

Diet #1

Breakfast: Old Fashion Oatmeal (not instant) ½ cup
1 cup Skim milk

Mid Morning Snack: Choose one snack item

Lunch: Tuna sandwich on whole wheat bread
3oz. canned tuna (water packed) mixed with 1Tbs
light mayonnaise
You can add 1 tablespoon of pickles, relish, mustard.

One 8oz can of *Del Monte* Lite Syrup Peaches, Pears,
or Fruit Cocktail

Afternoon Snack: Choose one snack item

Dinner: 6 inch *Subway* Sub on wheat -
Ham, turkey, roast beef in any combination
No mayonnaise, oil, or sauces added
Only plain mustard
Any vegetable toppings allowed

Diet #2

Breakfast: All Bran (1 cup), Skim milk (1cup)

Mid Morning Snack: Choose one snack item

Lunch: Egg salad sandwich on whole wheat bread
2 boiled eggs with 1 Tbs. light mayonnaise
You can add 1 tablespoon of pickles, relish, mustard.

One 8oz can of *Del Monte* Lite Syrup Peaches, Pears,
or Fruit Cocktail

Afternoon Snack: Choose one snack item

Dinner: Grilled chicken salad (choose one)

- A. Homemade Salad with 3 oz. *Tyson* Grilled Chicken Breast Strips
Low Fat or Fat Free dressing (2 tablespoons)
No bacon or croutons
Any vegetable toppings allowed

B. *Chick-Fil-A* - Chargrilled Chicken Garden Salad

C. *McDonalds* – Salad with grilled chicken

D. *Burger King* – Tender Grilled Chicken Garden Salad

Diet #3

Breakfast: Poached or scrambled egg on wheat toast

Mid Morning Snack: Choose one snack item

Lunch: Chicken salad sandwich on whole wheat bread
5 oz. canned *Tyson* 98% fat free chicken breast
packed in water mixed with 1 Tbs. light mayonnaise
You can add 1 tablespoon of pickles, relish, mustard.

One 8oz can of *Del Monte* Lite Syrup Peaches, Pears,
or Fruit Cocktail

Afternoon Snack: Choose one snack item

Dinner: Fish Dinner (choose one – we recommend trying the meals in section A as much as possible. If you cannot eat fish, try any *Lean Cuisine* dinner around 300 calories)

A. Any Fish Dinner from : *Lean Cuisine*
Healthy Choice
Weight Watchers Smart Ones
Lean Gourmet

B. Homemade Fish Dinner

4 oz. fish fillet (any fish – ex. Flounder, Cod,
Mahi Mahi, Tilapia, Salmon, Halibut)

Season with lemon, salt, pepper

Wrap in foil and bake at 350F for 20 minutes

Serve with a small salad or any vegetable

C. See the Fish Dinner Suggestions page

Snacks

NUTS

Almonds – 24 nuts

Walnuts – 14 halves

Cashews - 18 nuts

Pecans – 20 halves

Plain Salted Peanuts – 28 nuts

Pistachios – 40 nuts

Sunflower Seeds – ¼ cup

Low Fat Cottage cheese – ½ cup, ok to add fruit (such as blueberries)

Any fruit or vegetable – Eat all you want (suggestions below- 1 serving=1/2 cup)

Berries (1/2 cup)	Raisins (small box)	Figs	Radishes
Blackberries	Pineapple	Grapefruit	Rhubarb
Cranberries	Peaches	Green Peppers	Spinach
Blueberries	Pears	Kiwi fruit	Squash
Raspberries	Oranges	Lettuce	Tangerine
Strawberries	Cantaloupe	Turnips	Zucchini
	Apricot	Watermelon	
Apples	Asparagus	Mango	
Banana	Beets	Mushrooms	
Celery	Broccoli	Nectarines	
Carrots	Brussels sprouts	Okra	
Grapes (1/2 cup)	Cabbage	Onion	
Honeydew Melon	Cauliflower	Papaya	
Tomatoes	Cucumber	Prunes	

Alternative Meals

You may replace one breakfast, lunch, and dinner once a week if you need a change (3 replacements/week)

Breakfast 1. 4 oz. pork tenderloin, pan fried, No oil (use *PAM* or a non stick pan only)
4 oz. cup of unsweetened applesauce

2. ½ Grapefruit with artificial sweetener

Lunch 1. Banana sandwich on whole wheat bread
1 banana with 1 Tbs. light mayonnaise

2. Peanut butter sandwich on wheat bread

Dinner 1. *Wendy's* – Side Salad and Small Chili

2. *KFC* – Tender roast sandwich without the sauce,
individual green beans

3. *Chick-Fil-A* - Char grilled chicken sandwich,
small fruit cup

Fish Dinner Suggestions

1. Cod Fish With Sautéed Vegetables

4 ½ ounces Cod fish
Dash each lemon and lime juice
Salt and fresh ground pepper
1 teaspoon olive oil
2 cups mushrooms, sliced
¾ cup onion, sliced
¼ cup corn
1 ½ cups chopped tomato
Basil and oregano to taste

1. Put fish in shallow pan with a little water, sprinkle with lemon and juices and add salt and pepper to taste.
2. Bake fish until it flakes easily and is opaque throughout.
3. While fish is baking, heat oil in large skillet and stir-fry veggies and add seasonings.
4. Make a "bed" of the veggies and serve with the fish on top.

2. Salmon with Sweet Salsa

4 ½ ounces salmon
1/3 teaspoon olive oil
Dash lemon juice
Green or red pepper, chopped
½ cup pineapple chunks
2/3 cup mandarin oranges packed in water
Dash lime juice
2 teaspoons slivered almonds, chopped
Garlic, salt and pepper to taste

1. Baste salmon with olive oil, sprinkle with lemon juice, salt and pepper to taste.
2. Bake salmon at 400° F for 15 minutes or until fish is opaque throughout and flakes easily.
3. Combine pepper, fruit, garlic, lime juice in bowl; mix together.
4. Serve with salsa over salmon, sprinkle with chopped almonds.

3. Mediterranean Fish

4 ½ ounces halibut, baked or steamed
2 tomatoes, sliced thinly
1 ounce low-fat feta cheese
12 black olives
1 ½ cups green beans
1 apple

Bake or steam fish till done. While cooking, slice tomatoes and spray with olive oil Pam and garnish with herbs (parsley, oregano, salt and pepper). Put slices on a cookie sheet with nonstick foil. Slice cheese thinly and place on the same cookie sheet and garnish also. Slice olives and put on top. Put cheese, tomatoes and olives under broiler for 5-10 minutes till cheese bubbles and tomatoes are soft. Remove fish from cooking, put on plates and top with cheese and sliced tomatoes, garnish with olives.

Steam green beans and serve with plenty of lemon. Have apple for dessert.

4. Ten Minute Fish Dish

You Need:

4 ½ ounces fish fillet, you can use kingfish or other fish, not too flaky
3 cups zucchini
¾ cup rough chopped onion
2 tomatoes cut into wedges
1 teaspoon olive oil
Salt
Black pepper
Lemon juice

Do This:

Season fish with salt, black pepper and fresh lemon juice, grill 5 minutes each side, or however long it takes. Put the tomato, onion, and zucchini in a bowl, add the olive oil, salt and pepper and microwave this for 3 minutes. I have found that microwave is the best way to cook the vegetables to keep 'em crunchy and retain all that lovely juice to flavor the fish. Place fish onto a plate with vegetables and juice on top.