DIET LINE CYCLE 1

MONDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Egg Substitute	1/4 cup	53	7.5	2.1	0.4	1	111	0.0
* Ham Slices, grilled,Healthy Choice	3 ounces	138	15.6	7.2	2.0	45	1091	0.0
* Vegetable Frittata	4 ounces	254	10.0	14.5	23.6	45	635	0.9
Noon Meal								
* DL Pinto Bean Soup	3/4 cup	109	6.6	0.7	19.7	0	60	7.3
* Chicken Burger	4 ounces	217	16.4	16.8	0.0	119	66	0.0
* Broccoli	1/2 cup	20	2.2	0.1	3.8	0	17	2.1
* Whole Baby Carrots	1/2 cup	28	0.8	0.2	6.5	0	43	2.3
Evening Meal								
* DL Baked Fish,Flounder	3 ounces	237	25.4	3.7	23.5	54	371	0.8
* Brown Rice	1/2 cup	82	1.8	0.6	17.1	0	2	0.8
* DL Turnip Greens	1/2 cup	58	3.4	3.3	5.4	0	81	2.6
* Corn	1/2 cup	67	2.3	0.6	15.7	0	2	1.8

DIET LINE CYCLE 1

TUESDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Egg Substitute	1/4 cup	53	7.5	2.1	0.4	1	111	0.0
* DL Sausage Links	2 each	111	12.4	6.1	0.7	57	566	0.0
Noon Meal								
* DL Navy Bean Soup, Scratch	1 cup	133	8.7	0.8	23.6	0	69	9.1
* Sliced Turkey	3 ounces	153	34.1	0.8	0.0	94	59	0.0
* Spinach	1/2 cup	31	1.5	0.9	5.2	0	42	1.5
* Beets	1/2 cup	36	1.0	0.1	8.5	0	326	1.6
Evening Meal								
* Salmon Patty	3 ounces	201	23.4	8.7	5.7	60	784	0.3
* DL Macaroni and Cheese	1/2 cup	126	4.1	1.1	24.4	1	80	0.7
* DL Blackeyed Peas	1/2 cup	106	6.6	0.5	19.4	0	186	5.1
* Cabbage	1/2 cup	54	2.7	0.4	12.2	0	43	5.2

DIET LINE CYCLE 1

WEDNESDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Cream of Wheat	3/4 cup	100	2.9	0.4	20.5	0	10	0.9
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Egg Substitute	1/4 cup	53	7.5	2.1	0.4	1	111	0.0
* Baked Beans,Vegetarian	1/2 cup	103	5.3	0.5	22.8	0	442	5.6
Noon Meal								
* DL Split Pea Soup	1 cup	137	9.4	0.8	24.2	0	63	9.3
* DL Shrimp Salad	1/2 cup	202	26.0	7.6	5.8	269	337	0.3
* Baked Potato	1 each	186	3.6	0.6	42.5	0	11	3.8
* Asparagus Cuts & Tips	1/2 cup	25	2.7	0.4	4.4	0	218	1.5
* Mixed Vegetables	1/2 cup	36	1.8	0.0	6.2	0	18	1.8
Evening Meal								
* Stuffed Pasta Shells	2 each	288	16.9	16.5	30.8	55	487	5.8
* Yellow Squash	1/2 cup	15	0.6	0.1	3.6	0	4	0.9
* DL Green Beans, Italian	0.5 cup	26	1.3	0.2	5.9	0	2	2.1
* Dinner Roll	1 each	90	2.4	2.1	15.1	10	118	0.5

DIET LINE CYCLE 1

THURSDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Egg Substitute	1/4 cup	53	7.5	2.1	0.4	1	111	0.0
* Creamed Ground Turkey	1/2 cup	85	3.1	3.9	9.3	9	340	
Noon Meal								
* Red Bean Soup	6 ounces	132	8.2	1.0	23.5	1	576	5.3
* DL Grilled Cheese Sandwich	1 each	333	32.7	10.4	27.6	29	412	1.2
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4
* California Mix	1/2 cup	27	1.8	0.0	4.4	0	22	1.8
* Succotash	1/2 cup	84	3.9	0.8	18.1	0	41	3.6
Evening Meal								
* DL Roast Pork Loin	3 ounces	234	32.5	10.4	0.5	90	57	0.2
* Baked Sweet Potato	1 each	226	2.9	0.3	53.7	0	474	7.6
* Broccoli	1/2 cup	20	2.2	0.1	3.8	0	17	2.1
* Corn	1/2 cup	67	2.3	0.6	15.7	0	2	1.8
* Dinner Roll	1 each	90	2.4	2.1	15.1	10	118	0.5

DIET LINE CYCLE 1

FRIDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Ham Slices, grilled,Healthy Choice	3 ounces	138	15.6	7.2	2.0	45	1091	0.0
* Egg Substitute	1/4 cup	53	7.5	2.1	0.4	1	111	0.0
Noon Meal								
* DL Broccoli Soup, Cream	1 cup	120	3.9	6.2	12.7	1	161	0.8
* DL Tuna Salad	1/2 cup	105	8.4	6.1	3.5	72	230	0.2
* DL Collard Greens	1/2 cup	66	4.0	2.4	9.5	1	129	3.3
* Cauliflower	1/2 cup	14	1.2	0.2	2.8	0	13	2.0
* SF Apple Cobbler	1/3 cup	94	2.0	3.0	14.7	1	194	1.3
Evening Meal								
* Baked Catfish	4 ounces	169	14.2	5.8	16.2	71	537	1.0
* DL Mashed Potatoes	1/2 cup	65	2.0	0.2	14.1	0	18	0.0
* Green Beans	1/2 cup	16	0.8	0.1	3.7	0	272	1.6
* Carrot Coins	1/2 cup	29	0.8	0.2	6.8	0	45	2.4
* Dinner Roll	1 each	90	2.4	2.1	15.1	10	118	0.5

