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Cardiovascular Conditioning

Exercise that challenges the heart is a simple part of an exercise program – almost anyone can walk, run, treadmill, climb steps, or bike. But, creating a progressive, time efficient and results oriented cardio program takes a little planning. A properly designed and consistently performed cardiovascular training program is an essential part of your program if you want to improve your health and lose weight, or maintain a healthy lifestyle.

Training Aerobically

Aerobic exercise is the key to building a stronger heart and can reduce your chances of heart disease, as well as burn lots of fat and calories. Aerobic exercise is any activity that you can keep at for several minutes or longer and increases your heart rate. Activities that have the potential to condition the heart typically involve the large muscles of the hips, thighs and buttocks. Examples include walking, hiking, jogging, running, cycling, in-line skating, swimming, cross-country skiing and stair stepping.

Benefits of Aerobic Training

Health benefits of aerobic exercise include the following:

1. A stronger and healthier heart.
2. Increased HDL. This “good” cholesterol helps keep your arteries unplugged and healthy.
3. Decreased total cholesterol. This is the debris in your blood that can clog your arteries.
4. Reduced blood pressure. Even moderate exercise can help.
5. Reduced risk for heart attack and stroke.
6. Decreased body fat and an ability to help you reach your desirable weight. You’ll become a better fat-burner and burn a lot of calories every session.
7. Decreased risk for diabetes.
8. Reduced feelings of anxiety, tension and depression.
9. Improved sleep.
10. Higher levels of energy. Efficient delivery and use of blood and oxygen is the key to increased vigor and performance.

Warming Up And Cooling Down

Warming up and cooling down are essential to a balanced and safe exercise program. A proper warm-up and cool-down can:

- Make your workouts safe and easier to do,
- Limit the risk of unnecessary stress on your heart,
- Get you ready for your activity,

2000 - Day 7

Breakfast

2 slices French toast
2 tsp. butter or margarine
1 cup fresh blueberries
1 cup skim milk



Morning Snack

1 orange

Lunch

1/2 cup cottage cheese
1 mixed green salad
1 T. fat free dressing
1 whole wheat roll
1 cup skim milk
1 cup sliced carrots

Afternoon Snack

1 1/4 oz. pretzels

Dinner

6 oz. baked or broiled cod
1 1/2 cups noodles
1 T. butter or margarine
1 cup applesauce
1 cup mixed vegetables
1 mixed green salad
2 tsp. oil & vinegar dressing



Evening Snack

1/2 cup fat free pudding



2000-Day 5

Breakfast

1 English muffin
2 tsp. jelly or jam
1/2 cup cholesterol-free egg
substitutes, scrambled or 2 egg
whites, cooked
1/2 grapefruit

Morning Snack

1 peach or other fruit
1 cup skim milk
1/2 cups cereal

Lunch

3 oz. bison or turkey breast
1 large whole grain pita
2 sliced carrots
1 cup skim milk

Afternoon Snack

1 pear

Dinner

3 slices cheese pizza
1 large mixed green salad
1 T. fat free salad dressing
1 cup mixed fruit

Evening Snack

3 cups light popcorn

2000-Day 6

Breakfast

1 bagel
1 T. light cream cheese
1 cup orange juice

Morning Snack

6 oz. fat free, flavored yogurt
1/2 cup fresh strawberries

Lunch

3 oz. lean hamburger, grilled or broiled
1 T. ketchup
1 hamburger bun
1/2 tomato, sliced
1/2 green pepper, sliced

Afternoon Snack

6 vanilla wafers
1 cup skim milk

Dinner

3 cups angel hair pasta
4 oz. boiled shrimp
2 tsp. olive oil with garlic on pasta
1 mixed green salad
1 T. fat free dressing
1/2 cup cooked green beans
1 slice Italian bread

Evening Snack

3 cups light popcorn

- Improve your stamina and endurance (you won't tire as quickly),
- Decrease your risk for injury,
- Increase enjoyment of your workouts, and
- Help you stick with your health and fitness program.

Warm-up. To prevent injury and maximize performance, we recommend that each workout period should start with a warm-up. Your warm-up should gently prepare your muscles for the coming exertion. Start by doing 5 to 10 minutes of gentle exercise that gradually increases your heart rate and loosens up your muscles. Your warm-up exercise should be aerobic in nature and only require an easy, unforced range of motion. This should be followed by 5 to 10 minutes of stretching. Refer to the stretches found in your manual. Never push yourself beyond a point of gentle tension or strain. Keep your movements gentle, rhythmic and controlled.

Cool-down. A cool-down reverses what your warm-up accomplished. It's just as important to ease out of your workout as it is to ease into it. The cool-down returns your body to a pre-exercise level. A proper cool-down should last about 5 to 10 minutes and consists of moderate to mild exercise. You're exercising at a level of effort that is lower than that used during the main part of your cardiovascular conditioning workout.

How Often, How Long, and How Hard

The choices you make about the frequency (how often), duration (how long), and intensity (how hard) at which you will train, will directly influence your training results.

How often. If you want to see serious improvements in your fitness, lose weight and develop a good training base, you need to do cardio workouts three to six times per week.

