

Breakfast: 400 Calories

- Choose 1 of the following:

1. 1 English Muffin
2. 1 cup bran cereal
3. ½ cup Grape-Nuts
4. 1 cup Grits
5. 1 cup Oatmeal

- And 1 of the following...

1. 1 cup 1% Milk
2. 2/3 cup fat free yogurt
3. ½ cup 1% cottage cheese

- And 1 of the following...

1. 1 boiled egg (up to 4 per week)
2. 1 turkey sausage
3. 2 ¼ teaspoons peanut butter

- And 1 of the following...

1. ½ banana
2. ¾ cup grapes
3. 1 oz. Raisins
4. ½ orange

Snack: 150 calories

- Choose 1 of the following...

1. 100 Calorie snack
2. 1 cup cottage cheese/pineapple chunks
3. 2 lg. Graham cracker squares w/1 tablespoon peanut butter
4. 1 snack yogurt w/cereal
5. ½ apple and 1 T peanut butter
6. 2 rice cakes and 1 T peanut butter
7. 1 string cheese w/3 saltines

Drink 8 ounces water with each meal and snack...

Lunch: 350 calories

- **Choose 1 of the following...**

1. Grilled Chicken on pita...(3 oz.)
2. Tuna Sandwich (3 oz. Tuna in water)
3. Chicken or Tuna Salad (3 oz.)
4. 1 ½ cup low-fat cottage cheese with 2 slices diet bread
5. 1 bowl soup w/2 saltine crackers and small salad w/ 2 T diet oil and vinegar
6. 1 grilled cheese sandwich on diet bread
7. Large salad w/6 oz. Sliced chicken and 2 T diet dressing, ½ cup wheat thins

- **And one of the following...**

1. 1 cup yogurt w/fruit
2. 1 cup milk and ½ cup applesauce

Snack: 150 calories

- **Choose one of the following**

1. 100 calorie snack pack
2. 1 cup cottage cheese w/pineapple
3. 2 lg. Graham cracker squares with 1 T peanut butter
4. 1 snack yogurt w/cereal
5. ½ apple and 1 T peanut butter
6. 2 rice cakes and 1 T peanut butter
7. 1 string cheese w/3 saltines

Dinner: 400 calories

- **Choose 1 of the following...**

1. 2/3 cup rice and beans
2. 2/3 cup whole wheat pasta
3. 2/3 cup couscous
4. 2 slices diet bread
5. 1 cup lentils

Dinner continued...

- **And 1 of the following**
 1. 3 oz. Chicken or Turkey (white meat no skin)
 2. 3 oz. Fish (fresh or frozen)
 3. 3 oz. Tofu (not fried)
 4. 3 oz. Shellfish (clams, shrimp, tuna, etc.

- **And 1 of the following**
 1. 2 cups garden salad w/ 1 T low fat dressing
 2. 1 cup broccoli
 3. 1 cup carrots
 4. 2/3 cup yogurt or 1 % milk
 5. ½ cup low fat cottage cheese

Snack: 150 calories

- **Choose 1 of the following**
 1. 100 calorie snack pack & 15 grapes
 2. 4 T hummus with 12 baby carrots
 3. 2 graham crackers and 1 T peanut butter
 4. 1 cup cottage cheese w/pineapple
 5. ½ apple w/1 T peanut butter
 6. 2 rice cakes w/1 T peanut butter
 7. 1 string cheese w/3 saltines

**Dressing should always be low fat
Fruit...1 serving 60 to 80 calories
2 T raisins, ¼ c dried fruit, ½ c juice
Milk, Yogurt, and Cheese Choose low fat
whenever possible.**

**On this program you should loose at least
1 lb or more each week. This program
has been designed for women.**

**Men would need to add 3 oz. Meat and 1
or 2 servings of Bread, Cereal, Rice, or
Pasta each day.**

Non-Starchy Veggies...

- Artichoke
- Mixed Vegetables (no corn or carrots)
- Asparagus
- beans (green, wax, Italian)
- bean sprouts
- beets
- broccoli
- cabbage
- carrots
- cauliflower
- celery
- cucumber
- eggplant
- green onions
- mushrooms
- okra
- onions
- pea pods
- peppers all kinds
- salad greens
- spinach
- summer squash
- tomatoes
- turnips
- water chestnuts
- zucchini

**Breads, Cereal, Rice, and Pasta
1 serving = 80 calories**

**Vegetables 1 serving = 25-30
calories,**

**1 cup green leafy, ½ cup cooked, ½
cup chopped, ½ cup raw, ¾ c
vegetable juice**