

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Breakfast</p> <p>3 slices whole wheat toast 4 teaspoon natural peanut butter 1 banana 8 oz. 1% milk</p> <p>Lunch</p> <p>lettuce, radish and cucumber 1/2 cup carrots 1/2 cup green pepper, diced 3/4 cup tuna fish packed in water 1 tablespoon low-fat ranch salad dressing 10 small green olives 12 saltine-type crackers 1 peach Water or non-caloric beverage</p> <p>Dinner</p> <p>6 oz. sirloin steak 1/2 cup onions, cooked 1/2 cup mushrooms, cooked 1 teaspoon canola oil to sauté onions and mushrooms and put on top of steak 1/2 cup cooked spinach 1 large baked sweet potato, 9 oz. 2 tablespoons sour cream Water or non-caloric beverage</p> <p>Snack</p> <p>8 oz. skim milk 1 1/4 cups strawberries Blend with ice for a shake.</p>	<p>Breakfast</p> <p>1 cup oatmeal 1 cup fruit cocktail in juice 1 cup plain, low-fat yogurt mixed with fruit Black coffee or tea with lemon</p> <p>Lunch</p> <p>2 slices whole wheat bread 2 oz. turkey ham & 1 oz. low-fat cheese 1/4 avocado, sliced alfalfa sprouts 1 teaspoon mayonnaise 1 cup baby carrots 2 tablespoons nonfat dressing for dipping carrots 1 apple Water or non-caloric beverage</p> <p>Dinner</p> <p>5 oz. chicken leg, no skin, baked 2 cups whole wheat pasta 4 teaspoons low-fat vinaigrette, 2 for marinade for chicken & 2 to toss with 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</p> <p>1 cup cantaloupe melon, cubed 1/2 cup 1% cottage cheese</p>	<p>Breakfast</p> <p>3 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</p> <p>4 oz. low-fat ham 2 oz. low-fat cheese 2 teaspoon mayonnaise 2 large lettuce leaves 2 6-inch tortillas Layer ham, cheese and lettuce leaves on tortillas, spread with mayonnaise and roll 1 cup string beans, steamed Balsamic vinegar and garlic to marinade string beans the day before 2 kiwis Water or non-caloric beverage</p> <p>Dinner</p> <p>8 ounces of 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 1 cup brown rice 1 cup spinach 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 whole wheat toast 1 teaspoon butter 8 oz. 1% milk 3/4 cup 2% cottage cheese 1 cup fruit cocktail canned in juice Black coffee or tea with lemon</p> <p>Lunch</p> <p>6 saltine-type crackers 4 teaspoons natural peanut butter sugar-free jelly 1 cup asparagus, cooked and chilled 1 apple 8 oz. 1% milk</p> <p>Dinner</p> <p>2/3 cup kidney beans 4 oz. ground turkey 1/2 cup onion, chopped 1 cup green pepper, diced 1/2 cup mushrooms 2 teaspoons canola oil, to sauté onions, peppers, mushrooms, and turkey salsa to mix with above 1 cup brown rice lettuce, cucumber and radish 1 tablespoon low-fat creamy dressing Water or non-caloric beverage</p> <p>Snack</p> <p>2 slices light rye bread 2 oz. fat-free cheese lettuce and mustard 1 orange</p>	<p>Breakfast</p> <p>3-egg-white omelet 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 3 slices whole wheat toast 8 oz. 1% milk</p> <p>Lunch</p> <p>2 slices light whole wheat bread 3/4 cup tuna fish packed in water 1 teaspoon mayonnaise mustard to mix with mayonnaise lettuce 1 tomato, diced 1/2 cucumber sliced 1 tablespoons low-fat dressing, for tomato-cucumber salad 1 orange Water or non-caloric beverage</p> <p>Dinner</p> <p>4 oz. chicken, no skin 1/2 cup water chestnuts 1 cup pea pods Chinese cabbage and scallions 2 teaspoons peanut oil, to stir fry chicken and vegetables 3/4 cup canned mandarin oranges, add the last 3 min. of cooking lite soy sauce 1 cup brown rice Water or non-caloric beverage</p> <p>Snack</p> <p>8 animal crackers 8 oz. skim milk 20 grapes</p>	