If you are just starting a program or out of shape, don't let these recommendations discourage or mislead you. Realize that doing cardio training two to three times per week will still result in significant fitness improvement and health benefits. Your long-term goal is to build up to exercising your heart on most days of the week.

How long. How long you work out depends on your current level of fitness. Again, if you're just starting a program or out of shape, don't follow strict textbook recommendations. Instead, start with 5 to 10 minutes once or twice per day. You will see significant fitness improvement. Your long-term goal is to build to a duration of 30 to 60 minutes of cardiovascular activity on most days of the week.

How hard. Aerobic intensity guidelines for healthy adults are generally set at 40 to 85 percent of heart rate. But, if you're out of shape, remember that moderate to low-level and consistent cardiovascular training – well below the standard recommendations set forth – can result in substantial and beneficial effects to your health and can greatly improve cardiovascular endurance.

Progressive Cardiovascular Training Program

The training program that follows is a progressive training program for cardiovascular conditioning. It can be used for any aerobic activity you choose.

CONDITIONING BASE

Week	How Often (times per week)	How Long (minutes)	How Hard (% heart rate)	How Hard (RPE)*	RPE Descriptive Rating
1	2 - 3	5 - 15	40 - 50	2 - 4	Somewhat easy to somewhat hard
2	2 - 3	5 - 15	40 - 50	2 - 4	Somewhat easy to somewhat hard
3	2 - 3	10 - 17	40 - 50	2 - 4	Somewhat easy to somewhat hard
4	2 - 3	10 - 17	50 - 60	2 - 4	Somewhat easy to somewhat hard
5	3	15 - 20	50 - 60	2 - 4	Somewhat easy to somewhat hard
6	3 - 4	15 - 20	50 - 60	2 - 4	Somewhat easy to somewhat hard

MOVING BEYOND BASE-LEVEL FITNESS

Week	How Often (times per week)	How Long (minutes)	How Hard (% heart rate)	How Hard (RPE)*	RPE Descriptive Rating
7 - 9	3 - 4	20 - 25	60 - 65	3 - 4	Moderate to somewhat hard
10 - 13	3 - 4	21 - 25	65 - 70	4 - 5	Somewhat hard to hard
14 - 16	3 - 4	26 - 30	65 - 70	4 - 5	Somewhat hard to hard
17 - 19	3 - 5	26 - 30	70 - 75	4 - 5	Somewhat hard to hard
20 - 23	3 - 5	31 - 35	70 - 75	4 - 5	Somewhat hard to hard
24 - 27	3 - 6	31 - 35	70 - 75	4 - 5	Somewhat hard to hard

MAINTENANCE

Week	How Often (times per week)	How Long (minutes)	How Hard (% heart rate)	How Hard (RPE)*	RPE Descriptive Rating
After 4-6 months	3 - 6	30 - 60	40 - 85	3 - 6	Easy - Moderate to somewhat hard

*RPE = rating of perceived exertion; this means you match up a numerical rating (RPE) of 1-10, with how you feel (RPE descriptive rating in chart above). A rating of 2-3 is equal to a warm-up or recovery level of effort; 4-5 equates to moderate to somewhat challenging; 6-10 represents effort that is somewhat hard, to very hard.

Smart Progression

In regard to progressing to a higher intensity level, longer duration, or more frequent sessions, it makes good sense to change only one of these elements at a time. You run a higher risk of overuse injury if you simultaneously increase more than one of these elements. A conservative yet effective guideline is to increase intensity or duration by no more than about 5 percent. You should adapt to this increase over

2000-Day 3

Breakfast

3 pancakes, 4" round
1 T. fruit spread or maple syrup
1 cup orange juice

Morning Snack

1 cup skim milk
1 sliced peach

Lunch

1 mixed green salad
1 T. fat free dressing
1 whole grain dinner roll
3 oz. tuna fish, albacore, water packed
1 apple

Afternoon Snack

1 oz. chocolate
(about 8 chocolate kisses)

Dinner

2½ cups cooked pasta
1/2 cup spaghetti sauce with
3 oz. cooked ground beef, lean
1 mixed green salad
1 T. fat free dressing

Evening Snack

1 cup skim milk
1 whole graham cracker



2000-Day 4

Breakfast

1 cup orange juice
1½ cups cereal
1 cup skim milk
1 cup strawberries
2 slices rye or wheat bread, toasted
2 tsp. jelly or jam

Morning Snack

2 tsp. reduced fat peanut butter
2 rice cakes

Lunch

1½ cups vegetable soup
1 mixed green salad
2 T. fat free salad dressing
1 cup skim milk
1 dinner roll
1 oz. low fat mozzarella cheese
6 saltine crackers

Afternoon Snack

1 apple

Dinner

6 oz. flounder or other white fish,
baked, broiled or grilled
1 medium baked potato
1 mixed green salad
1 T. fat free salad dressing
1 cup cooked broccoli
1 whole grain dinner roll

Evening Snack

3 cups light popcorn

2000 CALORIE MENU

2000-Day 1

Breakfast

3 plain waffles
2 T. maple syrup
1 T. butter or margarine
8 oz. water or caffeine free,
non-caloric beverage
3/4 cup orange juice

