

SLOW	BREAKFAST	LUNCH	SNACK	DINNER
Day 1	1 cup oatmeal with 1/2 apple and 2 scrambled egg whites	Low-Fat Low-Carb Turkey Wrap with Grilled Veggie Salad Tuna salad made with low-cal mayonnaise, 1 slice low-sodium sprouted-grain toast (Ezekiel brand preferred)	1 cup mixed berries with 1 sugar-free nonfat yogurt	Grilled Salmon with Golden Beet Couscous with 1 cup sautéed spinach
Day 2	1 1/2 cups high-fiber cereal (Raisin Bran, Shredded Wheat, etc.) with 1/2 cup nonfat milk, 1/4 cup blueberries		10 raw almonds, 1 apple	Ginger-Lime Swordfish, steamed spinach, Roasted Carrots
Day 3	Egg White Veggie Scramble, 1 piece low-sodium sprouted-grain toast, 1 sliced tomato	Tabbouleh salad with 1 whole-grain pita with 2 tablespoons hummus	1/2 banana, 10 raw cashews	Grilled Tilapia Taco with 15 low-sodium baked tortilla chips
Day 4	1 cup mixed berries with 1 cup nonfat organic yogurt	Chicken-Apple Crunch Salad	1 apple with 1 tablespoon natural peanut butter	Apple and Horseradish – Glazed Salmon, roasted Brussels sprouts, 1/2 cup wild rice
Day 5	1 packet Quaker Weight Control Instant Oatmeal	Altuna Melt	3 Wasa crackers with 1 tablespoon Sugar-Free Smucker's jam	Spicy Paella with Chile, Lime, and Cilantro
Day 6	1 1/2 cups high-fiber cereal (Raisin Bran, Shredded Wheat, etc.) with 1/2 cup nonfat milk, 1/4 cup blueberries	Balsamic-Glazed Chicken and Bell Pepper Sandwich	1 cup fresh fruit salad	Grilled Salmon with Golden Beet Couscous
Day 7	1 cup nonfat cottage cheese, 1/2 cantaloupe	Tuna and Green Bean Pasta Salad	1 apple, 10 raw peanuts	Chicken Breasts with Wild Rice and Fig Pilaf

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Day 8	1 packet Quaker Weight Control Instant Oatmeal	Jamaican Jerk Turkey Burgers with Papaya-Mango Salsa	1 organic fig bar	Grilled Tilapia Tacos with 15 low-sodium baked tortilla chips
Day 9	1 cup whole-grain cereal, ½ cup nonfat milk, ¼ cup blueberries	Bean and Cheese Burrito	10 grapes (fresh or frozen), 10 raw walnut halves	Arizona Turkey with Chipotle Sauce , 1 baked sweet potato
Day 10	1 cup mixed berries with 1 cup nonfat organic yogurt	Avocado and Grapefruit Salad with Mint Dressing	1 medium nonfat frozen yogurt	Apple and Horseradish— Glazed Salmon with Mashed Cauliflower
Day 11	Egg White Veggie Scramble (dry), 1 sliced tomato, 1 piece low-sodium sprouted-grain toast	Tuna salad made with low-cal mayonnaise, 1 slice low-sodium sprouted-grain toast	1 Health Valley granola bar	Ginger-Lime Swordfish , Asparagus with Ginger Vinaigrette , ½ cup wild rice
Day 12	1 cup whole-grain cereal, ½ cup nonfat milk, ¼ cup blueberries	Bean Salad with Artichokes	4 cups air- popped popcorn	Peppered Chicken and Shrimp Jambalaya
Day 13	1 cup mixed berries with 1 cup nonfat organic yogurt	Bean and Cheese Burrito	10 baked pita chips with ¼ cup low-sodium black bean dip	Grilled Salmon with Golden Beet Couscous , 1 cup sautéed spinach
Day 14	1 packet Quaker Weight Control Instant Oatmeal	Greek Salad with Chicken Breast over mixed greens	15 baked low-sodium corn chips with low-sodium salsa	Shrimp, Broccoli, and Sun-Dried Tomatoes with Pasta
Day 15	Breakfast Burrito	Tabbouleh salad, 1 whole-grain pita, 2 tablespoons hummus	2 low-cal flavored rice cakes	Chicken Scallopini , ½ baked spaghetti squash

