

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| <p>Breakfast 2 slices light whole wheat toast 4 teaspoons natural peanut butter 1/2 banana 8 oz. 1% milk</p> <p>Lunch Lettuce, radish, cucumber, celery 1/2 cup carrots 1 cup green pepper, diced 1/2 cup tuna fish, packed in water 2 tablespoons nonfat ranch salad dressing 10 small green olives 6 low-fat whole wheat crackers 1 peach Water or non-caloric beverage</p> <p>Dinner 5 oz. sirloin steak 1/4 cup onions, cooked 1/4 cup mushrooms, cooked 1 teaspoon canola oil to sauté onions and mushrooms and put on top of steak 1/2 cup cooked spinach 1 medium baked sweet potato, 6 oz. 2 tablespoons sour cream Water or non-caloric beverage</p> <p>Snack 8 oz. skim milk 1-1/4 cups strawberries Blend with ice to make a shake</p> | <p>Breakfast 1/2 cup oatmeal 1/2 cup fruit cocktail in juice 1 cup plain low-fat yogurt mixed with fruit Black coffee or tea with lemon</p> <p>Lunch 2 slices light whole wheat bread 2 oz. turkey ham & 1 oz. low-fat cheese 1/8 avocado, sliced alfalfa sprouts 1 teaspoon mayonnaise 1/2 cup baby carrots 2 tablespoons nonfat dressing for dipping carrots 1 apple Water or non-caloric beverage</p> <p>Dinner 4 oz. chicken leg, no skin, baked 1 cup whole wheat pasta 4 tablespoons low-fat vinaigrette, 2 for chicken marinade & 2 to toss w/pasta (add extra vinegar, lemon juice, or water as necessary) 1 cup broccoli and 1 cup zucchini, steamed and tossed with pasta 8 oz. 1% milk</p> <p>Snack 1 cup cantaloupe melon 1/4 cup 1% cottage cheese</p> | <p>Breakfast 2 whole grain low-fat waffles 3/4 cup blueberries 1 cup plain, low-fat yogurt 2 tablespoons sour cream to mix with yogurt and fruit, and scoop on waffles Black coffee or tea with lemon</p> <p>Lunch 3 oz. low-fat ham 1 oz. low-fat cheese 1 teaspoon mayonnaise 2 large lettuce leaves Layer ham and cheese on lettuce leaves, spread with mayonnaise and roll. 1 cup string beans, steamed Balsamic vinegar and garlic to marinade string beans the day before 10 grapes Water or non-caloric beverage</p> <p>Dinner 8 ounces flounder, baked 1 teaspoon olive oil to drizzle over flounder Lemon wedges squeezed over fish 1/2 cup onion 1 teaspoon olive oil, to sauté onions and cook with rice 2/3 cup brown rice 1/2 cup spinach Water or non-caloric beverage</p> <p>Snack 8 oz. skim milk 1 peach Blend with ice to make a shake</p> | <p>Breakfast 1 slice light whole wheat toast 1 teaspoon butter 1/4 cup 2% cottage cheese 1 cup fruit cocktail canned in juice 8 oz. 1% milk</p> <p>Lunch 6 saltine-type crackers 4 teaspoons natural peanut butter Sugar-free jelly 1 cup baby carrots 1 apple 8 oz. 1% milk</p> <p>Dinner 2/3 cup kidney beans 4 oz. ground turkey 1/2 cup onion, chopped 1 cup green pepper, diced 2 teaspoons canola oil, to sauté onions, peppers and turkey Salsa to mix with above 1/3 cup brown rice Lettuce, cucumber, radish, and celery 2 tablespoons nonfat creamy Italian salad dressing Water or non-caloric beverage</p> <p>Snack 1 slice light rye bread 2 oz. fat-free cheese Lettuce and mustard</p> | <p>Breakfast 3 egg-white omelet with: 1 oz. low-fat cheese 1 oz. low-fat ham 1/4 cup onion, chopped 1/2 tomato, diced 1 teaspoon canola oil, to sauté vegetables 8 oz. 1% milk</p> <p>Lunch 2 slices light whole wheat bread 1/2 cup tuna fish, packed in water 1 teaspoon mayonnaise Mustard to mix with mayonnaise Lettuce 1 tomato, diced 1/2 cucumber sliced 2 tablespoons nonfat dressing, for tomato-cucumber salad (Free) 1 orange Water or non-caloric beverage</p> <p>Dinner 3 oz. chicken, no skin 1/2 cup water chestnuts 1/2 cup pea pods Chinese cabbage and scallions 2 teaspoons peanut oil, to stir fry chicken and vegetables 3/4 cup canned mandarin oranges, add