DIET LINE CYCLE 1

SUNDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Sweet Potato Pancake	1 each	85	3.5	2.7	12.0	25	234	1.1
* Egg Substitute	1/4 cup	53	7.5	2.1	0.4	1	111	0.0
Noon Meal								
* DL Pepper Pot Soup	1 cup	112	3.4	6.3	10.5	2	156	0.6
* Grilled Hamburger	3 ounces	192	21.0	11.3	0.0	65	77	0.0
* Brussels Sprouts	1/2 cup	34	3.0	0.3	6.8	0	19	3.3
* Baked Beans,Vegetarian	1/2 cup	103	5.3	0.5	22.8	0	442	5.6
Evening Meal								
* DL Roast Beef with AuJus	4 ounces	229	32.3	9.2	2.1	92	192	0.1
* Brown Rice	1/2 cup	82	1.8	0.6	17.1	0	2	0.8
* Stir Fry Vegetables	1/2 cup	32	1.3	0.0	6.4	0	26	2.6
* Creamed Corn	1/2 cup	93	2.3	0.5	23.4	0	369	1.6
* Dinner Roll	1 each	90	2.4	2.1	15.1	10	118	0.5

DIET LINE **CYCLE 1**

SUNDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Egg Substitute	1/4 cup	53	7.5	2.1	0.4	1	111	0.0
* DL Sausage Patties	2 each	111	9.4	7.8	0.8	38	473	
Noon Meal								
* DL Knickerbocker Soup	1 cup	144	8.8	0.9	26.3	0	99	9.0
* DL Turkey Salad	1/3 cup	146	13.8	7.7	4.4	112	202	0.2
* DL Turnip Greens	1/2 cup	58	3.4	3.3	5.4	0	81	2.6
* Carrot Coins	1/2 cup	29	0.8	0.2	6.8	0	45	2.4
Evening Meal								
* DL Salisbury Steak	3 ounces	223	21.8	12.2	5.1	68	365	0.4
* Baked Potato	1 each	186	3.6	0.6	42.5	0	11	3.8
* Asparagus Cuts & Tips	1/2 cup	25	2.7	0.4	4.4	0	218	1.5
* Beets	1/2 cup	36	1.0	0.1	8.5	0	326	1.6
* French Roll	1 each	167	5.6	2.5	30.0	0	310	1.3

DIET LINE **CYCLE 2**

MONDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Egg Substitute	1/4 cup	53	7.5	2.1	0.4	1	111	0.0
* Ham Slices, grilled,Healthy Choice	3 ounces	138	15.6	7.2	2.0	45	1091	0.0
* Vegetable Frittata	4 ounces	254	10.0	14.5	23.6	45	635	0.9
Noon Meal								
* DL Vegetable Soup	1 cup	45	1.5	0.5	8.5	1	156	1.2
* DL Tuna Salad	1/2 cup	105	8.4	6.1	3.5	72	230	0.2
* Green Beans	1/2 cup	16	0.8	0.1	3.7	0	272	1.6
* Zucchini	1/2 cup	15	1.1	0.1	3.3	0	2	1.2
* SF Cherry Cobbler	1/3 cup	112	2.4	3.6	17.7	2	233	1.6
Evening Meal								
* Turkey and Broccoli Stir Fry	1/2 cup	156	15.0	2.0	17.9	31	171	7.1
* Brown Rice	1/2 cup	82	1.8	0.6	17.1	0	2	0.8
* Corn Mexical	1/2 cup	86	2.5	2.1	17.0	0	21	2.1
* Sugar Snaps	1/2 cup	61	3.2	1.9	8.2	0	22	2.8
* Acorn Squash	1/2 cup	107	1.2	5.6	15.2	0	68	2.2

DIET LINE CYCLE 2

TUESDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Egg Substitute	1/4 cup	53	7.5	2.1	0.4	1	111	0.0
* DL Sausage Links	2 each	111	12.4	6.1	0.7	57	566	0.0
Noon Meal								
* DL Cream of Mushroom Soup	1 cup	116	3.7	6.2	11.5	1	205	0.7
* DL Grilled Cheese Sandwich	1 each	333	32.7	10.4	27.6	29	412	1.2
* Brussels Sprouts	1/2 cup	34	3.0	0.3	6.8	0	19	3.3
* Broccoli	1/2 cup	20	2.2	0.1	3.8	0	17	2.1
Evening Meal								
* DL Sauce for Spaghetti	8 ounces	80	3.4	1.1	17.2	1	736	4.1
* Spaghetti Noodles	1/2 cup	144	4.6	1.7	27.1	0	9	0.9
* Green Beans	1/2 cup	16	0.8	0.1	3.7	0	272	1.6
* DL Mustard Greens	1/2 cup	74	3.8	2.1	11.8	1	99	3.9
* French Bread	1 slice	101	2.9	1.4	20.1	2	201	

DIET LINE CYCLE 2

WEDNESDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Cream of Wheat	3/4 cup	100	2.9	0.4	20.5	0	10	0.9
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Egg Substitute	1/4 cup	53	7.5	2.1	0.4	1	111	0.0
* Baked Beans,Vegetarian	1/2 cup	103	5.3	0.5	22.8	0	442	5.6
Noon Meal								
* DL Chicken Noodle Soup	1 cup	71	5.3	1.6	8.4	20	79	0.6
* Turkey Hot Dog on Bun	1 each	222	9.9	14.1	13.4	33	610	0.7
* Baked Beans,Vegetarian	1/2 cup	103	5.3	0.5	22.8	0	442	5.6
* Whole Baby Carrots	1/2 cup	28	0.8	0.2	6.5	0	43	2.3
Evening Meal								
* DLVegetable Lasagna	6 ounces	270	15.4	13.2	22.5	31	526	
* Cauliflower	1/2 cup	14	1.2	0.2	2.8	0	13	2.0
* Peas	1/2 cup	76	4.9	0.2	14.2	0	3	5.0
* Dinner Roll	1 each	90	2.4	2.1	15.1	10	118	0.5

DIET LINE CYCLE 2

THURSDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Egg Substitute	1/4 cup	53	7.5	2.1	0.4	1	111	0.0
* Creamed Ground Turkey	1/2 cup	85	3.1	3.9	9.3	9	340	
Noon Meal								
* Beef Lo Mein	1 cup	214	11.9	4.3	32.0	20	439	
* SF Peach Cobbler	1/3 cup	94	2.0	3.0	14.7	1	94	0.7
* DL Split Pea Soup	1 cup	137	9.4	0.8	24.2	0	63	9.3
* Lima Beans	1/2 cup	85	5.2	0.7	15.3	0	6	3.7
Evening Meal								
* Stuffed Green Peppers	1 each	365	34.1	18.1	15.3	105	232	2.2
* DL Macaroni and Cheese	1/2 cup	126	4.1	1.1	24.4	1	80	0.7
* French Bread	1 slice	101	2.9	1.4	20.1	2	201	
* DL Eggplant Casserole	1/2 cup	144	6.4	3.7	22.3	8	463	2.7

