

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Breakfast 3 oz. hash browns 1 tomato, diced 3 egg whites for scrambled eggs cooking spray, for hash browns and to scramble tomato and egg whites 1 peach 8 oz. 1% milk coffee or tea (use milk above)</p> <p>Lunch 2/3 cup kidney beans 1 oz. low-fat ham hot sauce 1 slice whole wheat bread 1 cup cauliflower 1 oz. chitterlings 8 oz. 1% milk water, seltzer or diet beverage</p> <p>Dinner 2 oz. chicken, no skin, barbecued 1 tablespoon low-calorie barbecue sauce (less than 15 calories/tablespoon) 1 cup asparagus lettuce with cucumber, radish 2 teaspoons olive oil for salad 1 tablespoon balsamic vinegar water, seltzer or diet beverage</p> <p>Snack 1/3 cup fat-free frozen yogurt 1/4 cups strawberries</p>	<p>Breakfast 2 4-inch pancakes, frozen low-fat, whole grain 3/4 cup blueberries, stewed 1 cup plain low-fat yogurt coffee or tea (use milk above)</p> <p>Lunch 3 oz. center loin pork chop, braised 1/2 cup onion 2 teaspoons canola oil to sauté onion and top chop 1/2 cup broccoli water, seltzer or diet beverage</p> <p>Dinner 2/3 cup brown rice low sodium chicken bouillon to cook rice 4 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</p> <p>Snack 2 rice cakes sugar-free jelly herbal tea with lemon</p>	<p>Breakfast 3 egg whites for omelet 1/2 cup mixed onion and green pepper for omelet 1 teaspoon canola oil to sauté vegetables and cook omelet 1 cup plain, low-fat yogurt, mix with fruit tea with lemon or black coffee</p> <p>Lunch 1 slice pizza 1/2 cup steamed spinach, to top pizza lettuce, cucumber, radish and celery 2 tablespoons fat-free salad dressing water, seltzer or diet beverage</p> <p>Dinner 2 slices rye bread 1 oz. ham, 95-98% lean 1 oz. low-fat cheese 1 tomato, sliced lettuce leaves 1 teaspoon mayonnaise 1/2 red pepper and 1/2 green pepper, cut in long spears 2 tablespoons nonfat salad dressing for dipping peppers 1/2 banana water, seltzer or diet beverage</p> <p>Snack 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>Breakfast 1/2 cup oatmeal 6 almonds, sliced for cereal 1 1/4 cups strawberries 8 oz. 1% milk coffee or tea (use milk above)</p> <p>Lunch 2 oz. turkey breast 2 slices light whole wheat bread 1/2 cup carrots 1/2 cup okra 2 tablespoons onion to boil with okra 1/4 cup white gravy 12 cherries water, seltzer or diet beverage</p> <p>Dinner 1 6-inch tortilla 2/3 cup black eyed peas 1 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 water, seltzer or diet beverage</p> <p>Snack 1 cup nonfat, light fruited yogurt</p>	<p>Breakfast 1 small low-fat muffin, 1/2 cup size 1/2 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>Lunch 1 cup whole wheat pasta 4 oz. clams 2 cloves garlic 1 teaspoon olive oil to sauté garlic for clam sauce 1/3 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 water, seltzer or diet beverage</p> <p>Dinner 3 oz. chicken, skinless 1/2 cup asparagus, steamed 1/2 cup onion 2 teaspoons canola oil to sauté onion and mix asparagus and chicken 1/3 cup brown rice low-sodium chicken broth to cook rice water, seltzer or diet beverage</p> <p>Snack 1 peach 8 oz. skim milk</p>	<p>Breakfast 1 2-inch square piece low-fat corn bread 1 teaspoon butter 1/2 cup egg substitutes for omelet 1 oz. lean ham for omelet cooking spray for making omelet 8 oz. 1% milk coffee or tea (use milk above)</p> <p>Lunch 2 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 8 oz. 1% milk</p> <p>Dinner 2 oz. mussels 2 cloves garlic 1 cup spaghetti 1/3 cup tomato sauce 1 cup broccoli 2 teaspoons olive oil to sauté garlic and mussels water, seltzer or diet beverage</p> <p>Snack 1/2 banana, sliced 1/3 cup fat-free frozen yogurt</p>	<p>Breakfast 2 slices light whole wheat bread 1 oz. Canadian bacon for breakfast sandwich 1 oz. low-fat cheese, melted on Canadian bacon and toast 1 teaspoon butter 4 oz. orange juice 4 oz. 1% milk coffee or tea (use milk above)</p> <p>Lunch 3-egg-white omelet with: 1/2 cup cooked spinach 1/2 cup cooked mushroom 1 1/2 teaspoons canola oil to sauté vegetables and cook omelet 1/2 cup plain, low-fat yogurt 3/4 cup blackberries Mix fruit with yogurt water, seltzer or diet beverage</p> <p>Dinner 2 slices rye bread, toasted 1 oz. turkey breast 1 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>Snack 2 fat-free oatmeal cookies 8 oz. skim milk</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!

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