last 3 min. of cooking Lite soy sauce 2/3 cup brown rice Water or non-caloric beverage</p> <p>Snack 8 animal crackers 8 oz. skim milk 10 grapes</p> | <p>Breakfast 1 cup nonfat light fruit yogurt 1/2 cup canned fruit cocktail, in juice 3 tablespoons grapenuts 6 almonds, slivered Black coffee or tea with lemon</p> <p>Lunch 1 medium baked potato, 6 oz. 1 cup broccoli, steamed or microwaved 2 cloves garlic 1 teaspoon canola oil, to sauté garlic and toss with broccoli 2 oz. low-fat cheese Salsa 1/2 mango Water or non-caloric beverage</p> <p>Dinner 6 oz. ground sirloin burger Bed of lettuce for burger 1 tablespoon ketchup 1 tomato, 1/2 sliced for burger and 1/2 diced for salad 1 cup sweet red pepper Lettuce, cucumber, radish, and celery 2 tablespoons low-fat creamy Italian salad dressing 1 corn on the cob Water or non-caloric beverage</p> <p>Snack 1/2 banana 8 oz. skim milk Blend with ice to make a shake</p> | <p>Breakfast 1-1/2 cups plain wheat flakes cereal 1 apple 4 teaspoons natural peanut butter, to spread on apple 8 oz. 1% milk</p> <p>Lunch Lettuce and cucumber for chef salad 1 oz. low-fat ham 1 oz. turkey 1 oz. low-fat cheese 1/2 cup carrots, sliced 1 tomato, diced 1 tablespoon low-fat ranch salad dressing 10 small green olives Water or non-caloric beverage</p> <p>Dinner 4 oz. center loin pork chop, grilled 1/2 cup mashed potato, made with no fat 1/2 cup corn 1 tablespoon low-fat margarine, for potatoes and corn 1/2 cup unsweetened applesauce 1/2 cup beets 1 cup cauliflower Water or non-caloric beverage</p> <p>Snack 1 cup nonfat, light fruit yogurt 1/2 mango</p> |

Tips: You can try light fruited yogurt instead of plain, nonfat yogurt. These yogurts are fat-free and sweetened with aspartame. They have 100 calories per cup. You can add a sugar substitute when making the shake for snack. Nonfat, low-fat and regular salad dressings are used in the menus depending on the amount of other fats in the meals. The portion sizes vary, depending on the kind of dressing used.

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| <p>Breakfast</p> <p>4 4-inch frozen pancakes 1 teaspoon butter 2 tablespoons sugar-free pancake syrup 3/4 cup blueberries 8 oz. 1% milk</p> <p>Lunch</p> <p>2 slices whole wheat light bread 4 teaspoons natural peanut butter Sugar-free jelly 1/2 cup baby carrots 1/2 banana 8 oz. 1% milk</p> <p>Dinner</p> <p>6 oz. chicken, skinless, cubed 2 scallions 1 teaspoon olive oil, to sauté scallions and chicken 1/2 cup canned pineapple in own juices, add to chicken after searing 1/2 cup water chestnuts, add to chicken after searing 6 almonds, slivered, to top chicken 1 cup snow peas Water or non-caloric beverage</p> <p>Snack</p> <p>6 saltine-type crackers 2 ounces fat-free cheese</p> | <p>Breakfast</p> <p>2 slices light whole wheat toast 1 teaspoon butter Sugar-free jelly 1/2 cup 2% cottage cheese 1/2 cup canned pineapple in own juice, to mix with cottage cheese 8 oz. 1% milk</p> <p>Lunch</p> <p>1/2 6-inch whole wheat pita 2 oz. chicken leg, no skin, diced, mixed with: 1 tablespoon light mayonnaise 1 scallion and 1 tablespoon celery, diced 1/2 zucchini, sliced in spears 2 tablespoons nonfat creamy Italian salad dressing, to dip zucchini 1-1/4 cups watermelon, cubed Water or non-caloric beverage</p> <p>Dinner</p> <p>4 oz. salmon, cubed 1/2 cup onions, sliced 1 teaspoon olive oil, to sauté onion and salmon 1/3 cup tomato sauce, dilute with 1/3 cup water. Add last few minutes of cooking. 