DIET LINE CYCLE 2

FRIDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Ham Slices, grilled,Healthy Choice	3 ounces	138	15.6	7.2	2.0	45	1091	0.0
* Egg Substitute	1/4 cup	53	7.5	2.1	0.4	1	111	0.0
Noon Meal								
* DL Shrimp Salad	1/2 cup	202	26.0	7.6	5.8	269	337	0.3
* DL Knickerbocker Soup	1 cup	144	8.8	0.9	26.3	0	99	9.0
* Mixed Vegetables	1/2 cup	36	1.8	0.0	6.2	0	18	1.8
* Spinach	1/2 cup	31	1.5	0.9	5.2	0	42	1.5
Evening Meal								
* DL Baked Fish, Grouper	4 ounces	195	41.0	2.2	0.0	78	112	0.0
* Baked Potato	1 each	186	3.6	0.6	42.5	0	11	3.8
* Broccoli	1/2 cup	20	2.2	0.1	3.8	0	17	2.1
* Yellow Squash	1/2 cup	15	0.6	0.1	3.6	0	4	0.9
* DL Blackeyed Peas	1/2 cup	106	6.6	0.5	19.4	0	186	5.1

DIET LINE CYCLE 2

SATURDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Sweet Potato Pancake	1 each	85	3.5	2.7	12.0	25	234	1.1
* Egg Substitute	1/4 cup	53	7.5	2.1	0.4	1	111	0.0
Noon Meal								
* DL Pizza, Scratch	1 slice	100	5.5	5.2	7.8	17	179	1.0
* Asparagus Spear	1/2 cup	25	2.7	0.4	4.4	0	218	1.5
* DL Tomato Rice Soup	1 cup	36	1.1	0.7	6.7	1	145	0.4
* Peas and Pearl Onions	1/2 cup	68	3.9	0.3	13.1	0	59	3.4
Evening Meal								
* Oven Fried Chicken	1 piece	325	39.2	11.4	13.7	104	251	0.5
* Corn	1/2 cup	67	2.3	0.6	15.7	0	2	1.8
* Carrot Coins	1/2 cup	29	0.8	0.2	6.8	0	45	2.4
* DL Brown Gravy	1/4 cup	24	0.7	0.6	4.0	1	265	
* Brown Rice	1/2 cup	82	1.8	0.6	17.1	0	2	0.8

DIET LINE CYCLE 2

SUNDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Egg Substitute	1/4 cup	53	7.5	2.1	0.4	1	111	0.0
* DL Sausage Patties	2 each	111	9.4	7.8	0.8	38	473	
Noon Meal								
* Grilled Hamburger	3 ounces	192	21.0	11.3	0.0	65	77	0.0
* DL Collard Greens	1/2 cup	66	4.0	2.4	9.5	1	129	3.3
* DL Minestrone Soup	1 cup	58	2.6	0.8	10.5	1	210	1.4
* Cauliflower	1/2 cup	14	1.2	0.2	2.8	0	13	2.0
Evening Meal								
* DL Country Chops	1 each	352	51.1	13.9	2.2	138	249	0.1
* Corn on the Cob	1 each	74	2.5	0.6	17.6	0	4	2.1
* Baked Sweet Potato	1 each	226	2.9	0.3	53.7	0	474	7.6
* Spinach	1/2 cup	31	1.5	0.9	5.2	0	42	1.5

DIET LINE **CYCLE 3**

MONDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Egg Substitute	1/4 cup	53	7.5	2.1	0.4	1	111	0.0
* Ham Slices, grilled,Healthy Choice	3 ounces	138	15.6	7.2	2.0	45	1091	0.0
* Vegetable Frittata	4 ounces	254	10.0	14.5	23.6	45	635	0.9
Noon Meal								
* DL Pasta Primavera with Chicken	6 ounces	308	32.8	9.2	22.9	98	144	2.7
* Green Beans	1/2 cup	16	0.8	0.1	3.7	0	272	1.6
* DL Vegetable Soup	1 cup	45	1.5	0.5	8.5	1	156	1.2
* Carrot Coins	1/2 cup	29	0.8	0.2	6.8	0	45	2.4
* Baked Potato	1 each	186	3.6	0.6	42.5	0	11	3.8
* Noodles	1/2 cup	104	3.8	1.1	19.4	26	17	0.7
Evening Meal								
* Mushroom Lasagna Toss	1/2 cup	136	6.6	5.0	16.4	10	550	2.7
* Asparagus Spear	1/2 cup	25	2.7	0.4	4.4	0	218	1.5
* Yellow Squash	1/2 cup	15	0.6	0.1	3.6	0	4	0.9
* Dinner Roll	1 each	90	2.4	2.1	15.1	10	118	0.5

DIET LINE **CYCLE 3**

TUESDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Egg Substitute	1/4 cup	53	7.5	2.1	0.4	1	111	0.0
* DL Sausage Links	2 each	111	12.4	6.1	0.7	57	566	0.0
Noon Meal								
* Chicken Burger	4 ounces	217	16.4	16.8	0.0	119	66	0.0
* Corn	1/2 cup	67	2.3	0.6	15.7	0	2	1.8
* Broccoli	1/2 cup	20	2.2	0.1	3.8	0	17	2.1
* DL Split Pea Soup	1 cup	137	9.4	0.8	24.2	0	63	9.3
* SF Cherry Cobbler	1/3 cup	112	2.4	3.6	17.7	2	233	1.6
								14.8
Evening Meal								
* Stuffed Pasta Shells	2 each	288	16.9	16.5	30.8	55	487	5.8
* French Bread	1 slice	101	2.9	1.4	20.1	2	201	
* Cauliflower	1/2 cup	14	1.2	0.2	2.8	0	13	2.0
* Butter Beans	1/2 cup	126	8.8	0.3	22.8	0	5	5.7