Morning Snack

1 cup skim milk
1 cinnamon bagel

Lunch

salad with romaine lettuce
1/4 cup each carrots, green peppers,
cabbage, celery
1 T. lite salad dressing
3 oz. turkey breast or bison
1 whole grain roll

Afternoon Snack

1 cup sliced strawberries
6 oz. fat free, flavored yogurt
1 T. crunchy whole grain cereal

Dinner

4 oz. sirloin steak, lean only, broiled
or grilled without added fat
1 cup rice
1 tsp. butter or margarine
1 cup cooked carrots
1 mixed green salad
2 T. fat free dressing

Evening Snack

1 orange

2000-Day 2

Breakfast

1 cup oatmeal, cooked
1 tsp. brown sugar
3/4 cup skim milk
1 cup orange juice
1 slice toast, wheat or rye
1 tsp. butter or margarine

Morning Snack

1 apple

Lunch

2½ oz. turkey breast
mustard or fat free mayonnaise
2 slices whole wheat bread
1½ cups sliced cucumbers & carrots,
or other raw vegetable

Afternoon Snack

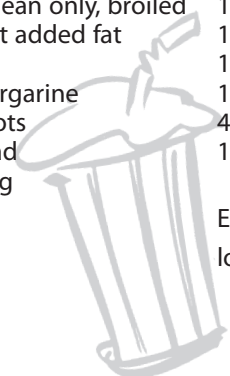
1/2 cup skim milk
1 cup strawberries
6 vanilla wafer cookies

Dinner

4 oz. chicken breast, no skin, baked,
broiled or grilled
1 medium baked potato
1 T. butter or margarine
1 cup green beans
1 mixed green salad
4 tsp. regular Italian salad dressing
1 whole wheat dinner roll

Evening Snack

low fat milk shake made with:
1 cup skim milk
1 cup fat free ice cream



a period of a week or two, and then consider changing one of the other variables (frequency, duration or intensity) or further progressing the one you've adapted to.

Top Aerobic Exercise

No one cardiovascular activity is better than another! Manipulating how hard (intensity), how often (duration), and how long (frequency) you participate in a particular aerobic activity determines its effectiveness or lack thereof. And of course, you have to like what you're doing. Choose the type of aerobic activity that is right for you by identifying one or more types of cardio exercise that you can see yourself sticking to, and enjoying, for the rest of your life. Often, the best aerobic exercise will be not one, but several activities that are fun and feel good to your body. Excellent cardiovascular activities include, but are not limited to, walking, swimming, water fitness, jogging, running, cross-country skiing, in-line skating, lateral movement training (slide), cycling, mountain biking, and step training.

Cardio Workout Tracking Sheet

Use this chart to keep track of your progress over time. Before writing on it, make as many copies as you think you'll need. We suggest you keep these in a notebook. You will find it both informative and motivational to look back at what you've done. This data will help you chart future fitness goals as you continue to improve.

Activity	Date	How Long (minutes)	Heart Rate	How Hard (RPE)*

*RPE = rating of perceived exertion; this means you match up a numerical rating (RPE) of 1-10, with how you feel. A rating of 2-3 is equal to a warm-up or recovery level of effort; 4-5 equates to moderate to somewhat challenging; 6-10 represents effort that is somewhat hard, to very hard.

Follow a Healthy Diet

A healthy diet is an important part of any fitness program. To assist you in your weight loss and fitness goals you will find sample menu

plans for various calorie levels based on your caloric

needs. (See "Determine Your Calorie Needs"

charts on pages 7 and 8.) These are just to

serve as a guideline. You may substitute

other foods of the same nutrient quality for the

foods listed (example: a peach may be substituted

for an orange, or 1 oz. chicken may be substituted for 1 oz. of beef,

or calcium fortified low fat soy milk in place of skim

milk). Also you may include as many caffeine

free, calorie free beverages as you desire. Limit

caffeine intake to 2 cups of coffee or tea per day. Also include at least

8 glasses (8 oz. each) of water every day.

Consult your physician before beginning
this or any weight loss program.



1900-Day 7

Breakfast

2 slices French toast
1 cup fresh blueberries
1 cup skim milk

Morning Snack

1 orange

Lunch

1/2 cup cottage cheese
1 mixed green salad
1 T. fat free dressing
1 whole wheat roll
1 cup skim milk
1 cup sliced carrots

Afternoon Snack

1 oz. pretzels

Dinner

6 oz. baked or broiled cod
1 1/2 cups noodles
1 T. butter or margarine
1 cup applesauce
1 cup mixed vegetables
1 mixed green salad with
2 tsp. oil & vinegar dressing

Evening Snack

1/2 cup fat free pudding



1900-Day 5

Breakfast

1 English muffin
1/2 cup cholesterol-free egg
substitutes, scrambled or 2 egg
whites, cooked
1/2 grapefruit

Morning Snack

1 peach or other fruit
1 cup skim milk
1½ cups cereal

Lunch

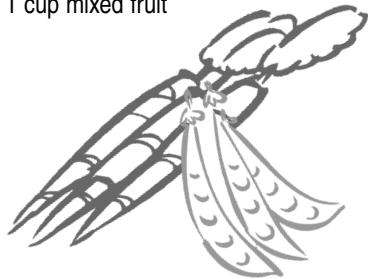
3 oz. turkey breast or lean ham
1 large whole grain pita
2 sliced carrots
1 cup skim milk

