



# Healthy Menu

## DIET: Low Cholesterol

### Dinner

4 oz Broiled Basil and Tarragon–Rubbed Breast of Chicken

1/2 Cup O'Brien Potatoes (Prepared with Chopped Onions, Green and Red Pepper) and 1/2 Tablespoon of Olive Oil

4 oz Grilled Zucchini, Asparagus, Red Pepper and Mushroom

3 Sliced Tomatoes on Bed of Lettuce with 1 Tablespoon of Red Wine Dressing

3 Thanks–A–Lot™ Girl Scout Cookies® or  
3 Caramel deLites® Girl Scout Cookies®

8 oz Fat-Free Milk

Regular or Decaffeinated Coffee with 2% Milk (if desired)

### Nutrition Facts

<b>Calories</b>	738
<b>Total Fat</b>	30g
Saturated Fat	10g
Trans Fat	0g
<b>Cholesterol</b>	107mg
<b>Sodium</b>	653mg
<b>Total Carbohydrate</b>	63g
Dietary Fiber	10g
Sugars	34g
<b>Protein</b>	58g
Vitamin A	1946mg
Vitamin C	174mg
Calcium	369mg
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.