

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 Grapefruit 1 cup Whole Milk 2 sl. WW Toast 1 cup Coffee Artificial Sweetener Salt*, Pepper NSA Jam	2 c. Fresh Berries 1 c. Granola 1 Boiled Egg 1 cup Coffee Artificial Sweetener Salt*, Pepper NSA Jelly	2 c. Grapes 1 c. Yogurt 1 cup Oatmeal 1 Egg made into an Omelet w/Veggies 1 c Coffee/Sweetener Salt*, Pepper NSA Jam	2 Oranges 1 cup Skim Milk 1 Poached Egg 1 c. Coffee/Art. Sw. Salt*, Pepper NSA Syrup Water	2 c. Fresh Melon 1 cup 2% Milk 1 c. Fiber One® Cereal 1 c. Yogurt 1 c. Coffee/ Sweetener Salt*, Pepper NSA Jam Water	2 Apples 2 slices WW Toast 1 t. Margarine, FF 1 c. Coffee/Art. Sw. Salt*, Pepper NSA Jam Water 1 cup Whole Milk	2 Peaches 1 c. Yogurt, Low Fat 1 English Muffin, Whole Wheat Coffee/Art. Sw. Salt*, Pepper NSA Jam Water 1 cup Whole Milk
LUNCH	2 oz. Smoked Sausage* 2 c. Fresh Pineapple 2-3 Carrot Sticks 2 WW Rolls /1t.FF Marg. 1 cup Brown Rice ½ cup Broccoli 1 c. Garden Salad w/ 2 T. Lite Dressing* NSA Punch	8 oz. Salmon, Grilled 2 c. Strawberries 4 slices WW Bread 1 Baked Potato 1 t. Margarine, FF 2-3 sl. Lettuce/Tom. 1 t. Mayonnaise, FF 2-8" Corn Tortilla ½ c. Pico de Gallo ½ c. Peppers/Onions NSA Lemonade	4-8" Corn Tortilla 2 oz. Cheese, Feta* 1 c. Pico de Gallo 2 c. Lettuce/Tom 1 T. Sour Cream, FF 2 cup Pineapple, fresh 1 c. Onion/Tomatoes ½ c. Celery NSA Limeade 1 cup 2% Milk	8 oz. Turkey, 2 c. Salad Greens 2 T. Lite Salad Dressing* 1 t. Mayonnaise, FF 4 slices WW Bread 2 Apples for Salad add Celery on bed of lettuce NSA Punch 1 cup 2% Milk	8 oz. Chicken 6 Crackers*, WW 1 cup Wild Rice 1 t. Mayonnaise, FF 2-3 Salad w/ Celery, Peppers, Onions, Carrots, Veggies w/ 1 T. FF Dressing* 2 c. Watermelon NSA Lemonade	4 oz. Hamburger, Lean 1 WW Bun/ 1t.Mustard*/Ketchup 1 t. Mayonnaise, FF ½ c. FF Cole Slaw Veggies w/ 1 T. Dressing, FF* 2 Bananas Water	6 oz. Turkey 2 slices WW Bread 2 c. Raw Veggies 1 t. Mayonnaise, FF 1 Cucumber w/ FF Dressing ½ c. SF Gelatin 2 Apricots Water 1 cup Skim Milk
DINNER	6 oz. Baked Fish 2 c. Salad w/ FF Dressing* 1/2 c. Cole Slaw, FF 1 t. Margarine, FF 1 Baked Potato 1/2 c. Green Beans 2 Apples Unsweet Tea	6 oz. Gr. Chicken 2 c. Salad w/ 2 T Lite Dressing* ½ c. Cauliflower ½ c. Cabbage 2 cups Melon 1 c. Raw Carrots 2 slices WW Bread 1 t. Margarine, FF 1 cup Wild Rice	8 oz.. Tilapia, Grilled 1/2 c. Sauté Mushrooms 1/2 c. Asparagus 2 T. Lite Margarine 1 c. Toss Salad 2 T. Light Dressing* 1 c. V-8 Juice* ½ Steamed Peppers	8 oz. Bk. Fresh Fish ½ c. Mashed Potato 1 c. Asparagus 1 c. Salad Greens w/ 2 T. Light Drg. 4 Rolls, WW 1 t. Margarine, FF ½ c. Beets 1 c. Fresh Fruit	8 oz. Grilled Chicken 1 c. Squash/Onions 4 WW Rolls 1/2 c. Turnips 3 stalks Celery w/1 T. FF Cream Cheese w/Chives ½ c. Green Beans 2 Pears	6 oz. Stir Fry Chicken 1 c. Veggies 1 c. Brown Rice 2 t. Fat Free Margarine 1/2 c. Okra 2 cup Fresh Berries w/1 T. FF Sour Cream 1 t. Margarine 2 WW Rolls	8 oz. Gr. Chicken 1 c. Brown Rice 1/2 c. St Broccoli 1/2 c. Sautéed Onions & Peppers 1 t. Margarine, FF 1 cup Fresh Fruit 1/2 c. Mushrooms 2 slices WW Bread Cola, Unsweet, Decaf
HS	12 Vanilla Wafers Unsweet Cola	1 c. Fiber One® Cereal Unsweet Lemonade 2 T. Nuts	1 c. Yogurt, nonfat 1-2 c. Veggies w/ FF Dressing*	3-4 c. Veggies/FF Drg. 3 c. Air Popped Popcorn*	2 cup Fresh Fruit Water or Diet Limeade	1 c. Veggies w/FF Dip* Unsweet Lemonade 2 T. Nuts	Raw Veggies FF Salad Dressing* 12 Gingersnaps

Lg.-Large, Gr.-Grilled, t.-teaspoon, T.-Tablespoon, c.-cup, w/-with, Bk.-Baked, Tom.- Tomato, Cuc- Cucumbers, Ch- Cheese, WW- Whole Wheat, Art. Sw.-Artificial Sweetener, FF- Fat Free, sl.-Slice, Drg.- Dressing*- inch, Veggies-Vegetables, SF-Sugar Free, Marg.-Margarine. **Other "GO" foods – 0 Factors**- Eat All YOU want: Nonstick cooking spray, vinegar, dill pickles*, mustard*, lemon/lime juice, caffeine free diet colas, unsweet beverages, sugar free gelatin, herbs, Worcestershire sauce*, horseradish, hot sauce, garlic powder, sage, oregano, cinnamon, nutmeg, ginger, paprika, black pepper, cayenne pepper, capers, and see spices under Grocery Store Foods. **LIMIT TO 2 T./DAY: Fat Free**- sour cream, cream cheese, margarine, salad dressing, mayonnaise, whipped topping, non-dairy creamer, salsa*, soy sauce*, taco sauce*, catsup*, steak sauce*, **3 pieces sugar free** candy, 3 sticks sugar free gum, 1 T. sugar free jelly and syrup. ***-High in Sodium.**