Afternoon Snack

1 pear

Dinner

3 slices cheese pizza
1 large mixed green salad
1 T. fat free salad dressing
1 cup mixed fruit



1900-Day 6

Breakfast

1 bagel
1 T. light cream cheese
1 cup orange juice

Morning Snack

6 oz. fat free, flavored yogurt
1/2 cup fresh strawberries

Lunch

3 oz. lean hamburger, grilled or broiled
1 T. ketchup
1 hamburger bun
1/2 tomato, sliced
1/2 green pepper, sliced

Afternoon Snack

6 vanilla wafers
1 cup skim milk

Dinner

2½ cups angel hair pasta
3 oz. boiled shrimp
2 tsp. olive oil with garlic on pasta
1 mixed green salad
1 T. fat free dressing
1/2 cup cooked green beans
1 slice Italian bread

Evening Snack

3 cups light popcorn



Determine Your Calorie Needs

The following charts can be used to determine your calorie needs. Actual calorie needs may vary depending on body composition, age, and activity level (see formula below for more exact calculations). If you are overweight and just beginning an exercise program it is suggested you begin with the lowest calorie level for your weight. It is not recommended to go below 1200 calories for women or 1500 calories for men without supervision from your physician and a registered dietitian. If you are diabetic or have other medical conditions, please check with your physician before starting any diet. Children have different calorie needs and therefore this chart is not appropriate for anyone under age 20.

ACTIVITY LEVELS:

Beginning = No formal exercise routine (just starting out).

Low Activity = Aerobic exercise 2 to 3 days per week.

Active = Aerobic exercise 4 to 5 days per week.

Very Active = Aerobic exercise 6 to 7 days per week.

Female Calorie Levels*				
Weight	Beginning	Low Activity	Active	Very Active
100	1200	1400	1600	1700
110	1200	1500	1600	1700
120	1200	1600	1700	1800
130	1300	1600	1700	1800
140	1400	1700	1800	1900
150	1500	1700	1800	1900
160	1600	1700	1900	2000
170	1700	1800	1900	2000
180	1800	1800	1900	2000
190	1900	2000	2000	2000
200	1900	2000	2000	2000
200+	2000	2000	2000	2000

*Based on $795 + 7.18 (\text{kg})$ women (source: Owens: 1986 Am Journal of Clinical Nutrition)

Formula for exact calorie level = $(665.10 + (9.56 \times \text{weight in kg}) + (1.85 \times \text{height in cm}) - (4.68 \times \text{age in years}) + 200 \text{ for weight loss.})$

Male Calorie Levels*				
Weight	No Activity	Low Activity	Active	Very Active
120	1500	1900	2100	2200
130	1500	2000	2100	2200
140	1600	2000	2100	2300
150	1700	2100	2200	2400
160	1800	2100	2200	2400
170	1900	2200	2300	2500
180	1900	2200	2400	2600
190	2000	2200	2400	2600
200	2000	2300	2500	2600
200+	2100	2400	2600	2800

*Based on resting energy expenditure of $879 + 10.2$ (kg) men (source: Owens, 1986 Am Journal of Clinical Nutrition)

Formula for exact calorie level = $(66.47 + (13.75 \times \text{weight in kg}) + (5.0 \times \text{height in cm}) - (6.76 \times \text{age in years}) + 200$.

1900-Day 3

Breakfast

3 pancakes, 4" round
1 T. fruit spread or maple syrup
1 cup orange juice

Morning Snack

1 cup skim milk
1 sliced peach

Lunch

1 mixed green salad
1 T. fat free dressing
6 saltine crackers
3 oz. tuna fish, albacore, water packed
1 apple

Afternoon Snack

1 oz. chocolate
(about 8 chocolate kisses)

Dinner

2 cups cooked pasta
1/2 cup spaghetti sauce with
3 oz. cooked ground beef, lean
1 mixed green salad
1 T. fat free dressing

Evening Snack

1 cup skim milk
1 whole graham cracker

1900-Day 4

Breakfast

1 cup orange juice
1 cup cereal
1 cup skim milk
1 cup strawberries
1 slice rye or wheat bread, toasted
2 tsp. jelly or jam

Morning Snack

2 tsp. reduced fat peanut butter
2 rice cakes

Lunch

1 cup vegetable soup
1 mixed green salad
2 T. fat free salad dressing
1 cup skim milk
1 dinner roll
1 oz. low fat mozzarella cheese
6 saltine crackers

Afternoon Snack

1 apple

Dinner

6 oz. flounder or other white fish,
baked, broiled or grilled
1 medium baked potato
1 mixed green salad
1 T. fat free salad dressing
1 cup cooked broccoli
1 whole grain dinner roll

Evening Snack

3 cups light popcorn

1900 CALORIE MENU

1900-Day 1

Breakfast

3 plain waffles
2 T. maple syrup
2 tsp. butter or margarine
8 oz. water or caffeine free,
non-caloric beverage
1/2 cup orange juice



