

Day 1

Breakfast

2-4 oz. salmon
½ cup fresh strawberries
Small cup organic yogurt
Ice tea or water

Lunch

3-4 oz. fresh tuna
½ cup bean salad
½ - 1 cup sliced tomatoes

Snack

2 oz. sliced organic turkey
1 fresh apple or pear

Dinner

4-6 oz. salmon topped with olive oil and lemon
Fresh salad with mushrooms, onion tomato and olives
1 fresh fruit
¼ cup green beans topped with olive oil & lemon

Bedtime Snack

2 oz. sliced chicken breast
4-6 almonds
½ cup broccoli or cauliflower raw or steamed

Day 2

Breakfast

3-4 oz. salmon
½ of 1 fresh fruit
½ cup oatmeal 1- tablespoon almonds
2 tablespoons of blueberries
Ice tea or water

Lunch

4-6 oz. grilled turkey (no bun)
½ of 1 fresh fruit or vegetable
½ cup three bean salad
Lettuce and tomato

Snack

4-6 hazelnuts
3-4 celery sticks with 1 tsp. organic peanut butter

Dinner

4-6 oz. salmon
½ of 1 fresh fruit
1-cup lentil soup or vegetable
Tossed green salad with olive oil and lemon juice

Bedtime Snack

2 hard-boiled egg whites
3 red bell pepper strips
3 celery stick with 1-teaspoon peanut butter

Day 3

Breakfast

3 egg white omelet (1 yolk if needed)

½ - 1 cup of strawberries

Iced tea or water

Sliced tomato

Lunch

3-6 oz. grilled salmon

½ of 1 cup fresh fruit or Green salad with tomatoes, small vegetable

Cucumbers, onions, olive oil

Snack

½ cup low fat cottage cheese

1-tablespoon almonds

4 sliced pear strips

Dinner

4-6 oz. baked/grilled halibut

Romaine lettuce, chopped avocado, tomato, onion, celery, olive oil dressing

1-cup chicken soup

½ of 1 fresh fruit or vegetable

Bedtime Snack

2 oz. turkey breast

2-3 slices honey dew melon

6-8 almonds

Day 4

Breakfast

2 slices turkey bacon

½ cup fresh blueberries or strawberries

2 poached egg whites (1 yolk if needed)

Lunch

4 oz. grilled chicken over fresh salad topped with olive oil dressing

Iced tea or water

½ cup steamed broccoli or cauliflower

Afternoon Snack

2 slices turkey breast

4-6 almonds

4-6 cherry tomatoes

Dinner

6 oz. tuna or salmon

Small tossed salad with olive oil dressing

8-10 oz. steamed brussel sprouts with 1-2 oz. low fat cheese

Bedtime Snack

1 oz. peanut butter on 3-4 celery sticks

5-6 almonds

Day 5

Breakfast

2-3 egg white omelet (1 yolk if needed)
½ cup fresh strawberries
2 teaspoons almonds

Lunch

4-6 oz. grilled salmon with lemon
½ cup fresh fruit or small vegetable
½ cup lentil soup
Ice tea or water

Afternoon Snack

2 slices turkey/chicken breast
1 whole apple

Dinner

1 roasted chicken breast
½ cup three bean salad (no skin)
½ - 1 apple or peach
½ cup grilled zucchini

Bedtime Snack

3-4 macadamia nuts
1-2 slices low fat cheese
2-3 sliced celery stalks

Day 6

Breakfast

1-2 slices turkey bacon
2-3 slices honeydew melon
3-6 oz. oatmeal with fresh blueberries

Lunch

4-6 oz. salmon
1 fresh fruit
Tossed salad with vegetables

Afternoon Snack

1-2 hard boiled eggs
1 fresh peach

Dinner

4-6 oz. grilled halibut steamed or grilled asparagus
Tossed salad with romaine lettuce, black olives, tomatoes, olive oil dressing
3-4 cantaloupe wedges

Bedtime Snack

Small banana or nectarine
4-6 macadamia nuts

Day 7

Breakfast

3-6 oz. broiled salmon
2-5 slices of cantaloupe
½ cup oatmeal

Lunch

6 ounces fresh crabmeat over lettuce, with scallions and celery
1-cup strawberries
Ice tea or water ½ cup low-fat yogurt

Afternoon Snack

½ cup cottage cheese with 1 small tomato
4-6 almonds
½ small apple

Dinner

1 grilled chicken breast
Tossed salad 1 sliced tomato and 1-ounce cheese
3-4 almonds
3-4 oz. grilled zucchini
1 fresh fruit

