

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Breakfast</b></p> <p>1 6-inch tortilla 1/3 cup frijoles de la olla chili sauce for frijoles 1 egg scrambled 1 oz. low-fat cheese 1/2 teaspoon margarine, to cook egg 1 cup papaya café con leche (with 6 oz. coffee, 1/2 cup 1% milk, and sugar substitute)</p> <p><b>Lunch</b></p> <p>3 oz. baked chicken lemon juice, to bake chicken chili sauce, to add to chicken 1 cup lettuce 1 tomato, sliced 2 tablespoons low-fat vinaigrette salad dressing 1/2 mango water or diet soda</p> <p><b>Dinner</b></p> <p>2/3 cup white rice 1 teaspoon canola oil to cook rice 3 oz. sirloin steak 1 cup peppers 1/2 cup onions 1 teaspoon canola oil, to cook steak 1/2 cup broccoli café con leche (with 6 oz. coffee, 1/2 cup 1% milk, and sugar substitute)</p> <p><b>Snack</b></p> <p>1 cup nonfat plain yogurt (or substitute 4 fat-free wheat crackers) 3/4 cup fresh pineapple</p>	<p><b>Breakfast</b></p> <p>3/4 cup unsweetened wheat flake cereal 1/2 banana 1 slice whole wheat bread 4 teaspoons natural peanut butter tea or coffee with sugar substitute 8 oz. 1% milk</p> <p><b>Lunch</b></p> <p>1/3 cup white rice 1 cup mixed vegetables: broccoli, cauliflower and carrots 1 teaspoon canola oil, to sauté vegetables 3 oz. baked or broiled salmon water or diet soda</p> <p><b>Dinner</b></p> <p>1 6-inch tortilla Pork Stew: 4 oz. pork tenderloin 1 cup assorted non-starchy vegetables 2 teaspoons canola oil 1 apple water or diet soda</p> <p><b>Snack</b></p> <p>1/2 mango, cut in pieces 1 cup plain nonfat yogurt Blend together with ice (or substitute yogurt with 4 fat-free wheat crackers).</p>	<p><b>Breakfast</b></p> <p>bolillo (1 oz.) 2 eggs, scrambled 1 teaspoon butter 1 orange café con leche (with 6 oz. coffee, 1/2 cup 1% milk, and sugar substitute)</p> <p><b>Lunch</b></p> <p>1/2 cup chayote chili sauce, to add to chayote 2 cups lettuce 1 tomato, sliced 3 oz. grilled chicken 2 teaspoons vinaigrette dressing 3/4 cup blueberries water or diet soda</p> <p><b>Dinner</b></p> <p>1 cup spaghetti 1/3 cup tomato sauce 3 oz. 90% lean ground sirloin beef 1/2 cup onion 1 teaspoon olive oil 1 cup papaya 1/2 cup plain, nonfat yogurt, mix with papaya water or diet soda</p> <p><b>Snack</b></p> <p>3 cups air-popped popcorn spices, to season popcorn cooking spray to spray cooked popcorn and make spices stick 8 oz. skim milk (or substitute 1 orange)</p>	<p><b>Breakfast</b></p> <p>1 cup fruit-flavored, low-fat yogurt 1 apple 4 teaspoons natural peanut butter tea or coffee with sugar substitute</p> <p><b>Lunch</b></p> <p>1 6-inch tortilla 3 oz. beef tenderloin 1 cup summer squash 2 teaspoons canola oil chili sauce water or diet soda</p> <p><b>Dinner</b></p> <p>4 oz. chicken, baked 1 cup stewed tomato 1/3 cup white rice 1 teaspoon olive oil, to sauté rice 1/2 cup cooked carrots water or diet soda</p> <p><b>Snack</b></p> <p>1/2 banana 4 fat-free wheat crackers 2 tsp. reduced calorie jelly 8 oz. skim milk (or substitute with 4 additional fat-free wheat crackers)</p>	<p><b>Breakfast</b></p> <p>1/2 cup bran cereal 1 cup papaya 1 hard-boiled egg 8 oz. 1% milk tea with sugar substitute</p> <p><b>Lunch</b></p> <p>2 cups chicken broth with: 1/2 cup corn 1/3 cup cooked pinto beans and 3 oz. chicken 1 cup lettuce 1 tomato, sliced 1 cup jicama lemon juice, for jicama 1/2 teaspoon canola oil, for jicama water or diet soda</p> <p><b>Dinner</b></p> <p>1/2 cup mashed plantain 1 teaspoon butter, for plantain 1/2 cup green beans 4 oz. tuna steak 2 teaspoons canola oil, to sauté tuna lemon juice chili sauce 1/2 mango water or diet soda</p> <p><b>Snack</b></p> <p>1/2 cup guava 8 oz. skim milk (or substitute 4 fat-free wheat crackers) Blend milk with ice to make a shake.