HIGH FAT MENUS

FAT	MENU
	BREAKFAST
	4 oz. orange juice
3 tsp.	2 fried eggs
2 tsp.	2 slices bacon
2 tsp.	1/2 cup hash brown potatoes
	2 slices toast
2 Tbsp.	2 Tbsp. butter
	2 Tbsp. jam
2 tsp.	1-8 oz. glass whole milk
	SNACK
	Black coffee or diet coke
2 tsp.	Doughnut
	LUNCH
6 tsp.	quarter pounder with cheese
3 tsp.	1 large fries
2 tsp.	vanilla shake (low fat milk)
	SNACK
4 tsp.	candy bar
	SUPPER
9 tsp.	2 pork chops
	1 baked potato
2 tsp.	1/4 cup sour cream
1 Tbsp.	1 Tbsp. butter
	2/3 cup broccoli
1 Tbsp.	1 Tbsp. butter
	serving of salad
8 tsp.	1/4 cup dressing
3 tsp.	1 scoop ice cream
6 tsp.	1/6 of apple pie
	large drink

LOW FAT MENUS

FAT	MENU
	BREAKFAST
	Oatmeal/ raisins & spice
	1 slice toast
1 tsp.	1 tsp. margarine
	1 Tbsp. jam
	1/2 grapefruit
	2 Tbsp. sugar
Trace	8 oz. skim milk
	SNACK
	1/2 cup raisins
	LUNCH
3 tsp.	1/2-10" thick chewy pizza
1/2 tsp.	large salad with Italian no oil low cal. dressing
	large drink
	SNACK
	1 apple
	SUPPER
1 tsp.	3 1/2 oz. skinned, shake and coated chicken baked potato
no fat	1/2 cup plain yogurt
	serving of salad
1 tsp.	1 Tbsp. low cal dressing
	2/3 cup broccoli/lemon juice or ginger
no fat	angelfood cake
	mashed strawberries
	8 oz. skim milk