

1200

Hispanic Fare

1200 Calories (30% Fat) Per Day Menus - One Week

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast 1/3 cup frijoles de la olla 1 tomato, chopped 1/8 avocado chili sauce 1 6-inch tortilla tea or coffee with sugar substitute	Breakfast 1 6-inch tortilla 1 egg, scrambled 1/2 cup onion 1/2 cup salsa 1/2 teaspoon canola oil 12 oz. 1% milk 1/2 mango, blended with milk tea or coffee with sugar substitute	Breakfast 1 6-inch tortilla 1 oz. queso asadero 1/2 banana café con leche (6 oz. coffee, 1/2 cup 1% milk and sugar substitute)	Breakfast 1/3 cup beans 1 teaspoon canola oil, to mash beans 2 oz. low-fat cheese, to top beans lettuce 1/2 cup salsa 1 6-inch tortilla 8 oz. 1% milk 1 cup papaya, blended with milk	Breakfast 1 6-inch tortilla 1 oz. queso fresco, for tortilla 1/2 mango 4 oz. skim milk	Breakfast 1 egg, scrambled 1/2 cup corn 1/2 cup onions 1/2 teaspoon canola oil 1 oz. queso chihuahua cooking spray 4 oz. 1% milk	Breakfast 1/2 cup shredded wheat 1/2 mango 1/2 cup 1% milk café con leche (6 oz. coffee with 1/2 cup 1% milk and sugar substitute)
Lunch 2 oz. ground sirloin 1 small potato (3 oz.) 1 oz. low-fat cheese 1 teaspoon canola oil, to sauté 1/2 cup salsa, topping 1/2 cup jicama hot chocolate: 3/4 cup 1% milk and sugar-free cocoa mix	Lunch bolillo, 1 oz. 4 teaspoons natural peanut butter sugar-free jam water or diet soda	Lunch 1/3 cup frijoles de la olla 3 oz. eye round beef 1 cup cabbage 1 teaspoon canola oil, to sauté cabbage 1 orange water or diet soda	Lunch 1/3 cup white rice 1 oz. chorizo 1/2 cup onion cooking spray 1 cup nopales lime juice, to season nopales chili sauce, to season nopales water or diet soda	Lunch 2 oz. shrimp 1/2 cup spaghetti 1 tomato, sliced 1/2 cup onion 1 teaspoon olive oil, to sauté shrimp water or diet soda	Lunch 1 cup chicken broth with: 1/4 cup peas 2 oz. chicken 1/2 cup chayote and celery 1 cup papaya water or diet soda	Lunch 3 oz. baked bluefish 1 cup green beans lime juice, seasoning chili sauce, seasoning 1/2 cup vanilla ice cream water or diet soda
Dinner 4 oz. broiled white fish 1 cup summer squash 2 teaspoons canola oil chili sauce, seasoning lime juice, seasoning 1/3 cup white rice 1 cup papaya water or diet soda	Dinner 1 slice pizza 2 cups chicken broth 1 1/2 cups veggies, add to broth 1 oz. chicken, add to broth café con leche (6 oz. coffee, 1/2 cup 1% milk and sugar substitute) water or diet soda	Dinner bolillo, 2 oz. 1/4 cup tuna fish packed in water 1 tablespoon low-fat mayonnaise 1 cup chayote celery and chili sauce 5 black olives café con leche (6 oz. coffee, 1/2 cup 1% milk and sugar substitute)	Dinner 1/2 cup macaroni 1 teaspoon olive oil, to lightly fry macaroni 2 oz. grilled chicken 1/2 cup salsa, topping lettuce, cucumber, radish 2 tablespoons nonfat creamy salad dressing 1 cup jicama water or diet soda	Dinner 2 oz. 90% lean ground sirloin hamburger 1 oz. queso anejo, topping 1/2 cup salsa, topping 1/3 cup frijoles de la olla 1 tomato, chopped 1/2 cup onion 1/3 cup white rice 1 teaspoon canola oil, to fry rice water or diet soda	Dinner 1 small baked potato (3 oz.) 1 oz. low-fat cheese, topping 1/2 cup salsa, topping 1 cup lettuce 1/8 avocado 1 cup jicama 2 teaspoons vinaigrette salad dressing 1 zapote water or diet soda	Dinner 1 6-inch tortilla 1 oz. queso fresco 1 oz. flank steak 1/2 cup onion 1 cup zucchini 1 teaspoon canola oil, to sauté steak and vegetables café con leche (6 oz. coffee with 1/2 cup 1% milk and sugar substitute)
Snack 1 cup nonfat yogurt sweetened with aspartame (or substitute with 4 fat free wheat crackers) 1 apple	Snack sugar-free Jell-o 1/2 cup canned pineapple, mixed in Jell-o	Snack 1 cup lettuce 1 tomato, sliced lemon juice, seasoning chili sauce, seasoning 1 cup nonfat yogurt sweetened with aspartame (or 4 fat-free wheat crackers)	Snack 1 cup cantaloupe 1 cup nonfat, plain yogurt (or substitute 4 fat-free wheat crackers)	Snack Licuado: 12 oz. skim milk 1 teaspoon sugar (1 teaspoon per day maximum) 1/2 cup fruit of choice	Snack 1/2 cup cooked oatmeal 4 oz. skim milk, to cook oatmeal 2 tablespoons sugar-free syrup, to sweeten oatmeal Atole: 8 oz. skim milk masa harina sugar substitute vanilla and cinnamon	Snack bolillo, 1oz. 1 tablespoon sugar-free jelly 1 guava 1/2 cup plain, nonfat yogurt (or substitute another 1/4 cup guava)

