

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Breakfast</b></p> <p>3 oz. hash browns 1 tomato, diced 1/2 cup spinach 6 egg whites for scrambled eggs cooking spray to scramble eggs and veggies 1 peach 8 oz. 1% milk coffee or tea (use milk above)</p> <p><b>Lunch</b></p> <p>2/3 cup kidney beans 3 oz. low-fat ham hot sauce 2 slices whole wheat bread 1 cup cauliflower 1 oz. chitterlings 1 cup honeydew 8 oz. 1% milk</p> <p><b>Dinner</b></p> <p>4 oz. chicken, no skin, barbecued 1 tablespoon low-calorie barbecue sauce (less than 15 calories/tablespoon) 1 cup brown rice 1 cup asparagus lettuce with cucumber, radish 2 teaspoons olive oil for salad 1 tablespoon balsamic vinegar 1 kiwi water, seltzer or diet beverage</p> <p><b>Snack</b></p> <p>1/3 cup fat-free frozen yogurt 1 1/4 cups strawberries</p>	<p><b>Breakfast</b></p> <p>4 4-inch pancakes, frozen low-fat, whole grain 3/4 cup blueberries, stewed 2 oz. Canadian bacon 1 cup plain low-fat yogurt 6 almonds black coffee or tea with lemon</p> <p><b>Lunch</b></p> <p>4 oz. center loin pork chop, braised 1/2 cup onion 2 teaspoons canola oil to sauté onion and top chop 1/2 cup noodles 1 cup broccoli 1 cup fruit cocktail in own juices water, seltzer or diet beverage</p> <p><b>Dinner</b></p> <p>1 cup brown rice low-sodium chicken bouillon to cook rice 8 oz. shrimp 2 cloves garlic 2 teaspoons canola oil to sauté garlic and shrimp lemon juice 1 cup summer squash, steamed 1 cup raspberries 8 oz. 1% milk water, seltzer or diet beverage</p> <p><b>Snack</b></p> <p>4 rice cakes sugar-free jelly herbal tea with lemon</p>	<p><b>Breakfast</b></p> <p>3 egg whites for omelet 1 whole egg for omelet 1 cup mixed onion and green pepper for omelet 1/2 teaspoon canola oil to sauté vegetables and cook omelet 2 slices whole wheat bread 1 banana 1 cup plain, low-fat yogurt, mix with fruit tea with lemon or black coffee</p> <p><b>Lunch</b></p> <p>1 slice pizza 1/2 cup steamed spinach, to top pizza lettuce, cucumber, radish and celery 2 tablespoons fat-free salad dressing 2 plums 2/3 cup frozen yogurt water, seltzer or diet beverage</p> <p><b>Dinner</b></p> <p>2 slices rye bread 3 oz. ham, 95-98% lean 3 oz. low-fat cheese 1 tomato, sliced lettuce leaves 2 teaspoons mayonnaise 1/2 red pepper and 1/2 green pepper, cut in long spears 2 tablespoons nonfat salad dressing for dipping peppers water, seltzer or diet beverage</p> <p><b>Snack</b></p> <p>1 peach 1/2 cup sugar-free gelatin Consider making gelatin with the fruit. 2 tablespoons light whipped topping 8 oz. skim milk</p>	<p><b>Breakfast</b></p> <p>1 1/2 cups oatmeal 6 almonds, sliced, for cereal 1 1/4 cups strawberries 8 oz. 1% milk coffee or tea (use milk above)</p> <p><b>Lunch</b></p> <p>3 oz. turkey breast 1 slice whole wheat bread for open-faced sandwich 1/2 cup carrots 1 cup okra, boiled with: 2 oz. smoked low-fat ham and 2 tablespoons onion 1/4 cup white gravy 24 cherries water, seltzer or diet beverage</p> <p><b>Dinner</b></p> <p>2 6-inch tortillas 2/3 cup black-eyed peas 3 oz. ground beef, 90% lean 1 tomato, diced 1/2 cup onions 1 oz. low-fat cheese to top bean, beef and tomato mixture 2 teaspoons canola oil to sauté vegetables 1 tablespoon hot sauce 10 peanuts water, seltzer or diet beverage</p> <p><b>Snack</b></p> <p>1 cup nonfat, light fruited yogurt 3/4 cup blackberries Consider blending the yogurt and fruit with ice for a fruit smoothie. 