

| Sunday   | Monday  | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday  |
|--|---|--|---|--|---|---|
| <p><b>Breakfast</b><br/>2/3 cup frijoles de la olla<br/>1 tomato, chopped<br/>1/4 avocado<br/>chili sauce<br/>2 6-inch tortillas<br/>8 oz. orange juice</p> <p><b>Lunch</b><br/>5 oz. ground sirloin<br/>1 medium potato (6 oz.)<br/>1 oz. low-fat cheese<br/>1 teaspoon canola oil, to sauté<br/>1/2 cup salsa, topping<br/>1 cup jicama<br/>hot chocolate:<br/>3/4 cup 1% milk and sugar-free cocoa mix</p> <p><b>Dinner</b><br/>6 oz. broiled white fish<br/>1 cup summer squash<br/>2 teaspoons canola oil<br/>chili sauce, seasoning<br/>lime juice, seasoning<br/>1 cup white rice<br/>1 cup papaya<br/>water or diet soda</p> <p><b>Snack</b><br/>1 cup nonfat yogurt sweetened with aspartame (or substitute with 4 fat-free wheat crackers)<br/>1 apple</p> | <p><b>Breakfast</b><br/>2 6-inch tortillas<br/>2 eggs, scrambled<br/>1/2 cup onion<br/>1/2 cup salsa<br/>1 teaspoon canola oil<br/>1 mango, blended with milk<br/>12 oz. 1% milk<br/>tea or coffee with sugar substitute</p> <p><b>Lunch</b><br/>bolillo, 4 oz.<br/>4 teaspoons natural peanut butter<br/>sugar-free jam<br/>1/2 cup carrots<br/>1 guava<br/>water or diet soda</p> <p><b>Dinner</b><br/>1 slice pizza<br/>2 cups chicken broth<br/>1 1/2 cups veggies, add to broth<br/>3 oz. chicken, add to broth<br/>café con leche (6 oz. coffee, 1/2 cup 1% milk and sugar substitute)<br/>water or diet soda</p> <p><b>Snack</b><br/>1/2 cup fat-free cottage cheese<br/>1/2 cup canned pineapple, mixed with cottage cheese</p> | <p><b>Breakfast</b><br/>2 6-inch tortillas<br/>2 oz. queso asadero<br/>1 banana<br/>café con leche (6 oz. coffee, 1/2 cup 1% milk and sugar substitute)</p> <p><b>Lunch</b><br/>2/3 cup white rice<br/>2/3 cup frijoles de la olla<br/>4 oz. eye round beef<br/>1 tomato, sliced<br/>1 cup cabbage<br/>2 teaspoon canola oil, to sauté cabbage<br/>1 orange<br/>water or diet soda</p> <p><b>Dinner</b><br/>bolillo, 2 oz.<br/>3/4 cup tuna fish packed in water<br/>1 tablespoon low-fat mayonnaise<br/>1 cup chayote<br/>celery and chili sauce<br/>1 apple<br/>café con leche (6 oz. coffee, 1/2 cup 1% milk and sugar substitute)</p> <p><b>Snack</b><br/>1 cup lettuce<br/>1 tomato, sliced<br/>lemon juice, seasoning<br/>chili sauce, seasoning<br/>4 fat-free wheat crackers<br/>1 cup nonfat yogurt sweetened with aspartame (or 4 fat-free wheat crackers)</p> | <p><b>Breakfast</b><br/>2/3 cup beans<br/>1 teaspoon canola oil, to mash beans<br/>2 oz. low-fat cheese, to top beans<br/>lettuce<br/>1/2 cup salsa<br/>2 6-inch tortillas<br/>8 oz. 1% milk<br/>1 cup papaya, blended with milk</p> <p><b>Lunch</b><br/>2/3 cup white rice<br/>1 oz. chorizo<br/>1/2 cup onion<br/>1 teaspoon canola oil<br/>1 cup nopales<br/>lime juice, to season nopales<br/>chili sauce, to season nopales<br/>1 orange<br/>water or diet soda</p> <p><b>Dinner</b><br/>1 