DIET LINE CYCLE 3

WEDNESDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Cream of Wheat	3/4 cup	100	2.9	0.4	20.5	0	10	0.9
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Egg Substitute	1/4 cup	53	7.5	2.1	0.4	1	111	0.0
* Baked Beans,Vegetarian	1/2 cup	103	5.3	0.5	22.8	0	442	5.6
Noon Meal								
* DL Mulligatawny Soup	1 cup	156	2.3	9.9	15.0	1	273	3.1
* Sliced Turkey	3 ounces	153	34.1	0.8	0.0	94	59	0.0
* DL Brown Gravy	1/4 cup	24	0.7	0.6	4.0	1	265	
* Peas	1/2 cup	76	4.9	0.2	14.2	0	3	5.0
* Beets	1/2 cup	36	1.0	0.1	8.5	0	326	1.6
* DL Mashed Potatoes	1/2 cup	65	2.0	0.2	14.1	0	18	0.0
Evening Meal								
* DL Baked Fish,Snapper	4 ounces	231	24.0	3.7	23.5	36	341	0.8
* French Bread	1 slice	101	2.9	1.4	20.1	2	201	
* Corn	1/2 cup	67	2.3	0.6	15.7	0	2	1.8
* Broccoli	1/2 cup	20	2.2	0.1	3.8	0	17	2.1
* DL Smothered Potatoes	1/2 cup	61	1.3	4.2	4.8	1	286	0.4

DIET LINE CYCLE 3

THURSDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Egg Substitute	1/4 cup	53	7.5	2.1	0.4	1	111	0.0
* Creamed Ground Turkey	1/2 cup	85	3.1	3.9	9.3	9	340	
Noon Meal								
* DL Navy Bean Soup, Scratch	1 cup	133	8.7	0.8	23.6	0	69	9.1
* Grilled Chicken Ceasar	1 cup	276	21.4	6.7	32.4	30	514	3.7
* Spinach	1/2 cup	31	1.5	0.9	5.2	0	42	1.5
* Okra and Tomatoes	1/2 cup	32	1.5	0.2	7.4	0	108	1.4
Evening Meal								
* Meat Loaf	4 ounces	380	38.0	21.3	6.5	174	257	0.3
* Brown Rice	1/2 cup	82	1.8	0.6	17.1	0	2	0.8
* Lima Beans	1/2 cup	85	5.2	0.7	15.3	0	6	3.7
* French Roll	1 each	167	5.6	2.5	30.0	0	310	1.3
* Carrot Coins	1/2 cup	29	0.8	0.2	6.8	0	45	2.4

DIET LINE CYCLE 3

FRIDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Ham Slices, grilled,Healthy Choice	3 ounces	138	15.6	7.2	2.0	45	1091	0.0
* Egg Substitute	1/4 cup	53	7.5	2.1	0.4	1	111	0.0
Noon Meal								
* Brussels Sprouts	1/2 cup	34	3.0	0.3	6.8	0	19	3.3
* Cauliflower	1/2 cup	14	1.2	0.2	2.8	0	13	2.0
* DL French Onion Soup	1 cup	22	0.5	1.5	1.6	1	75	0.2
* SF Apple Cobbler	1/3 cup	94	2.0	3.0	14.7	1	194	1.3
* DL Tuna Salad	1/2 cup	105	8.4	6.1	3.5	72	230	0.2
Evening Meal								
* Spaghetti Noodles	1/2 cup	144	4.6	1.7	27.1	0	9	0.9
* DL Meat Sauce for Spaghetti	8 ounces	312	28.5	15.0	17.2	83	816	4.1
* French Bread	1 slice	101	2.9	1.4	20.1	2	201	
* Spinach	1/2 cup	31	1.5	0.9	5.2	0	42	1.5
* Corn on the Cob	1 each	74	2.5	0.6	17.6	0	4	2.1

DIET LINE CYCLE 3

SATURDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Sweet Potato Pancake	1 each	85	3.5	2.7	12.0	25	234	1.1
* Egg Substitute	1/4 cup	53	7.5	2.1	0.4	1	111	0.0
Noon Meal								
* DL Cream of Corn Soup	1 cup	107	3.7	4.4	14.2	1	236	0.7
* Sloppy Joe on Bun	1 each	308	27.5	15.2	13.2	82	229	0.7
* Mixed Vegetables	1/2 cup	36	1.8	0.0	6.2	0	18	1.8
Evening Meal								
* DL Roast Pork Loin	3 ounces	234	32.5	10.4	0.5	90	57	0.2
* Succotash	1/2 cup	84	3.9	0.8	18.1	0	41	3.6
* Asparagus Spear	1/2 cup	25	2.7	0.4	4.4	0	218	1.5
* Dinner Roll	1 each	90	2.4	2.1	15.1	10	118	0.5

DIET LINE CYCLE 3

SUNDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Egg Substitute	1/4 cup	53	7.5	2.1	0.4	1	111	0.0
* DL Sausage Patties	2 each	111	9.4	7.8	0.8	38	473	
Noon Meal								
* DL Pinto Bean Soup	3/4 cup	109	6.6	0.7	19.7	0	60	7.3
* DL Roast Beef with AuJus	4 ounces	229	32.3	9.2	2.1	92	192	0.1
* Broccoli	1/2 cup	20	2.2	0.1	3.8	0	17	2.1
* Acorn Squash	1/2 cup	107	1.2	5.6	15.2	0	68	2.2
Evening Meal								
* Roast Turkey Breast	4 ounces	140	31.2	0.8	0.0	86	54	0.0
* Baked Sweet Potato	1 each	226	2.9	0.3	53.7	0	474	7.6
* DL Collard Greens	1/2 cup	66	4.0	2.4	9.5	1	129	3.3
* Zucchini	1/2 cup	15	1.1	0.1	3.3	0	2	1.2