<p>Breakfast</p> <p>1 cup low-fat, plain yogurt 1 cup canned fruit cocktail, in juice 6 tablespoons grapenuts 6 almonds, slivered Black coffee or tea with lemon</p> <p>Lunch</p> <p>1 large baked potato, 9 oz. 1 cup broccoli, steamed or microwaved 2 cloves garlic 2 teaspoons canola oil, to sauté garlic and toss with broccoli 3 oz. low-fat cheese to melt on potato and broccoli salsa 1 peach Water or non-caloric beverage</p> <p>Dinner</p> <p>7 oz. ground sirloin burger 1 hamburger bun lettuce, for burger 1 tablespoon ketchup 1 tomato, half sliced for salad 1 cup asparagus lettuce, cucumber and radish 2 tablespoons low-fat creamy salad dressing 1 corn on the cob Water or non-caloric beverage</p> <p>Snack</p> <p>1/2 banana 8 oz. skim milk Blend with ice to make a shake.</p>	<p>Breakfast</p> <p>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</p> <p>Lettuce and cucumber for chef salad 1 oz. low-fat ham 2 oz. turkey 1 oz. low-fat cheese 1 cup zucchini, sliced 1 tomato, diced 1 tablespoon low-fat ranch salad dressing 10 small green olives 6 4-inch bread sticks 1 kiwi Water or non-caloric beverage</p> <p>Dinner</p> <p>5 oz. center loin pork chop, grilled 1 cup mashed potato, made with no fat 1/2 cup corn 2 tablespoons low-fat margarine, for potatoes and corn 1/2 cup applesauce, unsweetened 1 cup beets 1 cup cauliflower Water or non-caloric beverage</p> <p>Snack</p> <p>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. Both 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. If you are lactose intolerant try nonfat or 99% fat-free lactaid milk. One-percent fat milk is also acceptable. If you choose not to use milk or yogurt, talk to your doctor about calcium supplements. You can substitute a serving of food from the Grain, Starch & Sugar Group or the Fruit Group for a serving of milk or yogurt.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Breakfast</p> <p>4 4-inch low-fat frozen pancakes 1 teaspoon butter 2 tablespoon sugar-free pancake syrup 3/4 cup blueberries 8 oz. 1% milk</p> <p>Lunch</p> <p>2 slices whole wheat bread 4 teaspoons natural peanut butter sugar-free jelly 1 cup baby carrots 1 banana 8 oz. 1% milk</p> <p>Dinner</p> <p>8 oz. chicken, skinless, cubed 2 scallions 2 teaspoons olive oil, to sauté scallions and chicken. After searing chicken, add: 1/2 cup canned pineapple in own juices and 1/2 cup water chestnuts 6 almonds, slivered, to top chicken 1 cup snow peas 1 cup brown rice 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 whole wheat toast 1 teaspoon butter sugar-free jelly 1/2 cup 2% cottage cheese 1 cup canned pineapple in own juice, to mix with cottage cheese 8 oz. 1% milk</p> <p>Lunch</p> <p>1 6-inch whole wheat pita bread 4 oz. of chicken, skinless, diced 1 teaspoon mayonnaise 1 scallion and 1 tablespoon celery, diced, to mix with chicken and mayonnaise 1 cup zucchini, sliced in spears 1 tablespoon low-fat 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 Fa) 2/3 cup tomato sauce, add to salmon after initial searing 10 small green olives, add with tomato sauce 1 1/2 cups spaghetti 1 cup cauliflower Water or non-caloric beverage</p> <p>Snack</p> <p>1 cup nonfat, light fruit yogurt 1/2 cup fruit cocktail, canned in fruit juice 2 fat-free oatmeal cookies</p>	<p>Breakfast</p> <p>1/2 cup cooked oatmeal 2 tablespoons raisins 1/2 banana 1 tablespoon sunflower seeds 6 almonds, slivered 8 oz. 1% milk</p> <p>Lunch</p> <p>1 whole tomato, inside scooped out 3/4 cup tuna fish packed in water 1 teaspoon mayonnaise 1 teaspoon mustard 1 scallion and 1 tablespoon