

Breakfast Options

OPTION I <ul style="list-style-type: none"> • Power omelet (2 eggs with 2 TSBP each: red, green, yellow peppers, red onion, 2 mushrooms, $\frac{1}{2}$ cup spinach) • 2 slices multigrain toast* • 6 oz. 1 or 2% milk 	OPTION II <ul style="list-style-type: none"> • 2 boiled or poached eggs • 2 slices multigrain toast* • Banana • 6 oz. 1 or 2% milk 	OPTION III <ul style="list-style-type: none"> • Bowl of Kashi Go Lean cereal with 2% milk and strawberries, blueberries, and bananas • 1 slice multigrain toast* 	OPTION IV <ul style="list-style-type: none"> • 1 $\frac{1}{2}$ -2 cups real oatmeal made with 50% water and 50% 2% milk. Can add 1 TBSP of sugar in the raw. Add $\frac{1}{2}$ tsp vanilla and 1/2 tsp cinnamon • $\frac{1}{2}$-1 cup mixed fruits or A banana/orange/apple 	OPTION V <ul style="list-style-type: none"> • Chicken Panini sandwich
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Morning Snack Options

OPTION I <ul style="list-style-type: none"> • 1 cup mixed fruits 	OPTION II <ul style="list-style-type: none"> • $\frac{1}{4}$ cantaloupe • 1-2 cups watermellon 	OPTION III <ul style="list-style-type: none"> • Kashi granola bar 	OPTION IV <ul style="list-style-type: none"> • 8 oz. multi-fruit smoothie** 	
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Lunch Options

OPTION I	OPTION II	OPTION III	OPTION IV	OPTION V
<ul style="list-style-type: none"> 6 oz. grilled chicken or steak sandwich with spinach and tomato on multigrain bread* 4 – 6 oz. 1 or 2% milk 	<ul style="list-style-type: none"> 6 oz. grilled fish sandwich with spinach and tomato on multigrain bread* 4 – 6 oz. 1 or 2% milk 	<ul style="list-style-type: none"> Grilled chicken salad (1 $\frac{1}{2}$ cup spinach, 1 $\frac{1}{2}$ mixed colored lettuce, $\frac{1}{2}$ medium tomato, $\frac{1}{2}$ c broccoli, 1 – 2 baby bella mushrooms, red/green peppers, carrots, red onion, cucumber) 4 – 6 oz. 1 or 2% milk 	<ul style="list-style-type: none"> Grilled fish salad (1 $\frac{1}{2}$ cup spinach, 1 $\frac{1}{2}$ mixed colored lettuce, $\frac{1}{2}$ medium tomato, $\frac{1}{2}$ c broccoli, 1 – 2 baby bella mushrooms, red/green peppers, carrots, red onion) 4 – 6 oz. 1 or 2% milk 	<ul style="list-style-type: none"> Homemade hamburger (90% lean or better) on multigrain bread* with grilled mushrooms and onions, tomato, and spinach. Can add mozzarella or provolone cheese Baked sweet potato fries 4 – 6 oz. 1 or 2% milk

Afternoon Snack Options

OPTION I	OPTION II	OPTION III	Two cup of mix fruits	
<ul style="list-style-type: none"> Kashi granola bar 1 piece fresh fruit (banana, apple or orange) 	<ul style="list-style-type: none"> 10 oz. multi-fruit smoothie** 	<ul style="list-style-type: none"> 6 – 8 low sodium wheat crackers with 2 TBSP peanut butter 4 – 6 oz. 1 – 2% milk 		

Dinner Options

OPTION I	OPTION II	OPTION III	OPTION IV	OPTION V
<ul style="list-style-type: none"> • 6 oz. grilled or baked chicken • 1 – 2 cups steamed vegetables (broccoli, cauliflower, zucchini/squash, carrots, brussel sprouts) • 1 cup brown rice or baked sweet potato fries • Boil, roasted or bake red potatoes 	<ul style="list-style-type: none"> • 6 oz. grilled or baked fish • 1 – 2 cups steamed vegetables (broccoli, cauliflower, zucchini/squash, carrots, brussel sprouts) • 1 cup brown rice or baked sweet potato fries • Boil, roasted or bake red potatoes 	<ul style="list-style-type: none"> • 6 oz. grilled flank steak or sirloin filet • Baked or grilled asparagus • 1 cup brown rice • Small side salad (mini version of lunch salad without meat) • Boil, roasted or bake red potatoes 	<ul style="list-style-type: none"> • Grilled chicken salad (1 ½ cup spinach, 1 ½ mixed colored lettuce, ½ medium tomato, ½ c broccoli, 1 – 2 baby bella mushrooms, red/green peppers, carrots, red onion, cucumber) • Baked sweet potato • Boil, roasted or bake red potatoes 	<ul style="list-style-type: none"> • 6 – 8 oz. sautéed shrimp or chicken • Steamed Asian vegetables • 1 cup brown rice

Evening Snack Options

OPTION I	OPTION II	OPTION III	OPTION IV	OPTION V
<ul style="list-style-type: none"> • Bowl of mixed fresh fruits 	<ul style="list-style-type: none"> • 6 – 8 oz. fresh multi-fruit smoothie** 	<ul style="list-style-type: none"> • Kashi granola bar 	<ul style="list-style-type: none"> • 1 serving of fresh fruit (banana, apple, orange, cantaloupe, strawberries, grapes, blueberries) 	<ul style="list-style-type: none"> • Mixed raw vegetables (broccoli, spinach, cauliflower, carrots, tomatoes)

Important Notes

*** Use Arnold healthfull flax & fiber or 10 grain bread**

****Fruit smoothies made with the following (cut up fresh fruit and freeze in baggies; can use some frozen bagged fruit if necessary):**

- Cantaloupe¹
- Raspberries
- Strawberries
- Spinach¹
- Blueberries
- Papaya
- Grapes
- Pineapple
- Banana¹
- Blackberries
- Raw oats
- Flaxseed¹
- 1 scoop whey protein powder (20g – 25g maximum) ¹
- Use 50% Simply OJ and 50% 1 – 2% milk as liquid to blend

¹these are required for all smoothies and must have at least 7 of the above ingredients

Cut out the following foods:

- Chips, tacos, nachos or
- Ice cream
- Processed foods

Limit desserts to one per week

Drink at least 64 oz. water per day

Conrad's Low Calorie Salad Dressing

- 1 cup POMPEIAN Pomegranate red wine vinegar(at Publix or Harris Teeter

balsamic vinegar (If balsamic vinegar mix with 1/3 cup white vinegar)

- **1 cup Bertolli Classico olive oil or extra virgin olive oil**
- **5 TBSP Grey Poupon Dijon Mustard**
- **5 TBSP honey**
- **One large lemon Juice**
- **$\frac{3}{4}$ TBSP salt**
- **$\frac{3}{4}$ TBSP black pepper**
- **$\frac{3}{4}$ TBSP dried oregano**
- **1 head peeled garlic cloves**

Place all ingredients in a blender and blend for 3-4 minutes this should make 20oz of dressing keep refrigerated. (if the dressing is too tart add an extra table spoon of honey)