</p>	<p><b>Breakfast</b></p> <p>bolillo, 11/2 oz. 1 oz. queso fresco 1 guava Atole: 8 oz. 1% fat milk masa harina sugar substitute vanilla and cinnamon</p> <p><b>Lunch</b></p> <p>1/3 cup white rice 3 oz. chicken 1/2 cup chayote 1 tomato, chopped 1/2 cup onion 1 teaspoon canola oil, to sauté chicken and vegetables water or diet soda</p> <p><b>Dinner</b></p> <p>1 1/2 cups egg substitute, scrambled 1 oz. chorizo, add to egg substitute 1 cup nopales cooking spray 1/2 cup salsa 1 6-inch tortilla 10 grapes water or diet soda</p> <p><b>Snack</b></p> <p>1 cup chirimoya 8 oz. skim milk (or another cup of chirimoya)</p>	<p><b>Breakfast</b></p> <p>3/4 cup wheat flake cereal 1 zapote 6 almonds, slivered 8 oz. 1% milk</p> <p><b>Lunch</b></p> <p>Pozole: 1 cup chicken broth 1/2 cup hominy 1 tomato 2 oz. pork tenderloin 1/2 cup onion 2 radishes, chopped 1 orange 1 tablespoon sunflower seeds water or diet soda</p> <p><b>Dinner</b></p> <p>Quesadilla: 1 6-inch tortilla 2 oz. low-fat cheese 1/2 cup onions 2/3 cup beans 1 teaspoon canola oil, to mash beans 3 oz. grilled chicken 1/2 cup salsa 1 cup verdologas 1 teaspoon canola oil, to add to verdologas garlic, to season verdologas water or diet soda</p> <p><b>Snack</b></p> <p>1 apple 8 oz. skim milk or 1/2 cup fruit in sugar-free Jell-o</p>

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<p><b>Breakfast</b> 2/3 cup frijoles de la olla 1 tomato, chopped 1/8 avocado chili sauce 1 6-inch tortilla 4 oz. orange juice</p> <p><b>Lunch</b> 3 oz. ground sirloin 1 small potato (3 oz.) 1 oz. low-fat cheese 1 teaspoon canola oil, to sauté 1/2 cup salsa, topping 1/2 cup jicama Hot chocolate: 3/4 cup 1% milk and sugar-free cocoa mix</p> <p><b>Dinner</b> 6 oz. broiled white fish 1 cup summer squash 2 teaspoons canola oil chili sauce, seasoning lime juice, seasoning 1/3 cup white rice 1 cup papaya water or diet soda</p> <p><b>Snack</b> 1 cup nonfat yogurt sweetened with aspartame (or substitute with 4 fat-free wheat crackers) 1 apple</p>	<p><b>Breakfast</b> 1 6-inch tortilla 2 eggs, scrambled 1/2 cup onion 1/2 cup salsa cooking spray 12 oz. 1% milk 1/2 mango, blended with milk tea or coffee with sugar substitute</p> <p><b>Lunch</b> bolillo, 1 oz. 4 teaspoons natural peanut butter sugar-free jam 1 guava water or diet soda</p> <p><b>Dinner</b> 1 slice pizza 2 cups chicken broth 1 1/2 cups veggies, add to broth 1 oz. chicken, add to broth café con leche (6 oz. coffee, 1/2 cup 1% milk and sugar substitute) water or diet soda</p> <p><b>Snack</b> 1/2 cup fat-free cottage cheese 1/2 cup canned pineapple, mixed with cottage cheese</p>	<p><b>Breakfast</b> 1 6-inch tortilla 2 oz. queso asadero 1/2 banana café con leche (6 oz. coffee, 1/2 cup 1% milk and sugar substitute)</p> <p><b>Lunch</b> 2/3 cup frijoles de la olla 3 oz. eye round beef 1 cup cabbage 1 teaspoon canola oil, to sauté cabbage 