Morning Snack

1 cup skim milk
1 cinnamon bagel

Lunch

salad with romaine lettuce
1/4 cup each carrots, green peppers,
cabbage, celery
1 T. lite salad dressing
2 oz. turkey breast
1 whole grain roll

Afternoon Snack

1/2 cup sliced strawberries
6 oz. fat free, flavored yogurt
1 T. crunchy whole grain cereal

Dinner

4 oz. sirloin steak, lean only, broiled or
grilled without added fat
1 cup rice
1 tsp. butter or margarine
1 cup cooked carrots
1 mixed green salad
2 T. fat free dressing

Evening Snack

1 orange

1900-Day 2

Breakfast

1 cup oatmeal, cooked
1 tsp. brown sugar
1/2 cup skim milk
1 cup orange juice
1 slice toast, wheat or rye
1 tsp. butter or margarine

Morning Snack

1 apple

Lunch

3 oz. turkey breast
mustard or fat free mayonnaise
2 slices whole wheat bread
1 1/2 cups sliced cucumbers & carrots,
or other raw vegetable

Afternoon Snack

1/2 cup skim milk
1 cup strawberries
4 vanilla wafer cookies

Dinner

3 oz. chicken breast,
no skin, baked, broiled or grilled
1 medium baked potato
1 T. butter or margarine
1 cup green beans
1 mixed green salad
4 tsp. regular Italian salad dressing
1 whole wheat dinner roll



Evening Snack

low fat milk shake made with:
1 cup skim milk
1 cup fat free ice cream

Food Categories

The following chart puts foods into six categories. Each calorie level is assigned a number of servings within the six categories. You can determine what a serving is for each category by looking at the "What Counts as a Serving" chart on page 10.



Calories	1200	1300	1400	1500	1600	1700	1800	1900	2000	2200	2400
Complex Carbohydrate (starches & fiber)	6	7	8	9	10	10	11	12	12	13	13
High Quality Protein	3	3	4	4	4	5	5	5	6	6	7
Non Starch Vegetables (+ = 3 to 6 servings)	3+	4+	5+	5+	5+	5+	5+	5+	5+	6	7
Simple Carbohydrate (sugars)	4	4	3	3	4	4	4	4	4	4	5
Nonfat Milk or Soy Milk Source	2	2	2	2	2	2	2	2	2	3	3
Fats	2	2	2	2	2	2	2	3	3	4	5
Water	8	8	8	8	8	8	8	8	8	8	8

*For calorie levels above 2400 calories increase complex carbohydrates, vegetables, and fruits. Protein servings can be increased to 8.



WHAT COUNTS AS A SERVING?

FOOD GROUPS	SERVING SIZES
Complex Carbohydrate (grains, cereals, pastas, starchy vegetables and other starches & fiber)	<i>Use products that have 1 gram of fat or less per serving</i> 1 oz. ready to eat cereal (about 1/2 cup) 1 oz. bread, whole grain, wheat, rye, white, etc. (1 gram or less of fat per slice) 1/2 cup pasta, noodles or other grains 1/3 cup rice 1 medium white or sweet potato (3 oz.) 1 ear or 1/2 cup corn, peas, lima beans or other legume's like kidney beans, chick peas, navy beans, lentils
High Quality Protein	<i>Use products with 3 grams of fat or less per serving</i> 1 oz. cooked lean beef, pork, poultry, fish, buffalo, and other game, soy protein, textured vegetable protein 2 oz. shell fish 1 oz. cheese
Non-Starch Vegetables (most green, orange, red & cabbage family) see starchy vegetables for exceptions	1 cup raw carrots, green beans, broccoli, cauliflower, green peppers 2 cups cabbage and mixed greens 1/2 cup cooked green and orange vegetables
Simple Carbohydrate (fruits & other sugars)	1 piece whole fruit (exception: melons) 1/2 cup sliced or canned fruit 1 cup cubed melons 1 tbsp. sugar, other syrups (maple, honey, molasses, chocolate)
Nonfat Milk or Soy Milk Source	<i>1 gram of fat or less per serving</i> 1 cup skim milk or soy milk 1 cup non fat yogurt
Fats	<i>5 grams of fat per serving</i> 1 tsp. oil, butter, margarine 1 tbsp. oil based salad dressings 2 tsp. creamy salad dressings 2 tbsp. reduced calorie oil based salad dressings 1 tbsp. reduced calorie creamy salad dressings (2 tbsp. fat free salad dressings - free)
Fat Free Products	NOT CALORIE FREE, use up to 20 calories free

1800-Day 7

Breakfast

2 slices French toast
1 cup fresh blueberries
1 cup skim milk



Morning Snack

1 orange

Lunch

3/4 cup cottage cheese
1 mixed green salad
1 T. fat free dressing
1 whole wheat roll
1 cup skim milk
1 cup sliced carrots

Afternoon Snack

1 oz. pretzels

Dinner

6 oz. baked or broiled cod
1½ cups noodles
1 T. butter or margarine
1 cup applesauce
1 cup mixed vegetables

