



Healthy Menu

DIET: Zero Grams Trans Fat

Dinner

4 oz Marinated Flank Steak with 1 Tablespoon Olive Oil, 2 Tablespoon Lemon Juice, 1 Teaspoons Basil and Thyme, 1/4 Teaspoon Black Pepper Sautéed with 2 oz Mushrooms and 4 oz Red Pepper Strips

4 oz Brown Rice Pilaf

1/2 Cup Green Beans

4 oz Mandarin Orange Slices

4 Thin Mints Girl Scout Cookies® or
2 Caramel deLites® Girl Scout Cookies®

8 oz Fat-Free Milk or Iced Tea with Lemon

Nutrition Facts

Calories	870
Total Fat	35g
Saturated Fat	12g
Trans Fat	0g
Cholesterol	71mg
Sodium	363mg
Total Carbohydrate	89g
Dietary Fiber	8g
Sugars	54g
Protein	56g
Vitamin A	1639mg
Vitamin C	274mg
Calcium	298mg
Iron	8mg

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.