

	Monday-20	Tuesday-21	Wednesday-22	Thursday-23	Friday-24	Saturday-25
Water	7 bottles	7 bottles	7 bottles	7 bottles	7 bottles	7 bottles
7:00 am	Hard Boiled Eggs Bacon Strips	Peanuts Scrambled Eggs Baked Beans	Oranges Apples	Hard Boiled Eggs Bacon Strips	Peanuts Scrambled Eggs	Hard Boiled Eggs Bacon Strips Garden Salad
11:00 am	Walnuts Green Beans	Shrimp Walnuts	Strawberries Pears	Tuna Salad Plate Cheese Slices Grapes	Fruit Salad Apples	Strawberries Green Vegetables
3:00 pm	Tuna Salad Plate Cheese Frozen Yogurt	Roast Beef Chicken	Peaches Grapes	Roast Beef Chicken	Shrimp Walnuts	Tuna Salad Plate Cheese
6:00 pm	Turkey Orange Roughy Pears	Flounder Ham	2 Pieces of bread Deli style meat Lettuce, Tomatoes, and Onions	Turkey Orange Roughy	Flounder Ham	Oranges Mixed Vegetables

	Sunday-26	Monday-27	Tuesday-28	Wednesday-29	Thursday-30
Water	7 bottles	7 bottles	7 bottles	7 bottles	7 bottles
7:00 am	Peanuts Scrambled Eggs	Celery Carrots	Hard Boiled Eggs Bacon Strips	Grapes Fruit Salad	Peanuts Scrambled Eggs
11:00 am	Roast Beef Chicken	Lettuce Tomatoes Cucumbers	Shrimp Walnuts	Pears Baked Beans	Garden Salad Strawberries
3:00 pm	Flounder Ham Slices Orange Pineapple Smoothie	Green Beans Onions	Green Beans Frozen Yogurt Dessert	Tuna Salad Plate Cheese	Roast Beef Chicken Apples
6:00 pm	Turkey Slices Orange Roughy	Broccoli Zucchini Squash Peppers	Oatmeal Peaches	Turkey Orange Roughy	Flounder Ham Slices

Basically, when you finish eating each meal you should "still have some room leftover" (in your stomach) afterward. You should still have enough room left to eat something else if you wanted to, but of course you won't be eating anything else.

*If you have no room leftover to eat something else then that means you've eaten more than necessary. Always eat slightly less if you're not sure when to stop eating at each meal -- but you should always feel "satisfied" after eating of course, you should NEVER starve yourself.

You may eat any combination of the foods that you wish (**you may eat all or just 1 of the foods, it's up to you**).

*There are NO LIMITS ON PORTIONS (you get to choose how much to eat ---- but please remember that you must eat portions small enough so that you never feel "full", that's the only rule).

These condiments may be used on ANY meal:

- **Lemon Juice**
- **Ketchup**
- **Barbecue Sauce**
- **Salsa**
- **Salt**
- **Pepper**
- **Mustard**
- **Seasoning Salts**

You must eat all 4 meals on the day they are scheduled

Delicious Shrimp

This means non-breaded Shrimp cooked or uncooked

Walnuts

You may have regular Walnuts, either salted or unsalted

Bowl of Green Beans

This means normal green beans

Hard Boiled Eggs

This means normal Hard-Boiled Eggs

Bacon Strips

This means normal Bacon strips

Tuna Salad Plate

You may prepare your Tuna Salad with any of the following: low fat mayo, mustard, lettuce, onions, or tomatoes

Regular Cheese Slices

This means slices of ANY type of cheese; both full-fat or low-fat is allowed

Frozen Yogurt Dessert

This means normal Frozen Yogurt Dessert, the kind which looks like ice cream (but no toppings are allowed)

Turkey Slices

This means slices of deli-style Turkey meat

Broiled Orange Roughy

This means Broiled and Non Breaded Orange Roughy

Fresh Pears

This means regular FRESH Pears

Roast Beef Slices

This means regular deli-style Roast Beef slices, either full-fat or low-fat

Chicken

This means normally prepared chicken, skinless and non-breaded.

Broiled Flounder

This means Broiled and Non Breaded Flounder

Ham Slices

This means regular deli-style Ham slices, either full-fat or low-fat

Peanuts

You may have regular Peanuts, either salted or unsalted

Scrambled Eggs

This means regular Scrambled Eggs, cooked in oil or butter in a pan

Baked Beans

This means a bowl of regular Baked Beans

Fresh Grapes

This means regular Fresh Grapes

Fruit Salad Dessert

You can prepare this Fruit Salad Dessert by mixing up the following ingredients: Cool Whip Topping, Kiwi Fruit, Watermelon, Cantaloupe, Pineapples, Apples, Pears, Strawberries, Grapes, Peaches, Bananas, Plums

Fresh Apples

This means regular FRESH Apples

Garden Salad

This means a Salad made with vegetables only (potatoes and corn not allowed) -- and you may have 3 tablespoons of Low Cal Salad Dressing only

Fresh Strawberries

This means regular FRESH Strawberries

Bowl of Green Vegetables

This means a bowl of any vegetables which are Green in color

Fresh Oranges

This means regular FRESH Oranges

Bowl of Mixed Vegetables

This means cooked or frozen vegetables mixed together -- but NO POTATOES or CORN allowed

Orange Pineapple Smoothie

You can prepare this Smoothie by adding the following ingredients into a blender: 4-6 oz. of Orange Juice, 1 cup of Non Fat Milk, 1/2 Banana, 4 Ice Cubes, Several Pineapple Chunks, 2 Tablespoons Vanilla Extract (as a sweetener)

Bowl of Oatmeal

This means a bowl of instant/flavored oatmeal -- it can be flavored oatmeal, but no extra sugar is allowed

Fresh Peaches

This means regular FRESH Peaches

Deli Meat Sandwich

This means a Sandwich made with the following ingredients only: 2 normal slices of bread, plus ANY deli-style meat of your choosing (such as ham, pastrami, roast beef, turkey, etc.). *You may optionally add lettuce, tomatoes, or onions if you like (these extra veggies are optional). You may also add mustard, ketchup and any other condiment shown in the ALLOWED CONDIMENTS LIST for this diet

Orange Pineapple Smoothie x 1

orange juice

milk

banana

pineapple

vanilla

Tuna Salad Plate x 3

Mayo

Mustard

Lettuce

Onion

Tomato

Fruit Salad Dessert x 1

Cool whip

Watermelon

Kiwi

Banana

Cantaloupe

Pineapple

Garden Salad x 1

Lettuce

Carrots

3 oz low-fat Ranch dressing