



Sample Menus 1

Time	Item	Protein	Carbs	Fat	Notes
6:30	1 cup cooked oatmeal		3		No sugar! Use cinnamon/equal & nuts for flavor
	1 cup milk 2%	1	1		
	1 tbsp. slivered almonds			4	In a nonstick pan, or use 4 tsps. butter instead of nuts in oatmeal
	6 scramble egg whites	3			
		4	4	4	
11:00	3 oz. cooked ground turkey	2			or 2 tsp. mayonnaise
	2 thin slices avocado			4	
	lettuce, tomato, sprouts				NOT the kind with lots of fruit. Check carb #'s
	1 bun		2		
		2	2	4	
3:00	1/2 bagel		2		grilled to melt the cheese
	1 1/2 oz. any hard cheese	1		3	
	2 oz. turkey	2			
		3	2+	3	
7:00	4 oz. chicken breast	4			
	1 1/4 cups broccoli		1		
	Medium salad with		1		
	1 tbsp. olive oil			3	
	1 tsp. sunflower seeds			1	
	1 apple		2		
		4	4	4	
9:00	1/2 cup cottage cheese	2			
	2/3 cup fruit cocktail		2		
	1 1/2 tsp. slivered almonds			2	
		2	2	2	



Sample Menus 2

Time	Item	Protein	Carbs	Fat	Notes
6:30	1 waffle		2		
	1 cup sliced strawberries		1		
	1 cup 2% milk	1	1		
	1 tbsp. slivered almonds			4	
	3/4 cup cottage cheese	3			Mix with equal to sweeten, spread on waffle
		4	4	4	
11:00	1 can tuna w/	4+			
	1 2/3 tbsp. light mayo			4+	
	lettuce, tomato, sprouts				
	1 bun		4		
		4	4	4	
3:00	1 cup yogurt	2	2		NOT the kind with lots of fruit. Check carb #'s
	1 tbsp trail mix		1	3	
		2+	3	3	
7:00	6 oz. swordfish	4			
	3/4 cup peas		1		
	2/3 cup rice		3		This ISN'T much!!!
	1 tsp butter			4	
		4	4	4	
9:00	2 oz. LOWFAT cheese	2		2	
	1 oz. pretzels		2		Like ONE of those big ones.
		2	2	2	



Sample Menus 3

Time	Item	Protein	Carbs	Fat	Notes
6:30	Omelet w/ 4 egg whites	2			Made in nonstick pan
	plus one whole egg	1			
	1 oz. LOWFAT cheese	1		1	Fried in 1 tsp. butter in nonstick pan
	1 potato, shredded		3	3	
	1/2 cup cooked onions		1		
	1 cup cooked mushrooms		1		
		4	4	4	
11:00	1 orange		2		
	2 cups strawberries		2		
	1 tbsp. slivered almonds			4	
	4 oz. chicken breast	4			
		4	4	4	
3:00	Low Cal Pizza (pg 67)	1	1	2	
	add 2 oz. lowfat mozzarella	2		1	
	1 apple		2		
		3	3	3	
7:00	6 oz. halibut	4			Simmer in a little wate w/ spices (garlic, dill) Page 24 of recipe book
	1 1/4 cups broccoli		1		
	Pear & Pecan tart (pg 106)		3	4	
		4	4	4	
9:00	1 slice Quiche (pg 54)	2	1	2	
	Small salad		1		
	1 1/2 tsp. slivered almonds				
		2	2	2	



Sample Menus 4

Time	Item	Protein	Carbs	Fat	Notes
6:30	3 oz. granola		3		
	1 cup milk 2%	1	1		
	1 tbsp. slivered almonds			4	
	6 oz. firm tofu	3			
		4	4	4	
11:00	6 oz. clams	4			
	1 bagel		4		
	1 1/3 tsp. butter			4	
		4	4	4	
3:00	1 1/2 balance bars	3	3	3	
			3	3	3
7:00	6 oz. halibut	4			
	1 1/4 cups cauliflower		1		
	1 peach		1		
	1 tbsp. olive oil			3	
	3/4 tsp. peanuts			1	
	1/2 cup kidney beans		2		
		4	4	4	
9:00	1 1/2 balance bars	3	3	3	
			2	2	2





Sample Menus 5

Time	Item	Protein	Carbs	Fat	Notes
6:30	2 small pancakes		3		
	2 tsp. syrup		1		
	4 oz. sliced turkey	4			Fry in pan
	1 1/3 tsp. olive oil			4	
		4	4	4	
11:00	1 Soy burger	2			
	2 thin slices avocado			4	or 2 tsp. mayonnaise
	lettuce, tomato, sprouts				
	1 bun		2		
1 cup yogurt	2	2		NOT the kind with lots of fruit. Check carb #'s	
		4	4	4	
3:00	1/2 bagel		2		
	3 tsp. cream cheese	1		3	
	2 oz. turkey	2			
		3	2+	3	
7:00	6 oz. lobster	4			
	1 1/4 cups yellow squash		1		
	Medium salad with		1		
	1 tbsp. olive oil			3	
	1 tsp. sunflower seeds			1	
	1 1/3 cup raspberries		2		
		4	4	4	
9:00	6 Baked Tostitos		1		
	1/2 cup salsa		1		Put on cheese
	2 oz. skinless chicken breast	2			Put on chips
	1 oz. cheddar cheese			2	Melt over chicken
			2	2	2



Sample Menus 6

Time	Item	Protein	Carbs	Fat	Notes
6:30	1 cup low fat frozen yogurt	1	1		Blend all ingredients for a delicious protein shake
	1/4 cup blueberries		1		
	1/4 cup strawberries		1		
	1/4 cup crushed pineapple		1		
	2 tsp. coconut			4	
	2 Tbs. 100% Whey powder	4			
	3 ice cubes				
		4	4	4	
11:00	Burger King BK Broiler	4	4	3	
	3/4 tsp. slivered almonds			1	
		4	4	4	
3:00	3 hard boiled eggs	3			
	1 Orange		2		
	1/2 cup juice		1		
	2 1/4 tsp. peanuts			3	
			3	3	3
7:00	2 Lean Cuisine Herb Roasted Chicken	4	4	2	
	1 1/2 tsp. slivered almonds			2	
		4	4	4	
9:00	1 slice bread		1		
	1 1/2 tsp. peanut butter	2		2	
	1 tsp. jam		1		
		2	2	2	



Sample Menus 7

Time	Item	Protein	Carbs	Fat	
6:30	1/2 cup low-fat coffee flavored yogurt	1	1	1	Blend as a shake
	1 tsp. instant coffee				
	3 Tbs. 100% Whey powder	3			
	1/2 cup Low-fat milk (2%)	1	2	2	
	5 ice cubes				
		4	3+	3+	
11:00	Denny's grille Chicken Sandwich	4	4	4	
		4	4	4	
3:00	1/2 cup low-fat coffee flavored yogurt	1	1	1	Blend as a shake
	1 tsp. instant coffee				
	1 Tbs. 100% Whey powder	2			
	1/2 cup Low-fat milk (2%)	1	2	2	
	5 ice cubes				
	2 Tbs. chocolate Carnation Intant Breakfast	1	1	1	
		4	4	4	
7:00	Campbell's chunky beef and vegetable soup	2	2		
	Budget Gourmet Light & Healthy Turkey Dinner	2	2		
		4	4	4	
9:00	1 balance bar	2	2	2	
		2	2	2	