

# "Power of 3" Planner



Western Dairy Association  
www.westerndairyassociation.org

Power up your day with 3-A-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 lowfat 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:

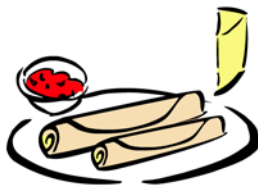
blend 1 cup of milk or yogurt, fruit and ice cubes



### 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

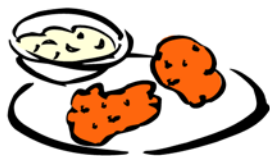


## Tuesday

### 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

#### Orange Milkshake:

freeze 1 cup of lowfat orange 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, robust 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:

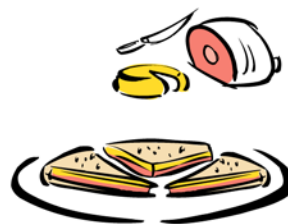
dunk fresh veggie sticks into 1 cup of yogurt mixed with taco seasoning



### 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



For more easy and delicious 3-A-Day of Dairy tips and family-friendly recipes visit [www.3aday.org](http://www.3aday.org).