Bedtime Snack

2 slices turkey breast
1 small banana
3-4 olives

Day 8

Breakfast

2 slices turkey/chicken
½ cup fresh pears
Ice tea or water

Lunch

3-4 oz. fresh tuna
Tossed romaine lettuce salad with 1 tomato, onion, topped with
olive oil and lemon
½ cup lentil soup

Afternoon Snack

2 oz. smoked salmon with lemon 2 wedges cantaloupe or honeydew
melon

Dinner

6 oz. scallops with garlic and parsley
1 fresh fruit
½ cup steamed green beans

Bedtime Snack

3-4 celery sticks with 1 banana or apple
1 oz. peanut butter
1-2 slices low-fat cheese

Day 9

Breakfast

3-4 scrambled egg whites (1 yolk if needed) topped with mushrooms and 2 oz. cheese
4-6 ounces watermelon or 1 small apple

Lunch

Tossed romaine salad topped with 4 oz. water-packed tuna, small tomato and pickle, olive oil dressing
1 small fruit or vegetable

Afternoon Snack

2 oz. canned salmon and lemon
3-4 olives
½ cup fresh pear

Dinner

6 oz. grilled salmon
½ cup strawberries
½ cup bean soup

Bedtime Snack

½ cup cottage cheese
4 macadamia nuts
½ small tomato

Day 10

Breakfast

2-3 slices turkey bacon
½ cup fresh strawberries
1 cup low fat yogurt

Lunch

4-6 oz. grilled chicken breast (no skin) (cheeses sparingly)
Salad with fresh toppings
½ cup vegetable

Afternoon Snack

2 hard-boiled eggs
4-6 almonds
2 slices of cantaloupe

Dinner

6 oz. broiled flounder
1 small banana or apple
Tossed salad with vegetable olive oil and lemon dressing

Bedtime Snack

2 slices chicken/turkey breast
1 small peach or nectarine
4-6 macadamia nuts

Day 11

Breakfast

4 oz. salmon
½ cup fresh fruit of choice
3 ounces plain yogurt

Lunch

6 ounces crab meat dressed with 1 ounce low-fat mayo
Large romaine salad vegetable and olive oil
½ cup lentil soup
1 fresh fruit or vegetable

Afternoon Snack

2 hard-boiled eggs
4 almonds/macadamia nuts
4 cherry tomatoes

Dinner

6 oz. chicken breast (no skin)
½ cup steamed asparagus
½ cup clam chowder soup

Bedtime Snack

½ cup cottage cheese
4 almonds
1 small pear or tomato

Day 12

Breakfast

3 scrambled egg whites topped with onion and bell pepper
2 slices turkey
1 small banana or apple

Lunch

3-5 oz. chicken salad mixed with low fat mayo, onion and celery
over lettuce
1-2 sliced tomatoes
1-cup vegetable soup

Afternoon Snack

½ cup plain yogurt
1-teaspoon almonds
1 peach or pear

Dinner

6 oz. grilled salmon
3-4 oz. grilled zucchini
Tossed romaine salad with onion, tomato and olive oil
1 small fruit

Bedtime Snack

3-4 celery sticks with 1-2 oz. organic peanut butter
1 apple or pear
4-5 almonds

Day 13

Breakfast

3-4 oz. water packed salmon
½ cup blueberries
½ cup yogurt

Lunch

Grilled chicken breast
½ cup steamed asparagus
Green tossed salad
½ cup navy beans

Afternoon Snack

1-2 hard-boiled egg whites
4-5 macadamia nuts
2-4 wedges of cantaloupe

Dinner

6 oz. Albacore Tuna steak
½ cup grilled zucchini, red pepper, olive oil, sprinkled with Parmesan cheese
1 small fruit

Bedtime Snack

2 slices turkey breast
4-6 olives
4 cherry tomatoes

Day 14

Breakfast

Omelet made with 3-4 eggs (1-yolk) topped with sliced mushrooms and 1 oz. cheese
2-3 honeydew wedges

Lunch

3-4 oz. fresh tuna
Romaine lettuce salad with cherry tomatoes, onion, celery, olive oil dressing
1 small fruit with ½ cup white beans

Afternoon Snack

1 slice chicken breast
2-3 wedges cantaloupe or honeydew melon
4-5 hazelnuts

Dinner

4-6 large broiled shrimp tossed salad topped with mushrooms, onions, tomatoes and olive oil
½ cup black bean soup
1 fresh fruit or vegetable

Bedtime Snack

½ cup low fat cottage cheese
4-6 almonds
½ sliced pear or peach