1 orange water or diet soda</p> <p><b>Dinner</b> bolillo, 2 oz. 1/2 cup tuna fish 1 tablespoon low-fat mayonnaise 1 cup chayote celery and chili sauce 1 apple café con leche (6 oz. coffee, 1/2 cup 1% milk and sugar substitute)</p> <p><b>Snack</b> 1 cup lettuce 1 tomato, sliced lemon juice, seasoning chili sauce, seasoning 1 cup nonfat yogurt sweetened with aspartame) (or 4 fat-free wheat crackers)</p>	<p><b>Breakfast</b> 2/3 cup beans 1 teaspoon canola oil, to mash beans 2 oz. low-fat cheese, to top beans lettuce 1/2 cup salsa 1 6-inch tortilla 8 oz. 1% milk 1 cup papaya, blended with milk</p> <p><b>Lunch</b> 1/3 cup white rice 1 oz. chorizo 1/2 cup onion cooking spray 1 cup nopales lime juice, to season nopales chili sauce, to season nopales 1 orange water or diet soda</p> <p><b>Dinner</b> 1/2 cup macaroni 1 teaspoon olive oil, to lightly fry macaroni 4 oz. grilled chicken cup salsa, topping lettuce, cucumber, radish 2 tablespoons nonfat creamy salad dressing 1 cup jicama water or diet soda</p> <p><b>Snack</b> 1 cup cantaloupe 1 cup nonfat, plain yogurt (or substitute 4 fat-free wheat crackers)</p>	<p><b>Breakfast</b> 1 6-inch tortilla 1 oz. queso fresco, for tortilla 1/2 mango 4 oz. skim milk</p> <p><b>Lunch</b> 4 oz. shrimp 1/2 cup spaghetti 1 tomato, sliced 1/2 cup onion 1 teaspoon olive oil, to sauté shrimp 1 chirimoya water or diet soda</p> <p><b>Dinner</b> 3 oz. 90% lean ground sirloin hamburger 1 oz. queso anejo, topping 1/2 cup salsa, topping 2/3 cup frijoles de la olla 1 tomato, chopped 1/2 cup onion 1/3 cup white rice 1 teaspoon canola oil, to fry rice water or diet soda</p> <p><b>Snack</b> Licuado: 12 oz. skim milk 1 teaspoon sugar (1 teaspoon per day maximum) 1/2 cup fruit of choice</p>	<p><b>Breakfast</b> 2 eggs, scrambled 1/2 cup corn 1/2 cup onions 1 oz. queso chihuahua cooking spray 1/2 banana 4 oz. skim milk</p> <p><b>Lunch</b> 1 cup chicken broth with: 1/4 cup peas 3 oz. chicken 1/2 cup chayote and celery 1 cup papaya water or diet soda</p> <p><b>Dinner</b> 1 small baked potato (3 oz.) 2 oz. low-fat cheese, topping 1/2 cup salsa, topping 1 cup lettuce 1/8 avocado 1 cup jicama 2 teaspoons vinaigrette salad dressing 1 zapote water or diet soda</p> <p><b>Snack</b> 1/2 cup cooked oatmeal 4 oz. skim milk, to cook oatmeal 2 tablespoons sugar-free syrup, to sweeten oatmeal Atole: 8 oz. skim milk masa harina sugar substitute vanilla and cinnamon</p>	<p><b>Breakfast</b> 1/2 cup shredded wheat 1/2 cup 1% milk 1 hard-boiled egg 1/2 mango café con leche (6 oz. coffee with 1/2 cup 1% milk and sugar substitute)</p> <p><b>Lunch</b> 3 oz. baked bluefish 1 cup green beans lime juice, seasoning chili sauce, seasoning 1/2 cup vanilla ice cream 1 1/4 cups strawberries water or diet soda</p> <p><b>Dinner</b> 1 6-inch tortilla 1 oz. queso fresco 3 oz. flank steak 1/2 cup onion 1 cup zucchini 1/2 teaspoon canola oil, to sauté steak and vegetables café con leche (6 oz. coffee with 1/2 cup 1% milk and sugar substitute)</p> <p><b>Snack</b> bolillo, 1 oz. 1 tablespoon sugar-free jelly 1 guava 1/2 cup plain, nonfat yogurt or substitute another 1/4 cup guava)</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. You can also use oil-based cooking sprays for cooking. 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!