

| <b>FAST</b> | <b>BREAKFAST</b>                                       | <b>LUNCH</b>                          | <b>SNACK</b>   | <b>DINNER</b>   |
|-------------|--|---------------------------------------|--|---|
| DAY 1       | Mushroom and Bell Pepper Omelet with Fontina           | 1/4 pound cheeseburger, no bun        | 20 raw almonds                                       | 4 ounces Lamb Dijon and Asparagus with Ginger Vinaigrette                             |
| DAY 2       | Scrambled Eggs with Smoked Salmon, Spinach, and Chives | Grilled Steak and Veggie Salad        | 20 raw cashews                                       | Poached Dill Salmon and Garlic Broccoli   |
| DAY 3       | Hard-boiled egg  | Spinach Parmesan Mushrooms            | Roast Beef Roll-ups                                  | Peruvian Beef Kebabs  |
| DAY 4       | Dannon Carb Control yogurt                             | Grilled Calamari in Lemon-Caper Sauce | Low-fat mozzarella stick                             | Chicken Almondine   |
| DAY 5       | Breakfast Burrito                                      | Asparagus Walnut Salad                | Low-fat cottage cheese                               | Pepper Steak and Garlic Broccoli  |
| DAY 6       | Breakfast in a Cup                                     | 1/4 pound cheeseburger, no bun        | Raw vegetables, 4 tablespoons low-fat ranch dressing | Balsamic Salmon with Watercress and Spinach Parmesan Mushrooms                        |
| DAY 7       | Dannon Carb Control yogurt                             | Crab Louis Salad                      | Celery sticks, 1 tablespoon natural peanut butter    | Fennel and Black Pepper – Crusted Lamb Chops and Brussels Sprouts with Browned Garlic |
| DAY 8       | Scrambled eggs cooked with very little cooking spray   | Scallops in Shiitakes                 | Deviled Eggs   | Garlic Leg of Lamb and Mashed Cauliflower   |
| DAY 9       | Dannon Carb Control yogurt                             | Grilled Steak and Veggie Salad        | Raw vegetables, 4 tablespoons low-fat ranch dressing | Shrimp and Scallop Pesto and Garlic Green Beans                                       |
| DAY 10      | Mushroom and Bell Pepper Omelet with Fontina           | Cobb Salad                            | Raw vegetables, hummus                               | Yucatán Chicken and Garlic Broccoli   |

| <b>FAST</b> | <b>BREAKFAST</b>                                     | <b>LUNCH</b>   | <b>SNACK</b>   | <b>DINNER</b>   |
|-------------|--|--|--|---|
| DAY 11      | Scrambled eggs cooked with very little cooking spray | Spaghetti Squash Salad   | Low-fat cottage cheese                               | Asian Pork Medallions and Asparagus with Ginger Vinaigrette             |
| DAY 12      | Hard-boiled egg                                      | Avocado and Shrimp Cocktail  | Celery sticks, 1 tablespoon natural peanut butter    | Braised Pork with Lemon and Sage and Spinach Parmesan Mushrooms         |
| DAY 13      | Jillian's French Toast                               | Flank Steak Wraps  | Raw vegetables, hummus                               | Spicy Chicken and Okra  |
| DAY 14      | Dannon Carb Control yogurt                           | California Burger  | Raw vegetables, 4 tablespoons low-fat ranch dressing | Garlic Leg of Lamb with Mashed Cauliflower                              |
| DAY 15      | <b>Breakfast Burrito</b>                             | $\frac{1}{4}$ pound cheeseburger, no bun   | <b>Marinated Jicama Sticks</b>                       | Chicken Almondine and Garlic Broccoli                                   |
| DAY 16      | Hard-boiled egg                                      | <b>Pork Fattoosh Salad</b><br>(use recipe for <b>Chicken Fattoosh Salad</b> and substitute pork) | Raw vegetables, 2 tablespoons hummus                 | Shrimp and Scallop Pesto and Garlic Green Beans                         |
| DAY 17      | Dannon Carb Control yogurt                           | <b>Scallops in Shiitakes</b>   | Celery sticks, 1 tablespoon natural peanut butter    | Spicy Korean Pork Barbecue and Sesame Broccoli, Red Pepper, and Spinach |
| DAY 18      | <b>Yogurt and Cereal Parfait</b>                     | <b>Cobb Salad</b>  | 20 raw cashews                                       | Braised Pork with Lemon and Sage and Asparagus with Ginger Vinaigrette  |
| DAY 19      | Scrambled eggs cooked with very little cooking spray | <b>Spaghetti Squash Salad</b>  | Celery sticks, 1 tablespoon natural peanut butter    | Chicken Almondine and Mashed Cauliflower                                |
| DAY 20      | <b>Jen's Eggs Benedict</b>                           | $\frac{1}{4}$ pound cheeseburger, no bun   | 20 raw almonds                                       | Fennel and Black Pepper—Cruised Lamb Chops                              |

| <b>FAST</b> | <b>BREAKFAST</b>                                     | <b>LUNCH</b>   | <b>SNACK</b>   | <b>DINNER</b>   |
|-------------|--|--|--|---|
| DAY 21      | Mushroom and Bell Pepper Omelet with Fontina         | Cumin-Coriander Turkey Meatballs                       | Raw vegetables, 2 tablespoons hummus                 | Pepper Steak and Garlic Green Beans                                       |
| DAY 22      | Hard-boiled egg                                      | Salmon Burger Deluxe                                   | Raw vegetables, 4 tablespoons low-fat ranch dressing | Asian Pork Medallions and Sesame Broccoli, Red Pepper, and Spinach        |
| DAY 23      | Yogurt and Cereal Parfait                            | Flank Steak Wraps                                      | 10 raw macadamia nuts                                | Shrimp Scampi and Garlic Broccoli   |
| DAY 24      | Jillian's French Toast                               | California Burger                                      | Low-fat mozzarella stick                             | Tuna Kebabs   |
| DAY 25      | Dannon Carb Control yogurt                           | Asparagus Walnut Salad                                 | Deviled Eggs   | Braised Pork with Lemon and Sage and Brussels Sprouts with Browned Garlic |
| DAY 26      | Scrambled eggs cooked with very little cooking spray | Avocado and Shrimp Cocktail                            | Raw vegetables, 4 tablespoons low-fat ranch dressing | Balsamic Salmon with Watercress   |
| DAY 27      | Dannon Carb Control yogurt                           | Cumin-Coriander Turkey Meatballs                       | Caramelized Cayenne Almonds                          | Poached Dill Salmon and Brussels Sprouts with Browned Garlic              |
| DAY 28      | French Scramble                                      | Cobb Salad   | Raw vegetables, 2 tablespoons hummus                 | Chicken Almondine   |
| DAY 29      | Jen's Eggs Benedict                                  | <sup>1</sup> / <sub>4</sub> pound cheeseburger, no bun | Marinated Jicama Sticks                              | Spicy Chicken and Okra  |
| DAY 30      | Hard-boiled egg                                      | Scallops in Shiitakes                                  | Celery sticks, 1 tablespoon natural peanut butter    | Garlic Leg of Lamb and Mashed Cauliflower                                 |