2 fat-free oatmeal cookies</p>	<p><b>Breakfast</b></p> <p>2 small low-fat muffins, 1/2 cup size 1/2 cup 2% cottage cheese 1 cup fruit cocktail in own juices 1 teaspoon butter for muffin sugar-free jam for muffin 8 oz. 1% milk coffee or tea (use milk above)</p> <p><b>Lunch</b></p> <p>1 1/2 cups whole wheat pasta 6 oz. clams 2 cloves garlic 2 teaspoon olive oil to sauté garlic for clam sauce 2/3 cup tomato sauce 1/2 cup okra 2 tablespoons of onion to boil with okra clam juice or bouillon to add to water to boil okra 1 kiwi water, seltzer or diet beverage</p> <p><b>Dinner</b></p> <p>5 oz. poached salmon 1/2 cup onion 2 teaspoons canola oil to sauté onion and poach with salmon 1/2 cup asparagus, steamed 1 cup brown rice low-sodium chicken broth to cook rice water, seltzer or diet beverage</p> <p><b>Snack</b></p> <p>1 peach 8 oz. skim milk</p>	<p><b>Breakfast</b></p> <p>2 2-inch square pieces low-fat corn bread 1 teaspoon butter 1/2 cup egg substitutes for omelet 2 oz. lean ham for omelet cooking spray for making omelet 8 oz. 1% milk 1/2 cantaloupe melon coffee or tea (use milk above)</p> <p><b>Lunch</b></p> <p>4 oz. low-fat cheese, sliced for salad 1 tomato, sliced for salad 1/2 apple, diced for salad 1 tablespoon raisins 6 cashews romaine lettuce, cucumber and radish 2 tablespoons nonfat creamy salad dressing 12 saltine crackers water, seltzer or diet beverage</p> <p><b>Dinner</b></p> <p>6 oz. mussels 2 cloves garlic 1 1/2 cups spaghetti 2/3 cup tomato sauce 1 cup broccoli 3 teaspoons olive oil to sauté garlic and mussels water, seltzer or diet beverage</p> <p><b>Snack</b></p> <p>1 banana, sliced 3 graham cracker squares 1 cup nonfat, light fruited yogurt</p>	<p><b>Breakfast</b></p> <p>2 slices whole wheat bread 1 oz. Canadian bacon 1 oz. low-fat cheese, melted on Canadian bacon and toast for breakfast sandwich 1 teaspoon butter 4 oz. orange juice 4 oz. 1% milk coffee or tea (use milk above)</p> <p><b>Lunch</b></p> <p>3-egg-white omelet with: 2 oz. low-fat cheese 3/4 cup cooked spinach 3/4 cup cooked mushrooms 2 teaspoons canola oil to sauté vegetables and cook omelet 2 slices whole wheat bread 1/2 cup plain, low-fat yogurt 3/4 cup blackberries 1 cup diced honeydew melon Mix fruit with yogurt. water, seltzer or diet beverage</p> <p><b>Dinner</b></p> <p>2 slices rye bread, toasted 3 oz. turkey breast 2 oz. low-fat turkey bologna 1/2 cup onion slices (Warm turkey, turkey bologna and onion slices on pan sprayed with cooking spray for warm sandwich.) 1 cup cooked mustard greens bouillon to boil greens 2 cloves garlic 1 teaspoon canola oil to sauté garlic and mix with greens water, seltzer or diet beverage</p> <p><b>Snack</b></p> <p>4 fat-free oatmeal cookies 8 oz. skim milk 1 apple</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, but not more of the fat that they may be cooked with. These vegetables have very little 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!

