

WEEK ONE

SUNDAY

Breakfast.:

scrambled eggs with ½ cup sliced tomato, coffee, (artificial sweetener and skim milk to taste)

Lunch:

California Salad Bowl caffeine free diet soda, water or tea

Dinner:

baked salmon with lemon slices steamed broccoli large vegetable salad with 1 ½ tbs. low sugar salad dressing made with olive or canola oil* caffeine free diet soda, water or tea

MONDAY

Breakfast.:

cottage cheese with ½ cup chopped cucumbers and tomatoes coffee (artificial sweetener and skim milk to taste)

Lunch:

turkey slices and low fat cheese on 2 cups mixed greens with 1 ½ tbs. low sugar salad dressing made with olive or canola oil* caffeine free diet soda, water or tea

Dinner:

grilled chicken breast **Baked Spaghetti Squash Lasagna Style** large vegetable salad with 1 ½ tbs. low sugar salad dressing made with olive or canola oil* caffeine free diet soda, water or tea

TUESDAY

Breakfast:

Crustless Spinach Quiche coffee (artificial sweetener and skim milk to taste)

Lunch:

tuna salad on a bed of 2 cups mixed greens with vinegar to taste caffeine free diet soda, water or tea

Dinner:

Greek Bifteki, mixed summer squash with *I Can't Believe It's Not Butter Spray* large vegetable salad with 1 ½ tbs. low sugar salad dressing made with olive or canola oil* caffeine free diet soda, water or tea

WEDNESDAY

Breakfast:

MEXICAN OMELET coffee (artificial sweetener and skim milk to taste)

Lunch:

large chicken caesar salad with dressing on the side (May use 1 ½ tbs dressing) caffeine free diet soda, water or tea

Dinner:

grilled tuna with lemon slices steamed broccoli and cauliflower with *I Can't Believe It's Not Butter Spray* large vegetable salad with 1 ½ tbs. low sugar salad dressing made with olive or canola oil* caffeine free diet soda, water or tea

THURSDAY

Breakfast:

hard boiled egg ½ cup fresh vegetable sticks (*suggest celery, broccoli and/or cauliflower*) coffee (artificial sweetener and skim milk to taste)

Lunch:

Lettuce Wraps caffeine free diet soda, water or tea

Dinner:

baked chicken with fresh rosemary grilled eggplant or vegetable of choice large vegetable salad with 1 ½ tbs. low sugar salad dressing made with olive or canola oil* caffeine free diet soda, water or tea

FRIDAY

Breakfast:

Mini Frittatas coffee (artificial sweetener and skim milk to taste)

Lunch:

large greek salad with 1 tbs. olive oil and vinegar to taste caffeine free diet soda,

Dinner:

Easy Salmon, snow peas with *I Can't Believe It's Not Butter Spray* large vegetable salad with 1 ½ tbs. low sugar salad dressing made with olive or canola oil* caffeine free diet soda, water or tea

SATURDAY

Breakfast:

mushroom, bell pepper and low fat cheese omelet coffee (artificial sweetener and skim milk to taste)

Lunch:

Marinated Chicken Salad on a bed of 2 cups mixed greens with vinegar to taste caffeine free diet soda, water or tea

Dinner:

grilled sirloin steak **Broccoli Rabe with Shiitake Mushrooms** large vegetable salad with 1 ½ tbs. low sugar salad dressing made with olive or canola oil* caffeine free diet soda, water or tea

WEEK 2

SUNDAY

BREAKFAST:

Yummy Veggie Omelet Coffee

LUNCH:

Grilled Beef Salad Greens & Tomatoes w/ 1 1/2 Tbs. Low-Sugar Dressing Caffeine Free Diet Soda Water or Tea

DINNER:

Stir-Fry Shrimp w/ Broccoli & Peppers Lg. Vegetable Salad w/ 1 1/2 Tbs. Low-Sugar Dressing Caffeine Free Diet Soda Water or Tea

MONDAY

BREAKFAST:

Scrambled Eggs w/ 1/2 c. chopped Onions & Tomatoes Coffee

LUNCH:

Mediterranean Lentil Salad Caffeine Free Diet Soda Water or Tea

DINNER:

SIRLOIN SHISH KEBAB Mixed Summer Squash Lg. Vegetable Salad w/ 1 1/2 Tbs. Low-Sugar Dressing Caffeine Free Diet Soda Water or Tea

TUESDAY

BREAKFAST:

Mini Frittatas Coffee

LUNCH:

Chef's Salad w/ 1 1/2 Tbs. Dressing on Side Caffeine Free Diet Soda Water or Tea

DINNER:

Grilled Chicken Breast Italian Green Beans Lg. Vegetable Salad w/ 1 1/2 Tbs. Low-Sugar Dressing Caffeine Free Diet Soda Water or Tea

WEDNESDAY

BREAKFAST:

Hard Boiled Egg 1/2 C Veggi Sticks Celery, Broccoli & Cauliflower Coffee

LUNCH:

Beef Kushisashi On Bed of Spinach & Mushrooms w/ Vinegar and olive oil Caffeine Free Diet Soda Water or Tea

DINNER:

Chicken Saltimbocca Lg. Vegetable Salad w/ 1 1/2 Tbs. Low-Sugar Dressing Caffeine Free Diet Soda Water or Tea

THURSDAY

BREAKFAST:

Lite Cheese Spread on 1/2 C Celery Sticks Coffee

LUNCH:

The Best Turkey Chili Ever 2 c. Mixed Greens w/ 1 1/2 Tbs. Low-Sugar Dressing Caffeine Free Diet Soda Water or Tea

DINNER:

Grilled Sirloin Steak **Green Beans Almondine** Lg. Vegetable Salad w/ 1 1/2 Tbs. Low-Sugar Dressing Caffeine Free Diet Soda Water or Tea

FRIDAY

BREAKFAST:

Asparagus with Prosciutto and Eggs Coffee

LUNCH:

Lg. Greek Salad w/ 1 Tbs. Olive Oil & Vinegar Caffeine Free Diet Soda Water or Tea

DINNER:

Baked Salmon w/ Lemon Slices Steamed Broccoli Lg. Vegetable Salad w/ 1 1/2 Tbs. Low-Sugar Dressing Caffeine Free Diet Soda

SATURDAY

BREAKFAST:

Egg White Omelette With Herbs And Mushrooms Coffee

LUNCH:

Lettuce Wraps Caffeine Free Diet Soda Water or Tea
Water or Tea

DINNER:

Cioppino Lg. Vegetable Salad w/ 1 1/2 Tbs. Low-Sugar Dressing
Caffeine Free Diet Soda Water or Tea

WEEK 3

SUNDAY

Breakfast:

ham and low fat cheese omelet sliced tomatoes Fiber One with skim milk small banana coffee (artificial sweetener and skim milk to taste)

Lunch:

Rare Roast Beef Salad with Mustard Mayonnaise wheat roll with Smart Balance margarine apple slices caffeine free diet soda, water or tea

Dinner:

grilled tuna with lemon slices steamed broccoli baked sweet potato with cinnamon and Smart Balance margarine large vegetable salad with 1 1/2 tbs. low sugar salad dressing made with olive or canola oil* caffeine free diet soda, water or tea

MONDAY

Breakfast:

TRATTORIA FRITTATA , V-8 Juice, coffee (artificial sweetener and skim milk to taste)

Lunch:

shaved turkey on whole wheat bread with lettuce, tomato and mayonnaise carrot and celery sticks fresh grapes caffeine free diet soda, water or tea

Dinner:

MIDDLE EASTERN GRILLED CHICKEN on wild rice snow peas with I Can't Believe It's Not Butter Spray large vegetable salad with 1 1/2 tbs. low sugar salad dressing made with olive or canola oil* caffeine free diet soda, water or tea

TUESDAY

Breakfast:

MEXICAN OMELET fresh peach coffee (artificial sweetener and skim milk to taste)

Lunch:

Caribbean Chicken Salad Ryvita whole grain crackers caffeine free diet soda, water or tea

Dinner:

Pollo Alla Cacciatora large vegetable salad with 1 1/2 tbs. low sugar salad dressing made with olive or canola oil* caffeine free diet soda, water or tea

WEDNESDAY

Breakfast:

turkey bacon slices whole wheat toast with Smart Balance margarine no added sugar jam fresh orange slices coffee (artificial sweetener and skim milk to taste)

Lunch:

large Greek salad with 1 tbs. olive oil and vinegar to taste whole wheat roll - fresh plum caffeine free diet soda, water or tea

Dinner:

grilled chicken breast **Ratatouille** brown rice large vegetable salad with 1 1/2 tbs. low sugar salad dressing made with olive or canola oil* caffeine free diet soda, water or tea

THURSDAY

Breakfast:

2% American cheese and tomato slices on whole wheat toast (placed under broiler until hot & bubbly)
1/2 fresh grapefruit
coffee (artificial sweetener and skim milk to taste)

Lunch:

“Club Sandwich” caffeine free diet soda, water or tea

Dinner:

grilled sirloin burger with 2% milk American cheese on a bun with lettuce and mustard steamed baby carrots large vegetable salad with 1 1/2 tbs. low sugar salad dressing made with olive or canola oil* slice of honeydew melon caffeine free diet soda, water or tea

FRIDAY

Breakfast:

cheesy scrambled eggs on a bed of spinach fresh melon slices whole wheat toast with Smart Balance margarine coffee
(artificial sweetener and skim milk to taste)

Lunch:

Seared Scallop and Fresh-Orange Salad Ryvita whole grain crackers fresh apple
caffeine free diet soda, water or tea

Dinner:

Garlic Chicken Bundles fresh green beans with I Can't Believe It's Not Butter Spray - baked potato with Smart Balance margarine large vegetable salad with 1 tbs. olive oil and vinegar to taste sugar free chocolate pudding with topping caffeine free diet soda, water or tea

SATURDAY

Breakfast:

mushroom, bell pepper and low fat cheese omelet oatmeal with cinnamon and skim milk 1/2 grapefruit
coffee (artificial sweetener and skim milk to taste)

Lunch:

tuna salad on grain bread with lettuce and tomato mixed greens with olive oil and vinegar to taste
watermelon slice
caffeine free diet soda, water or tea

Dinner:

Garlic Lime Chicken whole wheat roll with Smart Balance margarine large vegetable salad with 1 1/2 tbs. low sugar salad dressing made with olive or canola oil* fresh fruit cup caffeine free diet soda, water or tea

WEEK 4

SUNDAY

BREAKFAST:

Scrambled Eggs w/ Ham & Low-Fat Cheese Uncle Sam's Cereal w/ Skim Milk Fresh Peach Coffee

LUNCH:

chef salad with low fat American cheese, ham, turkey and sliced egg with 1 1/2 tbs. low sugar salad dressing made with olive or canola oil* caffeine free diet soda, water or tea

DINNER:

Broiled Salmon w/ Lemon Juice & Dill Steamed Asparagus Broiled Tomato Halves w/ Chopped Basil Sugar-Free Chocolate Pudding w/ Topping Caffeine Free Diet Soda Water or Tea

MONDAY

BREAKFAST:

Whole Wheat Bagel w/ Light Cream Cheese Smoked Salmon 1/2 Grapefruit Tomato Juice Coffee

LUNCH:

Chicken Caesar Salad w/ Dressing on Side Whole Wheat Roll w/ Margarine Carrot & Celery Sticks Fresh Peach Caffeine Free Diet Soda Water or Tea

DINNER:

GRILLED SWORDFISH Brown Rice Steamed Green Beans Lg. Vegetable Salad w/ 1 1/2 Tbs. Low-Sugar

Dressing Caffeine Free Diet Soda Water or Tea

TUESDAY

BREAKFAST:

BAKED EGGS ON CREAMED SPINACH Toast w/ Light Jam Fresh Orange Slices Coffee

LUNCH:

Asparagus, Orange And Endive Salad Whole Grain Crackers Fresh Strawberries Caffeine Free Diet Soda Water or Tea

DINNER:

Beef Souvlaki Baked Sweet Potato Mixed Greens Salad w/ Artichoke Hearts w/ 1 1/2 Tbs. Low-Sugar Dressing Caffeine Free Diet Soda Water or Tea

WEDNESDAY

BREAKFAST:

German apple pancake coffee

LUNCH:

Lg. Greek Salad w/ 1 Tbs. Olive Oil & Vinegar to Taste Whole Wheat Pita Fresh Grapes Caffeine Free Diet Soda Water or Tea

DINNER:

Chicken Mushroom Dijon Brown Rice Steamed Cauliflower Lg. Vegetable Salad w/ 1 Tbs. Olive Oil & Vinegar to Taste Fresh Melon Caffeine Free Diet Soda Water or Tea

THURSDAY

BREAKFAST:

Cheesy Scrambled Eggs On Bed of Spinach Melon Slices Whole Wheat Toast w/ Margarine Coffee

LUNCH:

Spinach Feta Salad Fresh Plum Caffeine Free Diet Soda
Water or Tea

DINNER:

Scallops Provencal Steamed Baby Carrots Lg. Vegetable Salad w/ 1 1/2 Tbs. Low-Sugar Dressing
Caffeine Free Diet Soda Water or Tea

FRIDAY

BREAKFAST:

Turkey Bacon Slices Whole Wheat Toast w/ Light Mozzarella Cheese Slices Small Banana Coffee

LUNCH:

Chef Salad w/ Low-Fat American Cheese Ham, Turkey & Sliced Egg w/ 1 1/2 Tbs. Low-Sugar Dressing
Caffeine Free Diet Soda
Water or Tea

DINNER:

Blackened Tuna Steamed Broccoli Whole Wheat Pasta w/ Fresh Tomato & Basil w/ Light Parmesan
Cheese Grilled Fresh Eggplant Sugar-Free Ice Cream Caffeine Free Diet Soda Water or Tea

SATURDAY

BREAKFAST:

FLUFFY OMELET WITH CRAB NEWBURG SAUCE Whole Wheat Toast 1/2 Grapefruit Coffee

LUNCH:

Sliced Turkey on Whole Wheat Bread w/ Lettuce, Tomato & Mayo. Apple Slices Caffeine Free Diet Soda
Water or Tea

DINNER:

Reshmi Kebab (Silken Kebabs) Whole Wheat Roll w/ Margarine Spinach Salad w/ Hearts of Palm w/ 1
1/2 Tbs. Low-Sugar Dressing
Fresh Fruit Cup Caffeine Free Diet Soda Water or Tea