

MENU:

BREAKFAST CHOICES:

- OATMEAL PACKET
ONE PIECE OF FRUIT/HANDFUL OF
BLUEBERRIES/HALF CUP OF STRAWBERRIES

- 4 EGG WHITES
PIECE OF FRUIT/HANDFUL OF
BLUEBERRIES/HALF CUP OF STRAWBERRIES

- 2 SPECIAL K WAFFLES WITH JELLY ONLY
FAT FREE SUGAR FREE POLANER BRAND
PIECE OF FRUIT/HANDFUL OF
BLUEBERRIES/HALF CUP OF STRAWBERRIES

SNACKS...ONE AFTER BREAKFEAST, LUNCH
AND DINNER

SNACKS

- YOGURT
- * PIECE OF FRUIT
- * PROTEIN SHAKE (EAS ONLY ADVANT
EDGE CARB CONTROL 110 CALORIE)

LUNCH CHOICES:

- LOW FAT TURKEY IN A WHEAT PITA
WITH ONE TABLE SPOON OF FAT FREE MAYO
LETTUCE, TOMATO, ANY VEGGIES, NO CHEESE

- 6 INCH SUB FROM SUBWAY TURKEY OR CHICKEN
BREAST ONLY AND MUSTARD, NO CHEESE

*WENDY'S CHICKEN GRILLED WITH NO BUN....ALL
VEGGIES AND MUSTARD ONLY

LUNCH SIDES:

CUP OF LOW SODIUM SOUP
SMALL SIDE SALAD (FAT FREE DRESSING)
WENDY'S SMALL CHILI

DINNER CHOICES:

(YOU CAN HAVE FOUR THINGS FOR DINNER,
YOU CAN SAVE ONE ITEM FOR A LATER SNACK
IN THE NIGHT)

- STEAMED VEGGIES (1 CUP)
- FIRST PORTION SIZE OF:
 - SALMON
 - CHICKEN
 - FILET

- ONE CUP OF WHOLE WHEAT PASTA (ANYKIND) TOSSED WITH FAT FREE ITALIAN DRESSING
- TOSSED SALAD WITH VEGGIES ONLY NO CHEESE

**IF YOU GET HUNGREY:
EAT A SMALL CAN OF TUNA IN WATER
SMALL CHICKEN BREAST
FOUR EGG WHITES**

SNACK AVERAGE OUT TO 100-150
CALORIES.

Debbie Messmer

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