celery, diced, to mix with tuna fish and mayonnaise and scoop inside tomato 1 green pepper, sliced in spears 2 tablespoons nonfat salad dressing, to dip peppers 12 saltine-type crackers 8 oz. 1% milk</p> <p>Dinner</p> <p>7 oz. sirloin steak 1 1/2 cups mashed potato, no fat added 1 cup frozen vegetable mix of broccoli, cauliflower, carrots 2 teaspoons butter, for potatoes and vegetables 1 peach Water or non-caloric beverage</p> <p>Snack</p> <p>2/3 cup nonfat frozen yogurt 1 1/4 cups strawberries, sliced</p>	<p>Breakfast</p> <p>2 slices whole wheat bread for French toast 1 egg 4 oz. 1% milk to mix with egg and dip bread, 4 oz. 1% milk to drink cooking spray 1/2 tablespoon light margarine 2 tablespoons sugar-free syrup</p> <p>Lunch</p> <p>2 slices whole wheat bread 3 oz. roast beef 1 oz. low-fat cheese 2 teaspoons mayonnaise 1/2 cup carrot sticks 1 banana Water or non-caloric beverage</p> <p>Dinner</p> <p>5 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 1 1/3 cups brown rice 1 cup broccoli 1 apple Water or non-caloric beverage</p> <p>Snack</p> <p>1 cup raspberries 8 oz. skim milk</p>	<p>Breakfast</p> <p>1 sunny-side up egg cooking spray 2 slices whole wheat bread 1/2 tablespoon light margarine 1 orange 8 oz. 1% milk</p> <p>Lunch</p> <p>lettuce, cucumber, radish, celery 1 cup carrots, sliced 1/2 cup 2% cottage cheese 3/4 cup tuna fish, packed in water 1/8 avocado, sliced alfalfa sprouts 1 tablespoon low-fat ranch dressing 4 4-inch bread sticks 1/2 grapefruit Water or non-caloric beverage</p> <p>Dinner</p> <p>1 1/2 cups whole wheat pasta 2/3 cup tomato sauce 4 oz. ground sirloin, browned 2 cloves of garlic 2 teaspoons olive oil to sauté garlic and meat for meat sauce 1 cup cauliflower Water or non-caloric beverage</p> <p>Snack</p> <p>8 animal crackers 8 oz. skim milk 1 banana</p>	<p>Breakfast</p> <p>1 cup oatmeal 6 almonds, slivered 1 tablespoon sunflower seeds 2 tablespoons raisins 8 oz. 1% milk</p> <p>Lunch</p> <p>1 1/2 English muffins, toasted 2/3 cup tomato sauce, spread over sides of muffin 3 oz. light mozzarella, spread over sides of muffin 1/2 cup broccoli, steamed, topping each mini-pizza 2 cloves garlic 1 teaspoon olive oil, to sauté garlic and toss with broccoli 24 cherries Water or non-caloric beverage</p> <p>Dinner</p> <p>7 oz. lamb, loin, broiled 1 1/2 cups 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 whole wheat bread 4 teaspoons natural peanut butter 1 banana, sliced over peanut butter 8 oz. 1% milk</p> <p>Lunch</p> <p>1 6-inch whole wheat pita 2 eggs, hard boiled for egg salad 1 tablespoon low-fat mayonnaise 1 scallion, chopped for egg salad 1 cup string beans, steamed or microwaved 2 tangerines 8 oz. 1% milk</p> <p>Dinner</p> <p>4 oz. shrimp 4 oz. scallops 2 cloves garlic 2 teaspoons olive oil, to sauté garlic, shrimp and scallops 1 cup crushed tomatoes, add to garlic, shrimp and scallops for marinara sauce 2 tablespoons grated parmesan cheese 1 cup cauliflower, steamed 1 1/2 cups linguini Water or non-caloric beverage</p> <p>Snack</p> <p>1/2 cup 1% cottage cheese 1/2 cup canned fruit cocktail in juice 2 fat-free oatmeal cookies</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. In addition you can add more non-starchy vegetables from the Vegetable List, but not more of the fat that they may be cooked with. These vegetables have few calories, and are stuffed with vitamins, minerals and fiber. Be very careful when selecting beverages. In addition to the milk shown in the menus, you should drink 8 cups of water a day. All other drinks should be calorie-free!