1/2 cups macaroni<br/>1 teaspoon olive oil, to lightly fry macaroni<br/>6 oz. grilled chicken<br/>1/2 cup salsa, topping<br/>lettuce, cucumber, radish<br/>2 tablespoons nonfat creamy salad dressing<br/>1 1/2 cups jicama<br/>water or diet soda</p> <p><b>Snack</b><br/>2 cups cantaloupe<br/>1 cup nonfat, plain yogurt (or substitute 4 fat-free wheat crackers)</p> | <p><b>Breakfast</b><br/>2 6-inch tortillas<br/>1 oz. queso fresco, for tortilla<br/>1 mango<br/>4 oz. 1% milk</p> <p><b>Lunch</b><br/>4 oz. shrimp<br/>1 cup spaghetti<br/>1/2 cup broccoli<br/>1 tomato, sliced<br/>1/2 cup onion<br/>1 teaspoon olive oil, to sauté shrimp<br/>1 chirimoya<br/>water or diet soda</p> <p><b>Dinner</b><br/>5 oz. 90% lean ground sirloin hamburger<br/>1 oz. queso anejo, topping<br/>1/2 cup salsa, topping<br/>2/3 cup frijoles de la olla<br/>1 tomato, chopped<br/>1/2 cup onion<br/>1 cup white rice<br/>2 teaspoons canola oil, to fry rice<br/>water or diet soda</p> <p><b>Snack</b><br/>Licuado:<br/>12 oz. skim milk<br/>1 teaspoon sugar (1 teaspoon per day maximum)<br/>1/2 cup fruit of choice</p> | <p><b>Breakfast</b><br/>2 eggs, scrambled<br/>1/2 cup corn<br/>1/2 cup onions<br/>1 oz. queso chihuahua<br/>1 teaspoon canola oil<br/>1/2 banana<br/>4 oz. 1% milk</p> <p><b>Lunch</b><br/>2 cups chicken broth with:<br/>1/4 cup peas<br/>4 oz. chicken<br/>1 cup chayote and celery<br/>4 fat-free wheat crackers<br/>2 cups papaya<br/>water or diet soda</p> <p><b>Dinner</b><br/>1 large baked potato (9 oz.)<br/>3 oz. low-fat cheese, topping<br/>1/2 cup salsa, topping<br/>1 cup lettuce<br/>1/8 avocado<br/>1 cup jicama<br/>2 teaspoons vinaigrette salad dressing<br/>1 zapote<br/>water or diet soda</p> <p><b>Snack</b><br/>1 cup cooked oatmeal<br/>4 oz. skim milk, to cook oatmeal<br/>2 tablespoons sugar-free syrup, to sweeten oatmeal<br/>Atole:<br/>8 oz. skim milk<br/>masa harina<br/>sugar substitute<br/>vanilla and cinnamon</p> | <p><b>Breakfast</b><br/>1 cup shredded wheat<br/>1 hard-boiled egg<br/>1/2 mango<br/>1/2 cup 1% milk<br/>café con leche (6 oz. coffee with 1/2 cup 1% milk and sugar substitute)</p> <p><b>Lunch</b><br/>3 oz. baked bluefish<br/>2/3 cup white rice<br/>1 1/2 cups green beans<br/>lime juice, seasoning<br/>chili sauce, seasoning<br/>1/2 cup vanilla ice cream<br/>1 1/4 cups strawberries<br/>water or diet soda</p> <p><b>Dinner</b><br/>2 6-inch tortillas<br/>1 oz. queso fresco<br/>5 oz. flank steak<br/>1/2 cup onion<br/>1 cup zucchini<br/>1 1/2 teaspoons canola oil, to sauté steak and vegetables<br/>café con leche (6 oz. coffee with 1/2 cup 1% milk and sugar substitute)</p> <p><b>Snack</b><br/>bolillo, 1oz.<br/>1 tablespoon sugar-free jelly<br/>2 guavas<br/>1/2 cup plain, nonfat yogurt or substitute another<br/>1/2 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 used for cooking. 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!