Evening Snack

1/2 cup fat free pudding



1800-Day 5

Breakfast

1 English muffin
1 egg poached
1/2 grapefruit

Morning Snack

1 peach or other fruit
1 cup skim milk
1 cup cereal

Lunch

3 oz. turkey breast or lean ham
1 large whole grain pita
2 sliced carrots
1 cup skim milk

Afternoon Snack

1 pear

Dinner

2½ slices cheese pizza
1 large mixed green salad
1 T. fat free salad dressing
1 cup mixed fruit

Evening Snack

3½ cups light popcorn



1800-Day 6

Breakfast

1 bagel
1 T. light cream cheese
1 cup orange juice

Morning Snack

6 oz. fat free, flavored yogurt

Lunch

3 oz. lean hamburger, grilled or broiled
1 T. ketchup
1 hamburger bun
1/2 tomato, sliced
1/2 green pepper, sliced

Afternoon Snack

6 vanilla wafers
1 cup skim milk

Dinner

2 cups angel hair pasta
3 oz. boiled shrimp
2 tsp. olive oil with garlic on pasta
1 mixed green salad
1 T. fat free dressing
1/2 cup cooked green beans
1 slice Italian bread

Evening Snack

3 cups light popcorn



Sample Menu Plans

1200 CALORIE MENU

1200-Day 1

Breakfast

1 plain waffle
1 T. maple syrup
1 tsp. butter or margarine
8 oz. water or caffeine free, non-caloric beverage

Lunch

1 cup skim milk
1 salad with romaine lettuce
1/4 cup each carrots, green peppers, cabbage, celery
1 T. lite salad dressing
1 whole grain roll

Afternoon Snack

1/2 cup sliced strawberries
6 oz. fat free, flavored yogurt

Dinner

3 oz. sirloin steak, lean only, broiled or grilled without added fat
1 cup rice
1 tsp. butter or margarine
1/2 cup cooked carrots
1 mixed green salad
2 T. fat free dressing

Evening Snack

1 orange



1200-Day 2

Breakfast

1/2 cup oatmeal, cooked
2 tsp. brown sugar
1/2 cup skim milk
1 cup orange juice

Lunch

1 oz. turkey breast
mustard or fat free mayonnaise
2 slices whole wheat bread
1 apple

Afternoon Snack

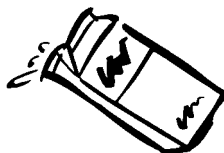
1/2 cup skim milk
1 cup strawberries

Dinner

2 oz. chicken breast, no skin, baked, broiled or grilled
1 small baked potato
2 tsp. butter or margarine
1 cup green beans
1 mixed green salad
2 T. fat free dressing

Evening Snack

low fat milk shake made with:
1 cup skim milk
1 cup fat free ice cream



1800-Day 3

Breakfast

3 pancakes, 4" round
1 T. fruit spread or maple syrup
1 cup orange juice

Morning Snack

1 cup skim milk
1 sliced peach

Lunch

1 mixed green salad
1 T. fat free dressing
6 saltine crackers
3 oz. tuna fish, albacore, water packed
1 apple

Afternoon Snack

1/2 oz. chocolate
(about 4 chocolate kisses)

Dinner

2 cups cooked pasta
1/2 cup spaghetti sauce with
3 oz. cooked ground beef, lean
1 mixed green salad
1 T. fat free dressing

Evening Snack

1 cup skim milk
1 whole graham cracker



1800-Day 4

Breakfast

1 cup orange juice
1 cup cereal
1 cup skim milk
1 cup strawberries
1 slice rye or wheat bread, toasted
1 tsp. jelly or jam

Morning Snack

2 tsp. reduced fat peanut butter
2 rice cakes

Lunch

1 cup vegetable soup
1 mixed green salad
2 T. fat free salad dressing
1 cup skim milk
1 dinner roll
1 oz. low fat mozzarella cheese

Afternoon Snack

1 apple

Dinner

6 oz. flounder or other white fish, baked, broiled or grilled
1 medium baked potato
1 mixed green salad
1 T. fat free salad dressing
1 cup cooked broccoli
1 whole grain dinner roll

Evening Snack

3 cups light popcorn

1800 CALORIE MENU

1800-Day 1

Breakfast

2 plain waffles
2 T. maple syrup
2 tsp. butter or margarine
8 oz. water or caffeine free,
non-caloric beverage
1/2 cup orange juice

Morning Snack

1 cup skim milk
1 cinnamon bagel

Lunch

salad with romaine lettuce
1/4 cup each carrots, green peppers,
cabbage, celery
1 T. lite salad dressing
2 oz. turkey breast
1 whole grain roll

Afternoon Snack

1/2 cup sliced strawberries
6 oz. fat free, flavored yogurt
1 T. crunchy whole grain cereal

Dinner

4 oz. sirloin steak, lean only, broiled or
grilled without added fat
1 cup rice
1 tsp. butter or margarine
1 cup cooked carrots
1 mixed green salad
2 T. fat free dressing

Evening Snack

1 orange



1800-Day 2

Breakfast

1 cup oatmeal, cooked
1 tsp. brown sugar
1/2 cup skim milk
1 cup orange juice
1 slice toast, wheat or rye
1 tsp. butter or margarine

