Wheat Bread Promise Spread Maple Syrup Red Grapefruit	Skim Milk Buckwheat Pancakes Promise Spread Maple Syrup Strawberries Honeydew Melon Mixed Berry Yogurt
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Roast Beef Sandwich Whole Wheat Bun Yellow Mustard Mushrooms Canola Oil Mozzarella Cheese Romaine Lettuce Tomato Slices Crispy Potato Wedges Ketchup Cantaloupe	Diet 7-Up Taco Salad Tortilla Chips Ground Turkey Breast Sunflower Oil Black Beans Iceberg Lettuce Tomato Wedges Avocado Lime Juice Sunflower Oil Cheddar Cheese Salsa	Skim Milk Tuna Salad Sandwich Rye Bread Mayonnaise Celery Romaine Lettuce Tomato Slices Pears Mixed Berry Yogurt	Skim Milk Bean Vegetable Soup Navy Beans Vegetable Pasta Soup Breadsticks Petite Carrots	Tomato Juice Turkey Sandwich Whole Wheat Pita Yellow Mustard Miracle Whip Romaine Lettuce Tomato Slices Apple Slices Mixed Berry Yogurt	Lemonade Vegetarian Chili Kidney Beans Onions Canola Oil Chili Tomato Sauce Potato Wedges Cheddar Cheese Cantaloupe	Skim Milk Manhattan Chowder Clams Mixed Vegetables Diced Tomatoes w/ Green Pepper, Celery, Onion Triscuits Orange
SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
Skim Milk Baked Salmon Herb Stuffing w/ Celery Onions Canola Oil White Rice Promise Spread Slivered Almonds Steamed Broccoli Promise Spread	Skim Milk Spinach Lasagna Ricotta Cheese Spaghetti Sauce Mozzarella Cheese Whole Wheat Bread Dry Roasted Almonds Pineapple	Baked Chicken Breast Baked Sweet Potato Peas & Onions Promise Spread Sweet Baby Lettuce Dressing Sunflower Oil Red Wine Vinegar Whole Wheat Bread Promise Spread Dried Apricots	Skim Milk Rigatoni Casserole Ground Beef Canola Oil Spaghetti Sauce Parmesan Cheese Spinach Salad Baby Spinach Mandarin Oranges Toasted Walnuts Dressing Sunflower Oil White Balsamic Vinegar	Skim Milk Top Sirloin Steak Mashed Potatoes Promise Spread Steamed Carrots w/ Honey Whole Wheat Bread Promise Spread	Skim Milk Cheese Pizza w/ Onions Canadian Bacon Mushrooms Sweet Baby Lettuce Dressing Sunflower Oil Red Wine Vinegar Triscuits Hummus Fruit Cocktail Pineapple	Lemon Iced Tea Vegetable Stir Fry Tofu Green Bell Pepper Red Bell Pepper Bok Choy Canola Oil Lite Soy Sauce Brown Rice Canola Oil Banana Sunflower Kernels