DIET LINE CYCLE 4

Monday

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Egg Substitute	1/4 cup	53	7.5	2.1	0.4	1	111	0.0
* Ham Slices, grilled,Healthy Choice	3 ounces	138	15.6	7.2	2.0	45	1091	0.0
* Vegetable Frittata	4 ounces	254	10.0	14.5	23.6	45	635	0.9
Noon Meal								
* DL Vegetable Soup	1 cup	45	1.5	0.5	8.5	1	156	1.2
* Sliced Turkey	3 ounces	153	34.1	0.8	0.0	94	59	0.0
* DL Brown Gravy	1/4 cup	24	0.7	0.6	4.0	1	265	
* Green Beans	1/2 cup	16	0.8	0.1	3.7	0	272	1.6
* Carrot Coins	1/2 cup	29	0.8	0.2	6.8	0	45	2.4
Evening Meal								
* DL Sweet & Sour Chicken	6 ounces	135	11.7	3.0	16.1	34	355	1.1
* Brown Rice	1/2 cup	82	1.8	0.6	17.1	0	2	0.8
* Stir Fry Vegetables	1/2 cup	32	1.3	0.0	6.4	0	26	2.6
* Peas	1/2 cup	76	4.9	0.2	14.2	0	3	5.0

DIET LINE CYCLE 4

TUESDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Egg Substitute	1/4 cup	53	7.5	2.1	0.4	1	111	0.0
* DL Sausage Links	2 each	111	12.4	6.1	0.7	57	566	0.0
Noon Meal								
* DL Split Pea Soup	1 cup	137	9.4	0.8	24.2	0	63	9.3
* DL Pizza, Scratch	1 slice	100	5.5	5.2	7.8	17	179	1.0
* Cauliflower	1/2 cup	14	1.2	0.2	2.8	0	13	2.0
* Creamy Style Corn	1/2 cup	65	1.6	0.4	16.4	0	3	1.1
Evening Meal								
* Salmon Patty	3 ounces	201	23.4	8.7	5.7	60	784	0.3
* DL Smothered Potatoes	1/2 cup	61	1.3	4.2	4.8	1	286	0.4
* Broccoli	1/2 cup	20	2.2	0.1	3.8	0	17	2.1
* Spinach	1/2 cup	31	1.5	0.9	5.2	0	42	1.5
* Crowder Peas	1/2 cup	32	2.5	0.2	5.3	0	3	2.1

DIET LINE CYCLE 4

WEDNESDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Cream of Wheat	3/4 cup	100	2.9	0.4	20.5	0	10	0.9
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Egg Substitute	1/4 cup	53	7.5	2.1	0.4	1	111	0.0
* Baked Beans,Vegetarian	1/2 cup	103	5.3	0.5	22.8	0	442	5.6
Noon Meal								
* DL Minestrone Soup	1 cup	58	2.6	0.8	10.5	1	210	1.4
* DL Chicken Alfredo	1/2 cup	159	15.2	8.3	5.0	48	391	0.3
* Noodles	1/2 cup	104	3.8	1.1	19.4	26	17	0.7
* Succotash	1/2 cup	84	3.9	0.8	18.1	0	41	3.6
* Zucchini	1/2 cup	15	1.1	0.1	3.3	0	2	1.2
Evening Meal								
* Spaghetti Noodles	1/2 cup	144	4.6	1.7	27.1	0	9	0.9
* DL Sauce for Spaghetti	8 ounces	80	3.4	1.1	17.2	1	736	4.1
* Asparagus Spear	1/2 cup	25	2.7	0.4	4.4	0	218	1.5
* DL Eggplant Casserole	1/2 cup	144	6.4	3.7	22.3	8	463	2.7
* French Bread	1 slice	101	2.9	1.4	20.1	2	201	

DIET LINE CYCLE 4

THURSDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Egg Substitute	1/4 cup	53	7.5	2.1	0.4	1	111	0.0
* Creamed Ground Turkey	1/2 cup	85	3.1	3.9	9.3	9	340	
Noon Meal								
* DL Navy Bean Soup	1 cup	133	8.7	0.8	23.6	0	69	9.1
* DL Tuna Salad	1/2 cup	105	8.4	6.1	3.5	72	230	0.2
* Cauliflower	1/2 cup	14	1.2	0.2	2.8	0	13	2.0
* Lima Beans	1/2 cup	85	5.2	0.7	15.3	0	6	3.7
Evening Meal								
* DL Baked Fish,Flounder	3 ounces	237	25.4	3.7	23.5	54	371	0.8
* Baked Potato	1 each	186	3.6	0.6	42.5	0	11	3.8
* Turnip Greens	1/2 cup	61	3.5	3.6	5.2	2	408	2.6
* Mixed Vegetables	1/2 cup	36	1.8	0.0	6.2	0	18	1.8
* Field Peas with Snaps	1/2 cup							

DIET LINE CYCLE 4

FRIDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Ham Slices, grilled,Healthy Choice	3 ounces	138	15.6	7.2	2.0	45	1091	0.0
* Egg Substitute	1/4 cup	53	7.5	2.1	0.4	1	111	0.0
Noon Meal								
* DL Turkey Noodle Soup	1 cup	63	5.4	0.9	8.1	19	72	0.5
* DL Grilled Cheese Sandwich	1 each	333	32.7	10.4	27.6	29	412	1.2
* Okra and Tomatoes	1/2 cup	32	1.5	0.2	7.4	0	108	1.4
* Peas and Pearl Onions	1/2 cup	68	3.9	0.3	13.1	0	59	3.4
* SF Peach Cobbler	1/3 cup	94	2.0	3.0	14.7	1	94	0.7
Evening Meal								
* Glazed Chicken	4 ounces	124	14.9	6.2	5.0	43	508	0.0
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4
* French Bread	1 slice	101	2.9	1.4	20.1	2	201	
* Asparagus Spear	1/2 cup	25	2.7	0.4	4.4	0	218	1.5
* Corn	1/2 cup	67	2.3	0.6	15.7	0	2	1.8

DIET LINE CYCLE 4

SATURDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Sweet Potato Pancake	1 each	85	3.5	2.7	12.0	25	234	1.1
* Egg Substitute	1/4 cup	53	7.5	2.1	0.4	1	111	0.0
Noon Meal								
* DL Vegetable Soup	1 cup	45	1.5	0.5	8.5	1	156	1.2
* DL Chicken Salad	1/3 cup	160	14.2	9.1	4.4	112	212	0.2
* Spinach	1/2 cup	31	1.5	0.9	5.2	0	42	1.5
* California Mix	1/2 cup	27	1.8	0.0	4.4	0	22	1.8
Evening Meal								
* DL Roast Pork Loin	3 ounces	234	32.5	10.4	0.5	90	57	0.2
* Baked Sweet Potato	1 each	226	2.9	0.3	53.7	0	474	7.6
* Brown Rice	1/2 cup	82	1.8	0.6	17.1	0	2	0.8
* Brussels Sprouts	1/2 cup	34	3.0	0.3	6.8	0	19	3.3

