



Healthy Menu

DIET: Low Carb

Lunch

Nutrition Facts

<p>4 oz Grilled Lean Hamburger w/ 1 oz Melted Cheddar or American Cheese (no bun) on Lettuce, 2 Tomato and 2 Onion Slices and 1 Dill Pickle</p> <p>3 Fresh Asparagus Spears and 2 oz Baby Carrots</p> <p>2 Peanut Butter Patties® Girl Scout Cookies® or 4 Shortbread Girl Scout Cookies®</p> <p>Iced Tea with Lemon with Non-Caloric Sweetener</p>	<table border="1"> <tr> <td>Calories</td> <td>709</td> </tr> <tr> <td>Total Fat</td> <td>40g</td> </tr> <tr> <td>Saturated Fat</td> <td>18g</td> </tr> <tr> <td>Trans Fat</td> <td>1g</td> </tr> <tr> <td>Cholesterol</td> <td>132mg</td> </tr> <tr> <td>Sodium</td> <td>1200mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td>45g</td> </tr> <tr> <td>Dietary Fiber</td> <td>7g</td> </tr> <tr> <td>Sugars</td> <td>28g</td> </tr> <tr> <td>Protein</td> <td>48g</td> </tr> <tr> <td>Vitamin A</td> <td>2855mg</td> </tr> <tr> <td>Vitamin C</td> <td>26mg</td> </tr> <tr> <td>Calcium</td> <td>462mg</td> </tr> <tr> <td>Iron</td> <td>6mg</td> </tr> </table>	Calories	709	Total Fat	40g	Saturated Fat	18g	Trans Fat	1g	Cholesterol	132mg	Sodium	1200mg	Total Carbohydrate	45g	Dietary Fiber	7g	Sugars	28g	Protein	48g	Vitamin A	2855mg	Vitamin C	26mg	Calcium	462mg	Iron	6mg
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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.