



Healthy Menu

DIET: Low Carb

Dinner

5 oz Baked Pork Chop
 4 oz Braised Celery with Canola or Olive Oil
 1 Cup Spinach Salad with 1 oz Walnuts and Tablespoon Crumbled Bacon
 2 Tablespoon Blue Cheese Dressing
 4 Thin Mints Girl Scout Cookies® or
 5 Reduced Fat Daisy-Go-Rounds™ Girl Scout Cookies®
 Coffee or Decaffeinated Coffee with 1 Tablespoon Cream if Desired, Non-Caloric Sweetener

Nutrition Facts

Calories	819
Total Fat	56g
Saturated Fat	13g
Trans Fat	0g
Cholesterol	78mg
Sodium	1047*mg
Total Carbohydrate	44g
Dietary Fiber	4g
Sugars	25g
Protein	40g
Vitamin A	1043mg
Vitamin C	30mg
Calcium	626mg
Iron	6mg

These menus are presented as examples of balanced diets. Every person is different and should not undertake a diet plan without first consulting a physician. Sample menus developed by Gloria Young, Ed.D., M.S., R.D.