DIET LINE CYCLE 4

SUNDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Egg Substitute	1/4 cup	53	7.5	2.1	0.4	1	111	0.0
* DL Sausage Patties	2 each	111	9.4	7.8	0.8	38	473	
Noon Meal								
* DL Knickerbocker Soup	1 cup	144	8.8	0.9	26.3	0	99	9.0
* Turkey Hot Dog on Bun	1 each	222	9.9	14.1	13.4	33	610	0.7
* Whole Baby Carrots	1/2 cup	28	0.8	0.2	6.5	0	43	2.3
* Baked Beans,Vegetarian	1/2 cup	103	5.3	0.5	22.8	0	442	5.6
Evening Meal								
* Oven Fried Chicken	1 piece	325	39.2	11.4	13.7	104	251	0.5
* DL Mashed Potatoes	1/2 cup	65	2.0	0.2	14.1	0	18	0.0
* DL Brown Gravy	1/4 cup	24	0.7	0.6	4.0	1	265	
* DL Collard Greens	1/2 cup	66	4.0	2.4	9.5	1	129	3.3
* Corn on the Cob	1 each	74	2.5	0.6	17.6	0	4	2.1

DIET LINE CYCLE 5

MONDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Egg Substitute	1/4 cup	53	7.5	2.1	0.4	1	111	0.0
* Ham Slices, grilled,Healthy Choice	3 ounces	138	15.6	7.2	2.0	45	1091	0.0
* Vegetable Frittata	4 ounces	254	10.0	14.5	23.6	45	635	0.9
Noon Meal								
* DL Vegetable Soup	1 cup	45	1.5	0.5	8.5	1	156	1.2
* Sloppy Joe on Bun	1 each	308	27.5	15.2	13.2	82	229	0.7
* Green Beans	1/2 cup	16	0.8	0.1	3.7	0	272	1.6
* Mixed Vegetables	1/2 cup	36	1.8	0.0	6.2	0	18	1.8
Evening Meal								
* Baked Catfish	4 ounces	169	14.2	5.8	16.2	71	537	1.0
* Baked Potato	1 each	186	3.6	0.6	42.5	0	11	3.8
* Cabbage	1/2 cup	54	2.7	0.4	12.2	0	43	5.2
* Carrot Coins	1/2 cup	29	0.8	0.2	6.8	0	45	2.4

DIET LINE CYCLE 5

TUESDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Egg Substitute	1/4 cup	53	7.5	2.1	0.4	1	111	0.0
* DL Sausage Links	2 each	111	12.4	6.1	0.7	57	566	0.0
Noon Meal								
* DL Turkey Noodle Soup	1 cup	63	5.4	0.9	8.1	19	72	0.5
* Baked Chicken Filets	4 ounces	125	26.2	1.4	0.0	66	74	0.0
* Cauliflower	1/2 cup	14	1.2	0.2	2.8	0	13	2.0
* Peas	1/2 cup	76	4.9	0.2	14.2	0	3	5.0
Evening Meal								
* Baked Ham	3 ounces	147	16.6	7.6	2.1	48	1159	0.0
* Dinner Roll	1 each	90	2.4	2.1	15.1	10	118	0.5
* Brown Rice	1/2 cup	82	1.8	0.6	17.1	0	2	0.8
* Broccoli	1/2 cup	20	2.2	0.1	3.8	0	17	2.1
Field Peas with Snaps	1/2 cup							

DIET LINE CYCLE 5

WEDNESDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Cream of Wheat	3/4 cup	100	2.9	0.4	20.5	0	10	0.9
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Egg Substitute	1/4 cup	53	7.5	2.1	0.4	1	111	0.0
* Baked Beans,Vegetarian	1/2 cup	103	5.3	0.5	22.8	0	442	5.6
Noon Meal								
* DL Split Pea Soup	1 cup	137	9.4	0.8	24.2	0	63	9.3
* DL Turkey Salad	1/3 cup	146	13.8	7.7	4.4	112	202	0.2
* Brussels Sprouts	1/2 cup	34	3.0	0.3	6.8	0	19	3.3
* Beets	1/2 cup	36	1.0	0.1	8.5	0	326	1.6
Evening Meal								
* Spaghetti Noodles	1/2 cup	144	4.6	1.7	27.1	0	9	0.9
* DL Meatballs for Spaghetti	8 ounces	382	20.4	25.1	20.9	66	1122	4.4
* Spinach	1/2 cup	31	1.5	0.9	5.2	0	42	1.5
* Yellow Squash	1/2 cup	15	0.6	0.1	3.6	0	4	0.9
* French Bread	1 slice	101	2.9	1.4	20.1	2	201	

DIET LINE CYCLE 5

THURSDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Egg Substitute	1/4 cup	53	7.5	2.1	0.4	1	111	0.0
* Creamed Ground Turkey	1/2 cup	85	3.1	3.9	9.3	9	340	
Noon Meal								
* Cream of Tomato Soup, CN	1 cup	169	6.0	6.3	24.3	16	854	0.6
* DL Grilled Cheese Sandwich	1 each	333	32.7	10.4	27.6	29	412	1.2
* Baked Beans,Vegetarian	1/2 cup	103	5.3	0.5	22.8	0	442	5.6
* Carrot Coins	1/2 cup	29	0.8	0.2	6.8	0	45	2.4
* SF Apple Cobbler	1/3 cup	94	2.0	3.0	14.7	1	194	1.3
Evening Meal								
* Meat Loaf	4 ounces	380	38.0	21.3	6.5	174	257	0.3
* DL Mashed Potatoes	1/2 cup	65	2.0	0.2	14.1	0	18	0.0
* Turnip Greens	1/2 cup	61	3.5	3.6	5.2	2	408	2.6
* Succotash	1/2 cup	84	3.9	0.8	18.1	0	41	3.6

