

SAMPLE MEALS

breakfast

SCRAMBLED EGG OR OMELETTE WITH $\frac{1}{4}$ CUP MUSHROOMS, $\frac{1}{2}$ CUP SPINACH, AND 1 TABLESPOON PARMESAN CHEESE (OPTIONAL) $\frac{1}{2}$ GRAPEFRUIT 1 CUP GREEN TEA

snack

1 SERVING SUGAR-FREE JELLO WITH $\frac{1}{4}$ CUP COTTAGE CHEESE

lunch

$\frac{1}{2}$ WHOLE WHEAT ENGLISH MUFFIN, TOASTED, WITH 1 TEASPOON ALL-NATURAL PEANUT BUTTER

snack

VEGGIES DIPPED INTO $\frac{1}{2}$ CUP LOW-FAT RANCH DRESSING

dinner

MIXED GREEN SALAD WITH RED PEPPERS AND CUCUMBER BALSAMIC VINEGAR AND OLIVE OIL BROILED COD (SCROD) WITH LEMON PEPPER 3 OZ OF WHOLE WHEAT ANGEL HAIR PASTA TOSSED WITH CHICKEN BROTH OR BOUILLON, LIGHTLY SPRINKLED WITH PARMESAN CHEESE

snack

1 MEDIUM HARD-BOILED EGG

SAMPLE MEALS

breakfast

SLOW FAT GREEK YOGURT 1 CUP RASPBERRIES

snack

10 ALMONDS

lunch

1 OUNCE FRESH MOZZARELLA 1 SLICED TOMATO ON A BED OF
LETTUCE AND BASIL, DRIZZLED WITH OLIVE OIL AND VINEGAR

snack

LOW-GLYCEMIC, 100-250 CALORIE PROTEIN BAR 1 CUP COFFEE,
BLACK

dinner

GRILLED HERBED CHICKEN BREAST GRILLED ZUCCHINI AND YELLOW
SQUASH MIX 1 SLICE SOURDOUGH BREAD

snack

3-4 OZ FAT-FREE NATURAL YOGURT

SAMPLE MEALS

breakfast

1 SLICE RYE TOAST WITH NONFAT CREAM CHEESE 1 ORANGE 1 CUP
GREEN TEA

snack

½ SLICED APPLE WITH 2 TEASPOONS ALL-NATURAL PEANUT BUTTER

lunch

FRESH SPINACH WITH RED PEPPERS AND MINCED GARLIC OR ONION
AND 1 TABLESPOON PARMESAN CHEESE, SPRINKLED WITH
BALSAMIC VINEGAR

snack

10 ALMONDS

dinner

ROASTED PORK TENDERLOIN 1 CUP COOKED CAULIFLOWER, MASHED
WITH 1 TABLESPOON PARMESAN CHEESE AND GARLIC (OPTIONAL) 3
OZ COOKED WHOLE GRAIN PASTA WITH ½ FRESH TOMATO AND
HERBS, DRIZZLED LIGHTLY WITH OLIVE OIL AND TOSSED

snack

8 MEDIUM STRAWBERRIES DIPPED IN LIGHT COOL WHIP