

MON 7/30	MIND diet notes	Approximate calories	
Breakfast: General Mills Oatmeal Crisp – Crunchy Almond – 1 cup ½ cup 1% milk	Cereal is listed as whole grain at http://wholegrainscouncil.org/find-whole-grains/stamped-products	290	1 Whole grain
Lunch: WW tortilla (Mi Mama's Low Carb tortilla) 1 oz gr turkey with taco seasoning ¼ cup Old El Paso fat-free refried beans 2 black olives orange		189	1 Whole grain 1 beans
Dinner: Salmon, baked 3 oz Peas ½ cup Red leaf lettuce Light Balsamic Vinaigrette with olive oil Franzia moscato wine-5 oz		300	1 fish 1 green, leafy vegetable 1 other vegetable 1 wine Olive oil
Snacks: 1 cup strawberries Whole Grain reduced fat wheat thins Yoplait light yogurt	The wheat thins are whole grain, but not sure how healthy they are. Need to try making my own crackers.	179	1 berry 1 Whole grain
		Daily=1048	1 ½ dairy; 2 fruit
TUES			
Breakfast: Whole grain blueberry muffin Small apple	1/12 cup of blueberries not counted as a berry	266	1 Whole grain 1 sweet/pastry
Lunch: 1 cup strawberries ½ cup Kroger fat free cottage cheese 1 slice Oroweat whole wheat bread		179	1 berry 1 Whole grain
Dinner: Chicken Marsala 3 oz (3/4 serving) Brown Rice ½ cup Italian green beans Red leaf lettuce Light Balsamic Vinaigrette with olive oil Franzia moscato wine-5 oz	Recipe from allrecipes.com. I used whole wheat flour for the breading, 2TBSP olive oil in place of the 4TBSP olive oil and 4 TBSP butter, and ½ cup of Marsala wine instead of ½ cup Marsala and ½ cup sherry.	532	1 poultry 1 Whole grain 1 green, leafy veg 1 other veg 1 wine Olive oil
Snack: ¼ cup almonds		207	1 nuts
		Daily = 1184	1 dairy; 2 fruit

WED			
Breakfast: Scrambled egg WW tortilla (Mi Mama's WW tortilla) orange		209	1 whole grain
Lunch: 1 slice Oroweat WW bread 2 oz sliced chicken breast (leftovers from last night) ½ T light Hellman's mayo ¼ red pepper	Try to make mayo with olive oil? I see recipes for mayo but not light mayo. Hellman's light first ingredient is water	143	1 whole grain 1 poultry
Dinner: Teriyaki burger (gr beef/turkey and pineapple) Oroweat WW sandwich thin 1 small tomato Red leaf lettuce Light Balsamic Vinaigrette with olive oil Franzia moscato wine-5 oz	Recipe from Taste of Home I used 93% ground beef and used the sandwich thin instead of the bun.	606	1 serving red meat 1 whole grain 1 green, leafy veg 1 other veg 1 wine Olive oil 1 red meat
Snack: ¼ cup walnuts		196	1 nuts
		Daily = 1154	0 dairy; 1 fruit
THURS			
Breakfast: ½ Carb check double fiber multi-grain bagel 1 TBSP Jif Extra Crunchy peanut butter 1 cup strawberries	Is PB ok to call nuts?	224	1 nuts 1 whole grain 1 berries
Lunch: 1 slice Oroweat WW bread 2 oz tuna packed in water 1 TBSP light mayo 5 Baby carrots		216	1 whole grain 1 other veg
Dinner: Chicken-Pinto Goulash WW Rotini ½ cup cooked Ground chicken 2 oz cooked Pinto beans, ½ cup drained Marinara sauce, ½ cup Red leaf lettuce Light Balsamic Vinaigrette with olive oil Franzia moscato wine-5 oz		545	1 whole grain 1 beans 1 poultry 1 green leafy veg 1 wine
Snack: Yoplait light yogurt		90	
		Daily=1075	1 dairy; 1 fruit

FRI			
Breakfast: 100% whole wheat bread toasted with Strawberry All-fruit		125	1 whole grain
Lunch: 1 cup strawberries ½ cup Kroger fat free cottage cheese ¼ cup almonds		249	1 berries 1 nuts
Dinner: Boneless pork chop trimmed 3 oz Corn ½ cup Unsweetened applesauce ½ cup Red leaf lettuce Light Balsamic Vinaigrette with olive oil	Does corn count as whole grain?	349	1 serving red meat 1 whole grain 1 green, leafy veg 1 red meat
Snack: 16 Whole Grain reduced fat wheat thins Franzia moscato wine-5 oz		256	1 wine 1 whole grain
		Daily = 979	1 dairy; 2 fruit
SAT			
Breakfast: Oroweat 100% whole wheat sandwich thin 1 scrambled egg		170	1 whole grain
Lunch: Hummus 5 baby carrots 2 celery stalks ¼ red pepper	Made single serving of hummus : 1 tsp sesame seeds, toasted 1 tsp olive oil 1 tsp lemon juice 1 clove garlic ¼ cup chick peas Blend all.	164	1 Beans 1 other veg
Dinner: Flat iron steak 3 oz Baked potato 3oz Red leaf lettuce Light Balsamic Vinaigrette with olive oil Merlot wine-5 oz		449	1 red meat 1 wine 1 green leafy veg Olive oil
Snack: 2 Mi Mama's low carb tortillas 2 tsp sugar ½ tsp cinnamon	Spray the tortillas with olive oil spray. Sprinkle with sugar/cinnamon mix. Toast until crisp; cut in 8 wedges.	170	2 whole grain
		Daily = 953	0 dairy; 0 fruit

SUN			
Breakfast: Cottage cheese fat free ½ cup Blueberries ½ cup		123	1 berries
Lunch: No queso quesadilla		268	2 whole grains 1 beans
Dinner: Almond chicken with snow peas Brown rice ½ cup cooked Red leaf lettuce Light Balsamic Vinaigrette with olive oil Franzia moscato wine-5 oz		647	1 whole grain 1 poultry 1 nuts?? 1 green leafy veg 1 other veg
Snack: none 😊			
		Daily=1038	1 dairy; 1 fruit