

"Power of 3" Planner

Power up your day with 3-Every-Day — that's three servings of milk, cheese or yogurt for stronger bones and better bodies. This planner offers dairy-licious ways to pique your palate and pack a nutrient punch every day of the week. Try milk, cheese or yogurt in fat-free and low-fat varieties to meet your taste and nutritional needs. For an easy way to recall serving sizes, remember 1 cup of milk, 1 cup of yogurt and 1-1 1/2 ounces of natural cheese. "Bone" Appetit!

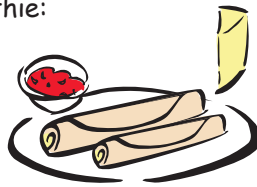


Monday



Breakfast

Breakfast Smoothie: blend 1 cup of milk or yogurt, fruit and ice cubes



Lunch

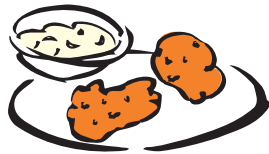
Pizza Roll Up: roll flour tortilla with 1-2 slices of part-skim Mozzarella cheese and tomato sauce for dipping



Snack

Yo On-the-Go: pick up a 10-ounce bottle of cherry-flavored, drinkable yogurt

Tuesday



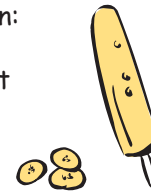
Lunch

Chicks Mix: combine 1 cup of plain yogurt and lowfat Ranch dressing mix for a dip with baked chicken tenders



Snack

Cheesy Popcorn: toss 1/4 cup of tangy lowfat Colby cheese shreds with popcorn



Dessert

Banana Milkshake: freeze 1 cup of lowfat banana flavored milk in popsicle container

Wednesday



Breakfast

Waffles That Wow: top whole wheat waffles with 1 cup of strawberry yogurt and berries



Dinner

Cheesy Mac: bake a single serving of macaroni and top with 2 tablespoons of grated lowfat Parmesan



Dessert

Mousse Madness: stir together 8 ounces of lowfat chocolate milk and lite frozen whipped topping

Thursday



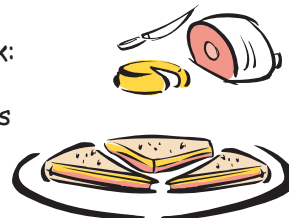
Breakfast

Milk Steamer: warm up 1 cup of flavored milk sprinkled with cinnamon



Snack

Super Snack: dunk fresh veggie sticks into 1 cup of yogurt mixed with taco seasoning



Dinner

Ham and Cheese Quesadilla: layer 1/4 cup of shredded reduced fat Monterey Jack with slices of lean ham in tortillas

Friday



Breakfast

Egg-cellent Cheese Omelet: melt 1-2 slices of Cheddar or Provolone cheese in egg white omelet



Lunch

Topped Tater: spoon lowfat chili and 1 cup of plain yogurt atop baked potato



Snack

Pretzel Wrap: roll a fat free pretzel rod in 1-2 slices of reduced fat Swiss cheese