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| <p><b>Breakfast</b><br/>2 6-inch tortillas<br/>1/3 cup frijoles de la olla<br/>chili sauce for frijoles<br/>1 egg scrambled<br/>1 oz. low-fat cheese<br/>1/2 teaspoon margarine, to cook egg<br/>1 cup papaya<br/>café con leche (with 6 oz. coffee, 1/2 cup 1% milk, and sugar substitute)</p> <p><b>Lunch</b><br/>3 oz. baked chicken<br/>lemon juice, to bake chicken<br/>chili sauce, to add to chicken<br/>4 fat-free wheat crackers<br/>1 cup lettuce<br/>1 tomato, sliced<br/>2 tablespoons low-fat creamy salad dressing<br/>1/2 mango<br/>water or diet soda</p> <p><b>Dinner</b><br/>11/3 cups white rice<br/>1 teaspoon canola oil to cook rice<br/>5 oz. sirloin steak<br/>1 cup peppers<br/>1/2 cup onions<br/>1 teaspoon canola oil, to cook steak<br/>1 cup broccoli<br/>1 orange<br/>café con leche (with 6 oz. coffee, 1/2 cup 1% milk, and sugar substitute)</p> <p><b>Snack</b><br/>1 cup nonfat plain yogurt (or substitute 4 fat-free wheat crackers)<br/>3/4 cup fresh pineapple</p> | <p><b>Breakfast</b><br/>11/2 cups unsweetened wheat flakes cereal<br/>1 banana<br/>1 slice whole wheat bread<br/>4 teaspoons natural peanut butter<br/>8 oz. 1% milk<br/>tea or coffee with sugar substitute</p> <p><b>Lunch</b><br/>1 cup white rice<br/>1 cup mixed vegetables: broccoli, cauliflower and carrots<br/>2 teaspoons canola oil, to sauté vegetables<br/>4 oz. baked or broiled salmon<br/>water or diet soda</p> <p><b>Dinner</b><br/>2 6-inch tortillas<br/>Pork Stew:<br/>5 oz. pork tenderloin<br/>11/2 cups assorted non-starchy vegetables<br/>2 teaspoons canola oil<br/>1 apple<br/>water or diet soda</p> <p><b>Snack</b><br/>1/2 mango, cut in pieces<br/>1 cup plain nonfat yogurt<br/>blend together with ice (or substitute yogurt with 4 fat-free wheat crackers).</p> | <p><b>Breakfast</b><br/>bolillo (2 oz.)<br/>2 eggs, scrambled<br/>1 teaspoon butter<br/>1 orange<br/>café con leche (with 6 oz. coffee, 1/2 cup 1% milk, and sugar substitute)</p> <p><b>Lunch</b><br/>1/2 cup chayote<br/>chili sauce, to add to chayote<br/>1/2 cup corn<br/>2 cups lettuce<br/>1 tomato, sliced<br/>4 oz. grilled chicken<br/>4 teaspoons vinaigrette dressing<br/>11/2 cups blueberries<br/>water or diet soda</p> <p><b>Dinner</b><br/>2 cups spaghetti<br/>2/3 cup tomato sauce<br/>4 oz. 90% lean ground sirloin beef<br/>1/2 cup onion<br/>1 teaspoon olive oil<br/>1 cup papaya<br/>1/2 cup plain, nonfat yogurt, mix with papaya<br/>water or diet soda</p> <p><b>Snack</b><br/>3 cups air-popped popcorn<br/>spices, to season popcorn<br/>cooking spray to spray cooked popcorn and make spices stick<br/>8 oz. skim milk (or substitute 1 orange)</p> | <p><b>Breakfast</b><br/>1 cup fruit-flavored, low-fat yogurt<br/>3/4 cup wheat flakes, mix with yogurt<br/>1 apple<br/>4 teaspoons natural peanut butter spread on apple<br/>tea or coffee with sugar substitute</p> <p><b>Lunch</b><br/>2 6-inch tortillas<br/>4 oz. beef tenderloin<br/>1 cup summer squash<br/>2 teaspoons canola oil<br/>chili sauce<br/>water or diet soda</p> <p><b>Dinner</b><br/>5 oz. chicken, baked<br/>1 cup stewed tomato<br/>1 cup white rice<br/>2 teaspoon olive oil, to sauté