Tips: The menus listed above give the basic ingredients for the meals. You will need to add herbs and spices to suit your taste buds. You can also add chicken or beef broth to add flavor when cooking. Low-sodium varieties are recommended. In addition, you can add more non-starchy vegetables from the Vegetable List, but not more of the fat that they may be cooked with. These vegetables have few calories, and are stuffed with vitamins, minerals and fiber. You can also use oil-based cooking sprays for cooking. Be very careful when selecting beverages. In addition to the milk shown in the menus, you should drink 8 cups of water a day. All other drinks should be calorie-free!

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast 1 6-inch tortilla 1/3 cup frijoles de la olla chili sauce for frijoles 1 egg scrambled 1/2 teaspoon margarine, to cook egg café con leche (with 6 oz. coffee, 1/2 cup 1% milk, and sugar substitute)	Breakfast 3/4 cup unsweetened wheat flake cereal 1 slice whole wheat bread 2 teaspoons natural peanut butter 8 oz. 1% milk tea or coffee with sugar substitute	Breakfast bolillo (1 oz.) 1 egg, scrambled 1 teaspoon butter café con leche (with 6 oz. coffee, 1/2 cup 1% milk, and sugar substitute)	Breakfast 1 cup fruit-flavored, low-fat yogurt 1 apple 2 teaspoons natural peanut butter, spread on apple tea or coffee with sugar substitute	Breakfast 1/2 cup bran cereal 8 oz. 1% milk 1 cup papaya 1 hard-boiled egg tea with sugar substitute	Breakfast bolillo, 11/2 oz. 1 oz. queso fresco 1 guava Atole: 8 oz. 1% fat milk masa harina sugar substitute vanilla and cinnamon	Breakfast 3/4 cup wheat flakes cereal 1 zapote 6 almonds, slivered 8 oz. 1% milk
Lunch 2 oz. baked chicken lemon juice, to bake chicken chili sauce, to add to chicken 1 cup lettuce 1 tomato, sliced 2 tablespoons low-fat vinaigrette salad dressing 1/2 mango water or diet soda	Lunch 1/3 cup white rice 1 cup mixed vegetables: broccoli, cauliflower and carrots 1 teaspoon canola oil, to sauté vegetables 3 oz. baked or broiled salmon water or diet soda	Lunch 1/2 cup chayote chili sauce, to add to chayote 2 cups lettuce 1 tomato, sliced 2 oz. grilled chicken 2 teaspoons vinaigrette dressing 3/4 cup blueberries water or diet soda	Lunch 1 6-inch tortilla 2 oz. beef tenderloin 1 cup summer squash 2 teaspoons canola oil chili sauce water or diet soda	Lunch 2 cups chicken broth 1/2 cup corn, to add to broth 1/3 cup cooked pinto beans, add to broth 1 oz. chicken, to add to broth 1 cup lettuce 1 tomato, sliced 1 cup jicama lemon juice, for jicama 1/2 teaspoon canola oil, for jicama water or diet soda	Lunch 1/3 cup white rice 2 oz. chicken 1/2 cup chayote 1 tomato, chopped 1/2 cup onion 1 teaspoon canola oil, to sauté chicken and vegetables water or diet soda	Lunch Pozole: 1 cup chicken broth 1/2 cup hominy 1 tomato 2 oz. pork tenderloin 1/2 cup onion 2 radishes, chopped 1 orange 1 tablespoon sunflower seeds water or diet soda
