Pennington Metabolic Kitchen

MENU 1

Breakfast
Corn flakes
Orange juice
Milk
Nutrition bar

Lunch
Turkey and swiss cheese
on white bread
Mayonnaise/mustard
Potato chips
Diet soft drink

Snack
Pretzels
Fruit punch drink

Dinner
Italian meatballs and spaghetti
Lettuce and tomato salad
Italian dressing
Dinner roll/butter
Milk
Nutrition bar

Heart Health Study
Pennington Metabolic Kitchen

MENU 2

Breakfast
Blueberry muffin
Orange juice
Milk
Nutrition bar

Lunch
Tuna salad with Pita bread
Lettuce
Sun chips
Diet soft drink

Snack
Granola bar
Fruit punch drink

Dinner
Chicken and sausage jambalaya
Green peas
Dinner roll/butter
Milk
Nutrition bar

Heart Health Study
Pennington Metabolic Kitchen

MENU 3

Breakfast
Bagel with cream cheese/jam
Apple juice
Milk
Nutrition bar

Lunch
Cajun roast beef and swiss cheese
on white bread
Mayonnaise/mustard
Potato salad
Diet soft drink

Snack
Cheese crackers
Fruit punch drink

Dinner
Lemon sage chicken
Rice pilaf
Green beans
Dinner roll/butter
Milk
Nutrition bar

Heart Health Study
Pennington Metabolic Kitchen

MENU 4

Breakfast
Banana nut muffin
Orange juice
Milk
Nutrition bar

Lunch
Chicken salad
on lettuce
Ritz crackers
Fruit salad
Diet soft drink

Snack
Graham crackers
Fruit punch drink

Dinner
Pork chop
Mashed potatoes with gravy
Carrots
Dinner roll/butter
Milk
Nutrition bar

Heart Health Study
MENU 5

Breakfast
Pancakes with butter/syrup
Orange juice
Milk
Nutrition bar

Lunch
Ham and cheddar cheese
on white bread with lettuce/tomato
Mayonnaise/mustard
BBQ potato chips
Diet soft drink

Snack
Gold fish crackers
Fruit punch drink

Dinner
Catfish almondine
Wild rice
Steamed broccoli
Dinner roll/butter
Milk
Nutrition bar

Heart Health Study