rice<br/>1 cup green beans<br/>water or diet soda</p> <p><b>Snack</b><br/>1 banana<br/>4 fat-free wheat crackers<br/>2 tsp. reduced-calorie jelly<br/>8 oz. skim milk (or substitute with an additional 4 fat-free wheat crackers)</p> | <p><b>Breakfast</b><br/>1 cup bran cereal<br/>2 tablespoons raisins<br/>1 cup papaya<br/>1 hard-boiled egg<br/>8 oz. 1% milk<br/>tea with sugar substitute</p> <p><b>Lunch</b><br/>2 cups chicken broth<br/>1 cup corn, to add to broth<br/>1/3 cup cooked pinto beans, add to broth<br/>3 oz. chicken, to add to broth<br/>1 cup lettuce<br/>1 tomato, sliced<br/>1 cup jicama<br/>lemon juice, for jicama<br/>11/2 teaspoons canola oil, for jicama<br/>water or diet soda</p> <p><b>Dinner</b><br/>11/2 cups mashed plantain<br/>1 teaspoon butter, for plantain<br/>1 cup green beans<br/>6 oz. tuna steak<br/>2 teaspoons canola oil, to sauté tuna<br/>lemon juice<br/>chili sauce<br/>1/2 mango<br/>water or diet soda</p> <p><b>Snack</b><br/>1 guava<br/>8 oz. skim milk (or substitute 4 fat-free wheat crackers)<br/>Blend milk with ice to make a shake.</p> | <p><b>Breakfast</b><br/>bolillo, 11/2 oz.<br/>1 oz. queso fresco<br/>1 guava<br/>Atole:<br/>8 oz. 1% fat milk<br/>masa harina<br/>sugar substitute<br/>vanilla and cinnamon</p> <p><b>Lunch</b><br/>1 cup white rice<br/>5 oz. chicken<br/>1 cup chayote<br/>1 tomato, chopped<br/>1/2 cup onion<br/>2 teaspoons canola oil, to sauté chicken and vegetables<br/>water or diet soda</p> <p><b>Dinner</b><br/>11/2 cups egg substitute, scrambled<br/>1 oz. chorizo, add to egg substitute<br/>1 cup nopales<br/>cooking spray<br/>1/2 cup salsa<br/>2 6-inch tortillas<br/>20 grapes<br/>water or diet soda</p> <p><b>Snack</b><br/>1 cup chirimoya<br/>8 oz. skim milk (or another cup of chirimoya)<br/>4 fat-free wheat crackers</p> | <p><b>Breakfast</b><br/>21/4 cups wheat flakes cereal<br/>2 tablespoons raisins<br/>6 almonds, slivered<br/>1 zapote<br/>8 oz. 1% milk</p> <p><b>Lunch</b><br/>Pozole:<br/>2 cups chicken broth<br/>1 cup hominy<br/>1 tomato<br/>3 oz. pork tenderloin<br/>1/2 cup onion<br/>1/2 cup jicama<br/>2 radishes, chopped<br/>1 orange<br/>1 tablespoon sunflower seeds<br/>water or diet soda</p> <p><b>Dinner</b><br/>Quesadilla:<br/>2 6-inch tortillas<br/>3 oz. low-fat cheese<br/>1/2 cup onions<br/>2/3 cup beans<br/>2 teaspoons canola oil, to mash beans<br/>3 oz. grilled chicken<br/>1/2 cup salsa<br/>1 cup verdologas. Add:<br/>1 teaspoon canola oil<br/>garlic, to season verdologas<br/>water or diet soda</p> <p><b>Snack</b><br/>1 apple<br/>8 oz. skim milk<br/>1 cup sugar free Jell-o or substitute 1/2 cup fruit in sugar-free Jell-o</p> |

**Tips:** If you are lactose intolerant, try nonfat or 99% fat-free lactaid milk. One-percent fat milk is also acceptable with meals. 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. If you do not drink milk or eat yogurt, you can substitute a cup of milk or yogurt with a serving of food from the Grain, Starch & Sugar Group or the Fruit Group - 4 fat-free wheat crackers, 3/4 ounce pretzels or 1 medium-sized piece of fruit. 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. Plandex: 638086 18-012-A-638-081-0500 MDM 6113-00