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Day 16	1 cup mixed berries with 1 cup nonfat organic yogurt	Chicken-Apple Crunch Salad	10 grapes (fresh or frozen), 10 raw walnut halves	Cajun Catfish
Day 17	1 cup whole-grain cereal, ½ cup nonfat milk, ¼ cup blueberries	Altuna Melt	1 flavored rice cake, 1 fresh apricot	Chicken Breast with Wild Rice Fig Pilaf
Day 18	Egg White Veggie Scramble (dry), 1 sliced tomato, 1 piece low-sodium sprouted-grain toast	Tuna salad made with low-cal mayonnaise, 1 slice low-sodium sprouted-grain toast (Ezekiel brand preferred)	1 orange, 20 pistachio nuts	Bombay Curried Shrimp with Roasted Carrots
Day 19	1 packet Quaker Weight Control Instant Oatmeal	Fruity Tuna Salad Pita Sandwich	1 apple, 10 raw almonds	Peppered Chicken and Shrimp Jambalaya
Day 20	1 cup mixed berries with 1 cup nonfat organic yogurt	Bean Salad with Artichokes	1 banana	Cajun Catfish, 1 baked sweet potato
Day 21	Egg White Veggie Scramble (dry), 1 sliced tomato, 1 piece low-sodium sprouted-grain toast	Tuna and Green Bean Pasta Salad	1 whole-grain pita, 2 tablespoons hummus	Cumin-Crusted Swordfish with Cucumber-Radish Salsa, ½ baked spaghetti squash
Day 22	1 cup whole-grain cereal, ½ cup nonfat milk, ¼ cup blueberries	Chicken-Apple Crunch Salad	10 raisins, 10 raw cashews	Arizona Turkey with Chipotle Sauce, Roasted Carrots
Day 23	1 cup mixed berries with 1 cup nonfat organic yogurt	Jamaican Jerk Turkey Burgers with Papaya-Mango Salsa	3 Wasa crackers, 1 tablespoon sugar-free Smucker's jam	Spicy Paella with Chile, Lime, and Cilantro

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Day 24	1 packet Quaker Weight Control Instant Oatmeal	Avocado and Grapefruit Salad with Mint Dressing	1 orange, 20 pistachio nuts	Grilled Salmon with Golden Beet Couscous
Day 25	Jillian's French Toast	Tuna and Green Bean Pasta Salad	1 banana	Chicken Scallopini
Day 26	1 cup whole-grain cereal, ½ cup nonfat milk, ¼ cup blueberries	Caesar Chicken Salad Sandwich	1 whole-grain pita, 2 tablespoons hummus	Shrimp, Broccoli, and Sun-Dried Tomatoes with Pasta
Day 27	1 cup mixed berries with 1 cup nonfat organic yogurt	Caesar Chicken Salad Sandwich	20 baked low-sodium corn chips, ½ cup salsa	Spicy Paella with Chile, Lime, and Cilantro
Day 28	1 packet Quaker Weight Control Instant Oatmeal	Greek Salad with Chicken Breast	1 apple, 1 tablespoon natural peanut butter	Apple and Horseradish— Glazed Salmon
Day 29	Jillian's French Toast	Tuna salad made with low-cal mayonnaise, 1 slice low-sodium sprouted-grain toast (Ezekiel brand preferred)	1 Health Valley granola bar	Chicken Breasts with Wild Rice and Fig Pilaf
Day 30	1 cup whole-grain cereal, ½ cup nonfat milk, ¼ cup blueberries	Low-Fat Low-Carb Turkey Wrap with Grilled Veggie Salad	4 cups air-popped popcorn	Cajun Catfish, 1 baked sweet potato