DIET LINE CYCLE 5

FRIDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Ham Slices, grilled,Healthy Choice	3 ounces	138	15.6	7.2	2.0	45	1091	0.0
* Egg Substitute	1/4 cup	53	7.5	2.1	0.4	1	111	0.0
Noon Meal								
* DL Pinto Bean Soup	3/4 cup	109	6.6	0.7	19.7	0	60	7.3
* DL Shrimp Salad	1/2 cup	202	26.0	7.6	5.8	269	337	0.3
* Brussels Sprouts	1/2 cup	34	3.0	0.3	6.8	0	19	3.3
* California Mix	1/2 cup	27	1.8	0.0	4.4	0	22	1.8
Evening Meal								
* DL Beef Stew	4 ounces	515	26.7	33.3	30.4	93	566	3.1
* Rice	1/2 cup	99	1.9	0.2	21.8	0	2	0.4
* Green Beans	1/2 cup	16	0.8	0.1	3.7	0	272	1.6
* Spinach	1/2 cup	31	1.5	0.9	5.2	0	42	1.5

DIET LINE CYCLE 5

SATURDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Sweet Potato Pancake	1 each	85	3.5	2.7	12.0	25	234	1.1
* Egg Substitute	1/4 cup	53	7.5	2.1	0.4	1	111	0.0
Noon Meal								
* DL Cream of Mushroom Soup	1 cup	116	3.7	6.2	11.5	1	205	0.7
* DL Chicken Salad	1/3 cup	160	14.2	9.1	4.4	112	212	0.2
* Corn	1/2 cup	67	2.3	0.6	15.7	0	2	1.8
* Zucchini	1/2 cup	15	1.1	0.1	3.3	0	2	1.2
Evening Meal								
* Stuffed Green Peppers	1 each	365	34.1	18.1	15.3	105	232	2.2
* Baked Sweet Potato	1 each	226	2.9	0.3	53.7	0	474	7.6
* Stir Fry Vegetables	1/2 cup	32	1.3	0.0	6.4	0	26	2.6
* Peas and Pearl Onions	1/2 cup	68	3.9	0.3	13.1	0	59	3.4
* Brown Rice	1/2 cup	82	1.8	0.6	17.1	0	2	0.8

DIET LINE CYCLE 5

SUNDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Sweet Potato Pancake	1 each	85	3.5	2.7	12.0	25	234	1.1
* Egg Substitute	1/4 cup	53	7.5	2.1	0.4	1	111	0.0
Noon Meal								
* DL Cream of Mushroom Soup	1 cup	116	3.7	6.2	11.5	1	205	0.7
* DL Chicken Salad	1/3 cup	160	14.2	9.1	4.4	112	212	0.2
* Corn	1/2 cup	67	2.3	0.6	15.7	0	2	1.8
* Zucchini	1/2 cup	15	1.1	0.1	3.3	0	2	1.2
Evening Meal								
* Stuffed Green Peppers	1 each	365	34.1	18.1	15.3	105	232	2.2
* Baked Sweet Potato	1 each	226	2.9	0.3	53.7	0	474	7.6
* Stir Fry Vegetables	1/2 cup	32	1.3	0.0	6.4	0	26	2.6
* Peas and Pearl Onions	1/2 cup	68	3.9	0.3	13.1	0	59	3.4
* Brown Rice	1/2 cup	82	1.8	0.6	17.1	0	2	0.8
* Whole Baby Carrots	1/2 cup	28	0.8	0.2	6.5	0	43	2.3

DIET LINE CYCLE 6

MONDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Egg Substitute	1/4 cup	53	7.5	2.1	0.4	1	111	0.0
* Ham Slices, grilled,Healthy Choice	3 ounces	138	15.6	7.2	2.0	45	1091	0.0
* Vegetable Frittata	4 ounces	254	10.0	14.5	23.6	45	635	0.9
Noon Meal								
* DL Navy Bean Soup, Scratch	1 cup	133	8.7	0.8	23.6	0	69	9.1
* Chicken Burger	4 ounces	217	16.4	16.8	0.0	119	66	0.0
* Peas and Carrots	1/2 cup	32	2.1	0.3	6.8	0	48	2.1
* Corn on the Cob	1 each	74	2.5	0.6	17.6	0	4	2.1
Evening Meal								
* Baked Chicken Filets	4 ounces	125	26.2	1.4	0.0	66	74	0.0
* DL Brown Gravy	1/4 cup	24	0.7	0.6	4.0	1	265	
* Brown Rice	1/2 cup	82	1.8	0.6	17.1	0	2	0.8
* Broccoli	1/2 cup	20	2.2	0.1	3.8	0	17	2.1
* Green Beans	1/2 cup	16	0.8	0.1	3.7	0	272	1.6
* Beets	1/2 cup	36	1.0	0.1	8.5	0	326	1.6

DIET LINE CYCLE 6

TUESDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Egg Substitute	1/4 cup	53	7.5	2.1	0.4	1	111	0.0
* DL Sausage Links	2 each	111	12.4	6.1	0.7	57	566	0.0
Noon Meal								
* DL Vegetable Soup	1 cup	45	1.5	0.5	8.5	1	156	1.2
* DL Chicken Salad	1/3 cup	160	14.2	9.1	4.4	112	212	0.2
* Succotash	1/2 cup	84	3.9	0.8	18.1	0	41	3.6
* Cauliflower	1/2 cup	14	1.2	0.2	2.8	0	13	2.0
Evening Meal								
* Beef Lo Mein	1 cup	214	11.9	4.3	32.0	20	439	
* DL Macaroni and Cheese	1/2 cup	126	4.1	1.1	24.4	1	80	0.7
* DL Mustard Greens	1/2 cup	74	3.8	2.1	11.8	1	99	3.9
* Carrot Coins	1/2 cup	29	0.8	0.2	6.8	0	45	2.4
* French Bread	1 slice	101	2.9	1.4	20.1	2	201	