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<p><b>Breakfast</b></p> <p>2 eggs 1 cup grits 2 tablespoons raisins 1 teaspoon butter 8 oz. 1% milk coffee or tea (use milk above)</p> <p><b>Lunch</b></p> <p>2 slices rye bread 3 oz. turkey 1 oz. low-fat cheese 1 tomato, sliced romaine lettuce 1 teaspoon mayonnaise 1 apple herbal iced tea (add artificial sweetener if desired)</p> <p><b>Dinner</b></p> <p>4 oz. sirloin hamburger 1 bun 2 6-inch pieces of corn on the cob lettuce and cucumber for salad 1/2 cup peppers for salad 2 teaspoons olive oil for salad 1 tablespoons raspberry vinegar 1 cup broccoli and 1 cup cauliflower, steamed seltzer or diet soda</p> <p><b>Snack</b></p> <p>1 banana 1 cup nonfat, light, fruited yogurt Blend with ice for a shake.</p>	<p><b>Breakfast</b></p> <p>2 eggs for omelet with: 1 tomato, diced 1/2 cup onion, chopped Cooking spray for omelet 1 slice whole wheat toast 1 slice of bacon 1 orange 8 oz. 1% milk coffee or tea (use milk above)</p> <p><b>Lunch</b></p> <p>2/3 cup brown rice 2 teaspoon canola oil 2 cloves garlic, sautéed 1 tomato, diced and sautéed 2/3 cup cooked northern white beans, mixed with tomato &amp; put over rice 1 tablespoon salsa sauce 1 cup honeydew melon, cubed water, seltzer or diet beverage</p> <p><b>Dinner</b></p> <p>7 oz. sirloin steak 1 cup corn 1 cup cooked spinach and onions, cooked in defatted broth 2 cloves garlic for veggies 1 teaspoon canola oil to sauté garlic and veggies 1 slice whole wheat bread 1 pear water, seltzer or diet beverage</p> <p><b>Snack</b></p> <p>1 1/4 cups strawberries 1 cup nonfat, light fruited yogurt Blend with ice for a shake. 2 fat-free oatmeal cookies</p>	<p><b>Breakfast</b></p> <p>2 oz. Canadian bacon 4 oz. orange juice 1 small biscuit 1/4 cup white gravy made with 1% milk 8 oz. 1% milk coffee or tea (use milk above)</p> <p><b>Lunch</b></p> <p>3 oz. turkey, leg, skinless 6 tablespoons cranberry sauce 1 cup pickled beets 1 cup cauliflower 1 medium baked potato, 6 oz. 1 teaspoon butter for potato 1 celery stalk, sliced into spears 2 tablespoons nonfat ranch dressing to dip celery 1/2 cup applesauce, unsweetened water, seltzer or diet beverage</p> <p><b>Dinner</b></p> <p>5 oz. broiled lamb, loin, fat trimmed 1 cup green beans, cooked in defatted broth 1 1/2 cups mixed corn, lima beans, and peas 2 teaspoons butter iced herbal tea (artificial sweetener if desired)</p> <p><b>Snack</b></p> <p>20 grapes 1 cup nonfat, light fruited yogurt</p>	<p><b>Breakfast</b></p> <p>3-egg-white omelet with: 1/2 cup spinach 1 oz. low-fat cheese 1 teaspoon canola oil 2 slices whole wheat toast 3/4 cup mixed berries 1 cup plain, low-fat yogurt tea with lemon</p> <p><b>Lunch</b></p> <p>3 oz. low-fat ham, cooked 1/2 cup broccoli, steamed or microwaved 1 cup whole wheat elbow macaroni 2 cloves garlic 2 teaspoons olive oil to sauté garlic and toss with ham, broccoli and macaroni 2 kiwi water, seltzer or diet beverage</p> <p><b>Dinner</b></p> <p>5 oz. salmon cooking spray and lemon wedges 1 1/2 cups mashed potato, no fat added in preparation 2 teaspoons butter for potatoes 1 cup okra, cooked in defatted broth 1/2 cup pea pods water, seltzer or diet beverage</p> <p><b>Snack</b></p> <p>1 peach 1/3 cup nonfat vanilla frozen yogurt 8 oz. skim milk Blend above with ice for fat-free milk shake.