Morning Snack

1 apple

Lunch

2 oz. turkey breast
mustard or fat free mayonnaise
2 slices whole wheat bread
1 1/2 cups sliced cucumbers & carrots,
or other raw vegetable

Afternoon Snack

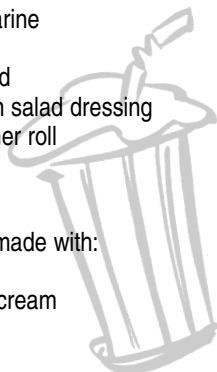
1/2 cup skim milk
1 cup strawberries

Dinner

3 1/2 oz. chicken breast, no skin, baked,
broiled or grilled
1 medium baked potato
1 T. butter or margarine
1 cup green beans
1 mixed green salad
4 tsp. regular Italian salad dressing
1 whole wheat dinner roll

Evening Snack

low fat milk shake made with:
1 cup skim milk
1 cup fat free ice cream



1200-Day 3

Breakfast

2 pancakes, 4" round
1 T. fruit spread or maple syrup

Morning Snack

1 cup skim milk
1 sliced peach

Lunch

1 salad with mixed greens
1 T. fat free dressing
6 saltine crackers
3 oz. tuna fish, albacore, water packed
1 apple

Afternoon Snack

1/2 oz. chocolate
(about 4 chocolate kisses)

Dinner

1 cup cooked pasta
1/2 cup spaghetti sauce, meatless
1 mixed green salad
1 T. fat free dressing

Evening Snack

1 cup skim milk
1 whole graham cracker



1200-Day 4

Breakfast

1/2 cup orange juice
1/2 cup cereal
1 cup skim milk
1 cup strawberries

Morning Snack

2 tsp. reduced fat peanut butter
2 rice cakes

Lunch

1 cup vegetable soup
1 mixed green salad
2 T. fat free salad dressing
1 cup skim milk
6 saltine crackers

Afternoon Snack

1 apple

Dinner

1 piece (5 oz.) flounder or other white
fish, baked, broiled or grilled
1 medium baked potato
1 mixed green salad
1 T. fat free salad dressing

Evening Snack

3 cups light popcorn

1200-Day 5

Breakfast

1/2 English muffin
1 egg poached
1/2 grapefruit
1 cup skim milk

Morning Snack

1 pear

Lunch

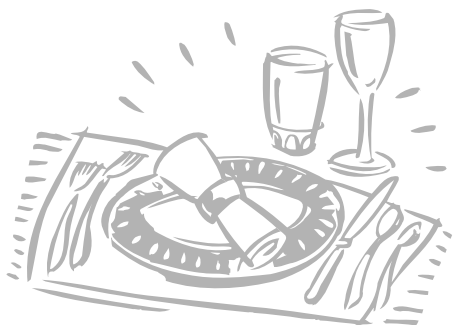
2 oz. turkey breast or lean ham
1/2 large whole grain pita
2 sliced carrots
1 cup skim milk

Afternoon Snack

1 peach

Dinner

2 slices cheese pizza
1 large mixed green salad
1 T. fat free salad dressing



1200-Day 6

Breakfast

1 bagel
1 T. light cream cheese
1 cup orange juice

Morning Snack

6 oz. fat free, flavored yogurt

Lunch

2 oz. lean hamburger, grilled or broiled
1 T. ketchup
1 hamburger bun
1/2 tomato, sliced
1/4 green pepper, sliced
1 cup skim milk

Dinner

1 cup angel hair pasta
2 oz. boiled shrimp
1 tsp. olive oil with garlic on pasta
1 mixed green salad
1 T. fat free dressing
1/2 cup cooked green beans

1700-Day 7

Breakfast

2 slices French toast
1 cup fresh blueberries
1 cup skim milk

Morning Snack

1 orange

Lunch

3/4 cup cottage cheese
1 mixed green salad
1 T. fat free dressing
1 whole wheat roll
1 cup skim milk
1 cup sliced carrots

Afternoon Snack

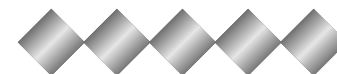
1/2 oz. pretzels

Dinner

6 oz. baked or broiled cod
1 1/2 cups noodles
2 tsp. butter or margarine
1 cup applesauce
1 cup mixed vegetables

Evening Snack

1/2 cup fat free pudding



1700-Day 5

Breakfast

1 English muffin
1 egg poached
1/2 grapefruit



Morning Snack

1 peach or other fruit
1 cup skim milk
1 cup cereal

Lunch

3 oz. turkey breast or lean ham
1 large whole grain pita
2 sliced carrots
1 cup skim milk

Afternoon Snack

1 pear

Dinner

2 slices cheese pizza
1 large mixed green salad
1 T. fat free salad dressing
1 cup mixed fruit

Evening Snack

3½ cups light popcorn

1700-Day 6

Breakfast

1 bagel
1 T. light cream cheese
1 cup orange juice

Morning Snack

6 oz. fat free, flavored yogurt

Lunch

3 oz. lean hamburger, grilled or broiled
1 T. ketchup
1 hamburger bun
1/2 tomato, sliced
1/2 green pepper, sliced
1 cup skim milk

