

sample eating plan

	breakfast	cal	snack	cal
Day 1	Egg-White Omelette w/o toast (see p. 198)	70	1 medium apple	70
	1 pear, chopped	70		
	1 cup low-fat yogurt	80		
	1 coffee with skim milk	100		
	total	320		total
Day 2	½ cup oats, cooked with water	135	4 whole-grain crackers with hummus	115
	½ cup skim milk	45		
	1 small banana, chopped or mashed	65		
	¼ cup frozen or fresh berries	60		
	total	305		total
Day 3	2 slices multigrain toast	180	1 medium banana	85
	2 tbsp cottage cheese	35	1 medium apple	70
	1 sliced tomato with pepper and lemon juice	30	1 coffee with skim milk	100
	1 kiwi fruit	40		
	10 strawberries, sliced	30		
	total	315		total
Day 4	2 boiled eggs	140	2 whole-grain crackers	100
	2 slices toasted whole-grain bread	180	2 tbsp cottage cheese	60
	1 cup low-fat yogurt	80	½ pear, sliced	45
	total	400		total
Day 5	1 kiwi fruit	40	1 coffee with skim milk	100
	1 nectarine	25		
	1 peach	45		
	1 banana	65		
	15 grapes	30		
	10 strawberries	30		
	1 cup low-fat yogurt	80		
	total	315		total
Day 6	½ cup untoasted muesli	160	1 slice cinnamon raisin bread	100
	1 cup high-calcium skim milk	90	1 level tbsp low-fat ricotta cheese	30
	10 chopped strawberries	30	1 coffee with skim milk	100
	total	280		total
Day 7	2 slices toasted multi-grain bread	180	1 large banana	120
	2 heaping tbsp cottage cheese	60	1 coffee with skim milk	100
	1 cup mushrooms, grilled	20		
	1 onion, grilled	30		
	1 tomato, grilled	30		
	1 cup spinach, steamed	5		
	total	325		total

lunch	cal	snack	cal	dinner	cal	total cal
1 can tuna in spring water 1 medium mixed salad (arugula, basil, cucumber, peppers, strawberries, grapes) 1 slice whole-grain bread	200 60 90	2 whole-grain crackers 2 tbsp cottage cheese 1 large carrot	50 60 30	Stir-Fry with beef (see p. 205)	300	
total	350	total	140	total	300	1,180
5 oz lean chicken breast, grilled 1 medium green leafy salad 1 slice whole-grain bread	230 60 90	1 cup fresh strawberries	30	5 oz salmon steak, grilled 1 cup mixed veggies (broccoli, squash, zucchini, spinach), steamed 1 small ear corn	300 50 110	
total	380	total	30	total	460	1,290
2 salmon hand rolls (sushi) 1 small Greek salad	240 120	2 carrots 1 large celery stick	40 2	Chicken Drumsticks in Tomato Broth (see p. 208)	330	
total	360	total	42	total	330	1,302
Stir-Fry with chicken or beef (see p. 205)	300	1 peach	45	3½ oz boneless steak, grilled 2 cups mixed veggies (carrots, bok choy, mushrooms, peppers, eggplant), steamed	180 120	
total	300	total	45	total	300	1,250
Penne with Feta and Lemon (see p. 212)	480	2 Fig Newtons	110	Barbecued Kebabs (see p. 214)	360	
total	480	total	110	total	360	1,365
2 slices whole-grain bread 1 heaping tbsp cottage cheese 3 slices lean ham ½ tomato ½ cup lettuce and grated carrot	180 30 75 15 20	1 peach 1 large apple 1 kiwi fruit	45 75 40	Pan-Fried Shrimp and Scallops with Orange and Tomato (see p. 202) 1 cup hot chocolate (made with hot water)	260 60	
total	320	total	160	total	320	1,310
1 large multigrain roll 3½ oz tuna ½ cup salad	160 90 20	1 cup low-fat yogurt	80	1 Vegetarian Stack (see p. 211)	360	
total	270	total	80	total	360	1,255