

SEVEN DAY MENU PLAN

*EACH MEAL SHOULD BE NO MORE THAN 1 CUP and BE EATEN OVER 45 MINUTES

The skin of fruits and vegetables can be difficult to digest. It is preferable to peel them and to eat them cooked.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
8h30 BREAKFAST 1 scramble egg 1/3 c. applesauce	8h30 BREAKFAST ½ cup Fiber One cereal ½ cup of 1 % milk	8h30 BREAKFAST 2 Ryvita crackers. 1/3 cup of Ricotta (5% fat) ½ banana	8h30 BREAKFAST ½ cup Fiber One cereal ½ cup of 1 % milk	8h30 BREAKFAST 1 scramble egg 1 tsp. Margarine 1 small peach	8h30 BREAKFAST 2 Ryvita crackers or 4 melba toast, 1 tsp. margarine 1/3 c. Cottage cheese 2% M.F.	8h30 BREAKFAST ½ cup Fiber One cereal ½ cup of 1 % milk
9h30 1 cup of 1 % milk	9h30 1 cup of 1% milk	9h30 1 cup of 1 % milk	9h30 1 cup of 1 % milk	9h30 1 cup of 1 % milk	9h30 1 cup of 1 % milk	9h30 1 cup of 1 % milk
10h30 SNACK 1 pear 1 oz low fat cheese	10h30 SNACK 1/3 c. apple sauce ½. cup vanilla yogurt	10h30 SNACK 1 small peach 1 oz low fat cheese	10h30 SNACK ½ c. Fruit salad ½ c low fat yogurt	10h30 SNACK 1 small pear 1 oz low fat cheese	10h30 SNACK 1small apple 1 oz low fat cheese	10h30 SNACK ½ c low fat yogurt ½ c of cantaloupe
12h30 LUNCH ½ c Pasta and ¼ c. tomato sauce with 3 oz. ground meat 1tbsp grated parmesan cheese	12h30 LUNCH 3 oz Grilled salmon Lemon juice ½ c. Green beans ¼ c. squash	12h30 LUNCH ½ cup of Tuna in water 2 tsp low fat mayonnaise 2 tomato slices 5 baby carrots	12h30 LUNCH 2 tsp low fat mayo and 1 oz low fat mozzarella cheese, 1 oz of ham ½ cup of lettuce	12h30 LUNCH ½ cup of sautéed roasted peppers 3 oz grilled chicken 1 tsp olive oil	12h30 LUNCH 2 oz Tuna in water and 2 tsp low fat mayo ½ c mixed salad (lettuce, tomato, cucumber) and lemon juice	12h30 LUNCH ½ c salad with 2 tsp low fat salad dressing 3 oz Salmon canned
13h30 1 cup of protein shake	13h30 1 cup of protein shake	13h30 1 cup of protein shake	13h30 1 cup of protein shake	13h30 1 cup of protein shake	13h30 1 cup of protein shake	13h30 1 cup of protein shake
15h00 SNACK ½ cup low fat yogurt	15h00 SNACK ½ cup low fat yogurt ½ cup cantaloupe	15h00 SNACK ½ cup low fat yogurt 1 peach	15h00 SNACK ½ cup low fat yogurt 1 pear	15h00 SNACK ½ cup low fat yogurt A small apple	15h00 SNACK ½ cup of low fat yogurt	15h00 SNACK ½ cup low fat yogurt 1 pear
17h00 1 cup of water	17h00 1 cup of water	17h00 1 cup of water	17h00 1 cup of water	17h00 1 cup of water	17h00 1 cup of water	17h00 1 cup of water
18h30 SUPPER 2 oz. boneless baked chicken, 1 tsp Margarine or oil ¼ c Mixed vegetables ½ c Fruit salad	18h30 SUPPER 1/3 c Mashed potatoes with 1 tsp. margarine 2 oz. Baked or roasted turkey 1/3 c peas	18h30 SUPPER Shepherd's Pie: 1/3 cup potatoes, 2 oz. lean beef, 1/3 c. mixed vegetables	18h30 SUPPER ½ cup of stir fried broccoli and 1 tsp olive oil 3 oz Roast veal	18h30 SUPPER 1 small baked potato with 2 tsp. sour cream 7% M.F. 2 oz Meatloaf, 1/3 c cooked vegetables	18h30 SUPPER ½ cup of green beans 3 oz. Roast veal	18h30 SUPPER 3 oz of grilled or baked sole. Lemon wedge. ½ cup of boiled carrots
19h30 1 cup of water	19h30 1 cup of water	19h30 1 cup of water	19h30 1 cup of water	19h30 1 cup of water	19h30 1 cup of water	19h30 1 cup of water
20h30 SNACK ½ cup of 1 % milk ½ banana	20h30 SNACK ½ cup of 1 % milk ½ cup fruit salad	20h30 SNACK ½ cup of 1 % milk 1 small apple	20h30 SNACK ½ cup Low fat yogurt 1 apricot	20h30 SNACK ½ c Low fat fruit yogurt ½ banana	20h30 SNACK ½ cup of 1% milk ½ cup Strawberries	20h30 SNACK ½ cup of 1 % milk 1 pear