Dinner 2/3 cup white rice 1 teaspoon canola oil to cook rice 2 oz. sirloin steak 1 cup peppers 1/2 cup onions 1 teaspoon canola oil, to cook steak 1/2 cup broccoli café con leche (with 6 oz. coffee, 1/2 cup 1% milk, and sugar substitute)	Dinner 1 6-inch tortilla Pork Stew: 2 oz. pork tenderloin 1 cup assorted non-starchy vegetables 2 teaspoons canola oil 1 apple water or diet soda	Dinner 1 cup spaghetti 1/3 cup tomato sauce 2 oz. 90% lean ground sirloin beef 1/2 cup onion 1 1/2 teaspoons olive oil 1 cup papaya 1/2 cup plain, nonfat yogurt, mix with papaya water or diet soda	Dinner 3 oz. chicken, baked 1 cup stewed tomato 1/3 cup white rice 1 teaspoon olive oil, to sauté rice 1/2 cup cooked carrots water or diet soda	Dinner 1/2 cup mashed plantain 1 teaspoon butter, for plantain 1/2 cup green beans 3 oz. tuna steak 2 teaspoons canola oil, to sauté tuna lemon juice chili sauce water or diet soda	Dinner 1/2 cup egg substitute, scrambled 1 oz. chorizo, add to egg substitute 1 cup nopales cooking spray 1/2 cup salsa 1 6-inch tortilla water or diet soda	Dinner Quesadilla: 1 6-inch tortilla 1 oz. low-fat cheese 1/2 cup onions 1/2 cup beans 1 teaspoon canola oil, to mash beans 2 oz. grilled chicken 1/2 cup salsa 1 cup verdologas. Add: 1 teaspoon canola oil garlic, to season verdologas water or diet soda
Snack 1 cup nonfat plain yogurt (or substitute 4 fat-free wheat crackers) 3/4 cup fresh pineapple	Snack 1/2 mango, cut in pieces 1 cup plain nonfat yogurt Blend together with ice (or substitute yogurt with 4 fat-free wheat crackers)	Snack 3 cups air-popped popcorn spices, to season popcorn cooking spray to spray cooked popcorn and make spices stick 8 oz. skim milk (or substitute 1 orange)	Snack 4 fat-free wheat crackers 2 tsp. reduced-calorie jelly 8 oz. skim milk (or substitute with 4 additional fat-free wheat crackers)	Snack 1 guava 8 oz. skim milk (or substitute 4 fat-free wheat crackers) Blend milk with ice to make a shake.	Snack 1 cup chimimoya 8 oz. skim milk (or another cup of chimimoya)	Snack 8 oz. skim milk (or substitute 1 apple) 1 cup sugar-free Jell-o

Tips: If you are lactose intolerant, try nonfat or 99% fat-free lactaid milk. One-percent fat milk is also acceptable with meals. You can try light fruited yogurt instead of plain, nonfat yogurt. These yogurts are fat-free and sweetened with aspartame. They have 100 calories per cup. You can add a sugar substitute when making the shake for snack. If you do not drink milk or eat yogurt, you can substitute a cup of milk or yogurt with a serving of food from the Grain, Starch & Sugar Group or the Fruit Group – 4 fat-free wheat crackers, 3/4 ounce pretzels or 1 medium-sized piece of fruit. Nonfat, low-fat and regular salad dressings are used in the menus depending on the amount of other fats in the meals. The portion sizes vary, depending on the kind of dressing used. Plandex: 638082 18-012-A-638-077-0500 MDM 6113-00