</p>	<p><b>Breakfast</b></p> <p>3 slices whole wheat toast 1 teaspoon butter sugar free jam 1 grapefruit 8 oz. 1% milk coffee or tea (use milk above)</p> <p><b>Lunch</b></p> <p>1 6-inch tortilla 2 oz. shredded or cubed chicken, skinless 1/2 cup cooked mushrooms 1 tomato, diced 2 teaspoons canola oil to sauté chicken and veggies 2 oz. low-fat cheddar cheese, melted over chicken &amp; veggies on tortilla 1 1/4 cups watermelon water, seltzer or diet beverage</p> <p><b>Dinner</b></p> <p>6 oz. venison 2 small red potatoes, 6 oz., boiled 2 teaspoons butter for potato 1 1/2 cups asparagus lettuce, cucumber, celery and radish salad with 2 tablespoons nonfat dressing water, seltzer or diet beverage</p> <p><b>Snack</b></p> <p>12 cherries 4 fat-free oatmeal cookies 8 oz. skim milk</p>	<p><b>Breakfast</b></p> <p>1 1/2 cups oatmeal 1 teaspoon butter for oatmeal 1 banana 8 oz. 1% milk coffee or tea (use milk above)</p> <p><b>Lunch</b></p> <p>10 French fries, frozen &amp; baked 4 oz. pork tenderloin 1 cup red cabbage 1 teaspoon canola oil to cook 1 cup corn 1 teaspoon butter 1/2 cup unsweetened applesauce water, seltzer or diet beverage</p> <p><b>Dinner</b></p> <p>2 6-inch tortillas 3 oz. ground beef, 90% lean 3 oz. low-fat cheese mix (cheddar and Monterey jack) 1 cup chopped zucchini 1 tomato, chopped 1/2 cup wax beans Mixed lettuce, cucumber, celery, and radish salad 1 tablespoon low-fat creamy salad dressing water, seltzer or diet beverage</p> <p><b>Snack</b></p> <p>1/2 mango 1 cup nonfat, fruited light yogurt</p>	<p><b>Breakfast</b></p> <p>2 slices light rye bread 1 teaspoon butter for bread 2 eggs, poached cooking spray 4 oz. orange juice 8 oz. 1% milk coffee or tea (use milk above)</p> <p><b>Lunch</b></p> <p>4 oz. beef sirloin for stew 1 cup okra for stew 1 cup turnips for stew bouillon and seasonings for stew 1 6-inch corn on the cob 1 teaspoon butter for corn 2 slices whole wheat bread 1 cup cubed papaya water, seltzer or diet beverage</p> <p><b>Dinner</b></p> <p>4 oz. tuna 2 tablespoons lemon juice 1/2 cup chopped onion cooking spray to sauté onions and tuna 9 oz. or 1 cup sweet potato 2 tablespoons sour cream 1 cup cooked mustard greens chicken bouillon to cook greens 2 cloves garlic 1 teaspoon olive oil to sauté garlic and mix with greens water, seltzer or diet beverage</p> <p><b>Snack</b></p> <p>1 cup fruit cocktail, canned in juice 1 cup nonfat, plain yogurt 2 rice cakes</p>

**Tips:** You can try light fruited yogurt instead of plain, low-fat yogurt. These yogurts are fat-free and sweetened with aspartame. They have about 100 calories per cup. You can add sugar substitutes, for example to make fruit shakes for snacks. Nonfat, low-fat and regular salad dressings and other typically fatty foods are used in the menus depending on the amount of other fats in the meals. The portion sizes vary depending on the kind of item used. Skim milk, skim milk with added milk solids or 1% milk are appropriate. If you are lactose intolerant try nonfat or 99% fat-free Lactaid milk. 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.