

Meal Suggestions

Breakfast

Choose **1** option and **1** beverage only (See bottom of page for options)

- 1** Breakfast Frittata (No toast or bread)
or Eggs Scrambled, Soft Boiled etc (No Toast or Bread)
- 2** Oatmeal with maple syrup and cinnamon if desired (No milk, cream, fruit or raisins)
- 3** Whole Grain or Whole Wheat bagel (toasted if desired)
or Whole Wheat, Whole Grain or Oat Bran Toast
or Corn or Bran Muffins with Butter or Spreads without Hydrogenated oils (Don't use Margarines)
- 4** Any Fresh Fruit of your choice (not canned) If you choose this option **DO NOT** have a beverage other than water or eat anything with the fruit.
- 5** Buttermilk Pancakes with Maple Syrup and Butter or Spreads with no Hydrogenated Oils (Don't use Margarines)
- 6** Breakfast Smoothies. If you choose this option **DO NOT** have a beverage other than water or eat anything else

Mid Morn/Aft Snack

Choose **1** option (wait at least 1/2 hour after last meal unless otherwise specified)

- 1** Any fresh fruit or pure fruit juice of your choice. (Wait at least 3 hours after your last meal if it was a non fruit option.) If you had a fruit option for your last meal then you can have more fruit with no waiting time.
- 2** Carrot and/or celery sticks (with peanut butter or almond butter if desired)
- 3** Raw nuts of your choice (Almonds, Walnuts, Brazils, Hazels etc)
- 4** Raw Vegetable dippers of your choice. Broccoli, Carrots, Cauliflower, Bell Peppers, Cucumber, Radishes, Celery, Summer Squash (with salad dressing if desired)
- 5** Whole Wheat, Whole Grain or Oat Bran toast with butter or spreads without Hydrogenated Oils (Don't use Margarine)
(Wait at least 3 hours after your last meal if you had protein)

Lunch

Choose **1** option and **1** beverage only

- 1** Tomato Sandwich on whole grain bread with mayonnaise, mustard and/or salad dressing and lettuce. (NO cheese) with pickles of your choice
- 2** Tuna, Seafood or chicken over a large tossed green salad (any kind of lettuce and raw vegetables) with dressing of your choice (NO croutons or bread)
- 3** Canned or Jarred vegetable or minestrone soup (NO meat)
Served with side dish of Whole Wheat, Whole Grain or Oat Bran bread with butter or spreads without Hydrogenated oils (Don't use margarine)
- 4** Greek Salad
- 5** Large Tossed Salad (any kind of lettuce and raw vegetables) with cheese and dressing of your choice (NO croutons or bread)
- 6** Bean Burritos (NO meat) with lettuce, tomatoes, olives and salsa.
- 7** Burger of your choice (NO bread or roll)
Served with side dish of large tossed salad (any kind of lettuce and raw vegetables) with dressing (NO croutons)

Dinner

Choose Protein or Carb firstly then choose **1** Entree, **1** Side Dish, salad and **1** beverage only.

Protein

Entree

- 1 Beef, Chicken or fish prepared without breading of any kind.
- 2 Seafood Stew

Side Dish

- 1 Garlic Green Beans
- 2 Steamed Broccoli or Green Beans or Cauliflower with Olive Oil or Butter or Spreads without Hydrogenated Oils (Don't use Margarine) Add a sprinkling of Parmesan if desired.
- 3 Asparagus with Pine Nuts and Balsamic Vinegar
- 4 Spinach

Salad

- 1 Tossed Salad (any kind of lettuce and raw vegetables) with cheese and dressing of your choice (NO croutons or bread)
- 2 Spinach and Roasted Garlic Salad
- 3 Caesar Salad (NO Croutons)

Carbs

Entree

- 1 Ratatouille
- 2 Pasta with Tomato Sauce or Butter and Garlic

Side Dish

- 1 Italian Bread with butter or spreads without Hydrogenated Oils (Don't use Margarine)

Salad

- 1 Tossed Salad (any kind of lettuce and raw vegetables) with dressing of your choice and croutons.

Beverages

- 1 Decaffeinated Tea or Herbal Tea (With Milk or Cream if desired)
 - 2 Vegetable Juice
 - 3 Soy Milk
 - 4 Rice Milk
 - 5 Almond Milk
 - 6 Water
- NO coffee, alcohol or fruit juice of any kind.