DIET LINE CYCLE 6

WEDNESDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Cream of Wheat	3/4 cup	100	2.9	0.4	20.5	0	10	0.9
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Egg Substitute	1/4 cup	53	7.5	2.1	0.4	1	111	0.0
* Baked Beans,Vegetarian	1/2 cup	103	5.3	0.5	22.8	0	442	5.6
Noon Meal								
* DL Pinto Bean Soup	3/4 cup	109	6.6	0.7	19.7	0	60	7.3
* DL Shrimp Salad	1/2 cup	202	26.0	7.6	5.8	269	337	0.3
* Mixed Vegetables	1/2 cup	36	1.8	0.0	6.2	0	18	1.8
* Yellow Squash	1/2 cup	15	0.6	0.1	3.6	0	4	0.9
* Baked Potato	1 each	186	3.6	0.6	42.5	0	11	3.8
Evening Meal								
* DLVegetable Lasagna	6 ounces	270	15.4	13.2	22.5	31	526	
* French Bread	1 slice	101	2.9	1.4	20.1	2	201	
* Asparagus Spear	1/2 cup	25	2.7	0.4	4.4	0	218	1.5
* Butter Beans	1/2 cup	126	8.8	0.3	22.8	0	5	5.7

DIET LINE CYCLE 6

THURSDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Egg Substitute	1/4 cup	53	7.5	2.1	0.4	1	111	0.0
* Creamed Ground Turkey	1/2 cup	85	3.1	3.9	9.3	9	340	
Noon Meal								
* DL Cream of Potato Soup	1 cup	132	3.9	6.2	15.4	1	209	1.1
* DL Salisbury Steak	3 ounces	223	21.8	12.2	5.1	68	365	0.4
* Green Beans	1/2 cup	16	0.8	0.1	3.7	0	272	1.6
* Crowder Peas	1/2 cup	32	2.5	0.2	5.3	0	3	2.1
* SF Peach Cobbler	1/3 cup	94	2.0	3.0	14.7	1	94	0.7
Evening Meal								
* Spaghetti Noodles	1/2 cup	144	4.6	1.7	27.1	0	9	0.9
* DL Sauce for Spaghetti	8 ounces	80	3.4	1.1	17.2	1	736	4.1
* French Bread	1 slice	101	2.9	1.4	20.1	2	201	
* Spinach	1/2 cup	31	1.5	0.9	5.2	0	42	1.5
* Cauliflower	1/2 cup	14	1.2	0.2	2.8	0	13	2.0

DIET LINE CYCLE 6

FRIDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Ham Slices, grilled,Healthy Choice	3 ounces	138	15.6	7.2	2.0	45	1091	0.0
* Egg Substitute	1/4 cup	53	7.5	2.1	0.4	1	111	0.0
Noon Meal								
* DL Turkey Noodle Soup	1 cup	63	5.4	0.9	8.1	19	72	0.5
* DL Tuna Salad	1/2 cup	105	8.4	6.1	3.5	72	230	0.2
* Peas and Pearl Onions	1/2 cup	68	3.9	0.3	13.1	0	59	3.4
* Whole Baby Carrots	1/2 cup	28	0.8	0.2	6.5	0	43	2.3
Evening Meal								
* DL Baked Fish,Snapper	4 ounces	231	24.0	3.7	23.5	36	341	0.8
* Baked Potato	1 each	186	3.6	0.6	42.5	0	11	3.8
* Dinner Roll	1 each	90	2.4	2.1	15.1	10	118	0.5
* DL Eggplant Casserole	1/2 cup	144	6.4	3.7	22.3	8	463	2.7
* Beets	1/2 cup	36	1.0	0.1	8.5	0	326	1.6

DIET LINE CYCLE 6

SATURDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Sweet Potato Pancake	1 each	85	3.5	2.7	12.0	25	234	1.1
* Egg Substitute	1/4 cup	53	7.5	2.1	0.4	1	111	0.0
Noon Meal								
* DL Split Pea Soup	1 cup	137	9.4	0.8	24.2	0	63	9.3
* DL Pizza, Scratch	1 slice	100	5.5	5.2	7.8	17	179	1.0
* Cauliflower	1/2 cup	14	1.2	0.2	2.8	0	13	2.0
* Brussels Sprouts	1/2 cup	34	3.0	0.3	6.8	0	19	3.3
Evening Meal								
* Mushroom Lasagna Toss	1/2 cup	136	6.6	5.0	16.4	10	550	2.7
* Brown Rice	1/2 cup	82	1.8	0.6	17.1	0	2	0.8
* Cabbage	1/2 cup	54	2.7	0.4	12.2	0	43	5.2
* French Bread	1 slice	101	2.9	1.4	20.1	2	201	

DIET LINE CYCLE 6

SUNDAY

Menu Item Name	Size	Calories (kcal)	Protein (gm)	Fat (gm)	Carbohydrat (gm)	Cholestrol (mg)	Sodium (mg)	Dietry Fiber (gm)
Breakfast								
* Oatmeal	3/4 cup	105	4.4	1.7	18.2	0	7	2.9
* Grits	3/4 cup	99	2.5	0.9	20.3	0	7	0.0
* Hard Cooked Egg	1 each	74	6.2	5.0	0.6	212	66	0.0
* Prunes	1/4 cup	116	1.3	0.2	30.5	0	2	7.2
* Egg Substitute	1/4 cup	53	7.5	2.1	0.4	1	111	0.0
* DL Sausage Patties	2 each	111	9.4	7.8	0.8	38	473	
Noon Meal								
* DL Chicken Noodle Soup	1 cup	71	5.3	1.6	8.4	20	79	0.6
* DL Turkey Salad	1/3 cup	146	13.8	7.7	4.4	112	202	0.2
* Baked Beans,Vegetarian	1/2 cup	103	5.3	0.5	22.8	0	442	5.6
* California Mix	1/2 cup	27	1.8	0.0	4.4	0	22	1.8
* Baked Potato	1 each	186	3.6	0.6	42.5	0	11	3.8
Evening Meal								
* DL Roast Pork Loin	3 ounces	234	32.5	10.4	0.5	90	57	0.2
* DL Brown Gravy	1/4 cup	24	0.7	0.6	4.0	1	265	
* Baked Sweet Potato	1 each	226	2.9	0.3	53.7	0	474	7.6
* Green Beans	1/2 cup	16	0.8	0.1	3.7	0	272	1.6
* DL Blackeyed Peas	1/2 cup	106	6.6	0.5	19.4	0	186	5.1