10 small green olives, add to tomato sauce 1 cup spaghetti 1 cup cauliflower Water or non-caloric beverage</p> <p>Snack</p> <p>1 cup nonfat, fruited light yogurt 1/2 cup fruit cocktail, canned in fruit juice</p> | <p>Breakfast</p> <p>1-1/2 cups puffed rice cereal 2 tablespoons raisins 1/2 banana 1 tablespoon sunflower seeds 8 oz. 1% milk</p> <p>Lunch</p> <p>1 whole tomato, inside scooped out 1/2 cup tuna fish, packed in water 1 teaspoon mayonnaise 1 teaspoon mustard 1 scallion and 1 tablespoon celery, diced, to mix with tuna fish, mayonnaise and mustard. Scoop inside tomato 1 green pepper, sliced in spears 2 tablespoons nonfat ranch dressing, to dip peppers 8 oz. 1% milk</p> <p>Dinner</p> <p>6 oz. sirloin steak 1 cup mashed potato, no fat added 1 cup frozen vegetable mix, broccoli, cauliflower, carrots 2 teaspoons butter, for potatoes and vegetables Water or non-caloric beverage</p> <p>Snack</p> <p>1/3 cup nonfat frozen yogurt 1-1/4 cups strawberries, sliced</p> | <p>Breakfast</p> <p>2 slices light whole wheat bread for French toast 1 egg 4 oz. 1% milk to mix with egg and dip bread Cooking spray 1/2 tablespoon light margarine 2 tablespoons sugar-free syrup 4 oz. 1% milk</p> <p>Lunch</p> <p>2 slices whole wheat light bread 2 oz. turkey 1 oz. low-fat cheese 1 teaspoon mayonnaise 1 banana Water or non-caloric beverage</p> <p>Dinner</p> <p>4 oz. veal, loin, sliced in strips 1 cup green pepper diced 1/2 cup onion 2 teaspoons canola oil to sauté peppers, veal and onion 2/3 cup brown rice 1 cup cooked spinach Water or non-caloric beverage</p> <p>Snack</p> <p>1 cup raspberries 8 oz. skim milk Blend with ice to make shake</p> | <p>Breakfast</p> <p>1 sunny-side up egg, cooking spray 2 slices light whole wheat bread 1/2 tablespoon light margarine 1 orange 8 oz. 1% milk</p> <p>Lunch</p> <p>Lettuce, cucumber, radish 1 cup sweet pepper, sliced 1/2 cup 2% cottage cheese 1/2 cup tuna fish, packed in water 1/8 avocado, sliced Alfalfa sprouts 1 tablespoon low-fat ranch dressing Water or non-caloric beverage</p> <p>Dinner</p> <p>1 cup whole wheat pasta 2/3 cup tomato sauce 3 oz. ground sirloin, browned 2 cloves of garlic 1 teaspoon olive oil to sauté garlic and meat for meat sauce 1 cup cauliflower Black coffee or tea with lemon</p> <p>Snack</p> <p>8 animal crackers 8 oz. skim milk 1 banana</p> | <p>Breakfast</p> <p>1/2 cup oatmeal 6 almonds, slivered 2 tablespoons raisins 8 oz. 1% milk</p> <p>Lunch</p> <p>1 English muffin toasted 1/3 cup tomato sauce, spread over 2 sides of muffin 2 oz. light mozzarella, spread over 2 sides of muffin 1/2 cup broccoli, steamed, topping mini-pizzas 2 cloves garlic 1 teaspoon olive oil, to sauté broccoli 12 cherries Water or non-caloric beverage</p> <p>Dinner</p> <p>6 oz. lamb, loin, broiled 1/2 cup mashed potato, no fat added 1 cup mashed turnip, no fat added 1/2 cup cooked carrots 2 teaspoons butter, for potato and vegetables Water or non-caloric beverage</p> <p>Snack</p> <p>8 oz. skim milk 1 peach Blend with ice to make a shake</p> | <p>Breakfast</p> <p>2 slices light whole wheat bread 4 teaspoons natural peanut butter 1/2 banana, sliced over peanut butter 8 oz. 1% milk</p> <p>Lunch</p> <p>1/2 6-inch whole wheat pita 2 eggs, hard boiled for egg salad 1 tablespoon fat-free mayonnaise 1 scallion, chopped for egg salad 1/2 cup string beans, steamed or microwaved 12 cherries 8 oz. 1% milk</p> <p>Dinner</p> <p>8 oz. shrimp 2 cloves garlic 2 teaspoons olive oil, to sauté garlic and shrimp 1 cup canned crushed tomatoes, add to garlic and shrimp for marinara sauce 1 cup cauliflower, steamed 1 cup linguini Water or non-caloric beverage</p> <p>Snack</p> <p>1/4 cup 1% cottage cheese 1/2 cup canned fruit cocktail in juice</p> |

Tips: The menus listed above give the basic ingredients for the meals. You will need to add herbs and spices to suit your taste buds. You can also add chicken or beef broth to add flavor when cooking. Low-sodium varieties are recommended.