Dinner

2 cups angel hair pasta
3 oz. boiled shrimp
2 tsp. olive oil with garlic on pasta
1 mixed green salad
1 T. fat free dressing
1/2 cup cooked green beans
1 slice Italian bread

Evening Snack

3 cups light popcorn



1200-Day 7

Breakfast

1 slice French toast
1 cup fresh blueberries
1 cup skim milk

Morning Snack

1 orange

Lunch

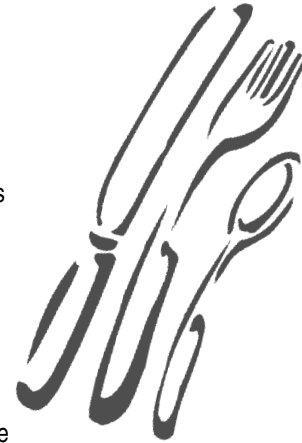
1/4 cup cottage cheese
1 mixed green salad
1 T. fat free dressing
1 whole wheat roll
1 cup skim milk
1/2 cup sliced carrots

Dinner

3 oz. baked or broiled cod
1 cup noodles
2 tsp. butter or margarine
1/2 cup applesauce
1 cup mixed vegetables

Evening Snack

1/2 cup fat free pudding



1300 CALORIE MENU

1300-Day 1

Breakfast

2 plain waffles
1 T. maple syrup
1 tsp. butter or margarine
8 oz. water or caffeine free,
non-caloric beverage

Lunch

1 cup skim milk
salad with romaine lettuce
1/4 cup each carrots, green peppers,
cabbage, celery
1 T. lite salad dressing
1 whole grain roll

Afternoon Snack

1/2 cup sliced strawberries
6 oz. fat free, flavored yogurt

Dinner

3 oz. sirloin steak, lean only, broiled or
grilled without added fat
1 cup rice
1 tsp. butter or margarine
1/2 cup cooked carrots
1 mixed green salad
2 T. fat free dressing

Evening Snack

1 orange

1300-Day 2

Breakfast

1 cup oatmeal, cooked
2 tsp. brown sugar
1/2 cup skim milk
1 cup orange juice

Morning Snack

1 apple

Lunch

1 oz. turkey breast
mustard or fat free mayonnaise
2 slices whole wheat bread
1 cup sliced cucumbers or other raw
vegetable

Afternoon Snack

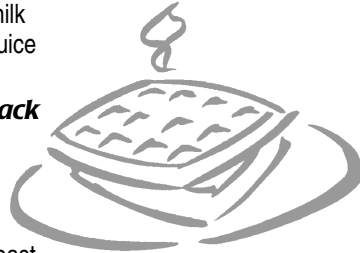
1/2 cup skim milk
1 cup strawberries

Dinner

2 oz. chicken breast, no skin, baked,
broiled or grilled
1 small baked potato
2 tsp. butter or margarine
1 cup green beans
1 mixed green salad
2 T. fat free dressing

Evening Snack

low fat milk shake made with:
1 cup skim milk
1 cup fat free ice cream



1700-Day 3

Breakfast

2 pancakes, 4" round
1 T. fruit spread or maple syrup
1 cup orange juice

Morning Snack

1 cup skim milk
1 sliced peach

Lunch

1 mixed green salad
1 T. fat free dressing
6 saltine crackers
3 oz. tuna fish, albacore, water packed
1 apple

Afternoon Snack

1/2 oz. chocolate
(about 4 chocolate kisses)

Dinner

2 cups cooked pasta
1/2 cup spaghetti sauce with
3 oz. cooked ground beef, lean
1 mixed green salad
1 T. fat free dressing

Evening Snack

1 cup skim milk
1 whole graham cracker



1700-Day 4

Breakfast

1 cup orange juice
1 cup cereal
1 cup skim milk
1 cup strawberries
1 slice rye bread
1 tsp. jelly or jam

Morning Snack

2 tsp. reduced fat peanut butter
2 rice cakes

Lunch

1 cup vegetable soup
1 mixed green salad
2 T. fat free salad dressing
1 cup skim milk
6 saltine crackers
1 oz. low fat mozzarella cheese

Afternoon Snack

1 apple

Dinner

6 oz. flounder or other white fish,
baked, broiled or grilled
1 medium baked potato
1 mixed green salad
1 T. fat free salad dressing
1 cup cooked broccoli
1 whole grain dinner roll

Evening Snack

3 cups light popcorn

1700 CALORIE MENU

1700-Day 1

Breakfast

2 plain waffles
2 T. maple syrup
2 tsp. butter or margarine
8 oz. water or caffeine free,
non-caloric beverage
1/2 cup orange juice

Morning Snack

1 cup skim milk
1/2 cinnamon bagel

Lunch

salad with romaine lettuce
1/4 cup each, carrots, green peppers,
cabbage, celery
1 T. lite salad dressing
2 oz. turkey breast
1 whole grain roll

Afternoon Snack

1/2 cup sliced strawberries
6 oz. fat free, flavored yogurt
1 T. crunchy whole grain cereal

Dinner

4 oz. sirloin steak, lean only, broiled or
grilled without added fat
1 cup rice
1 tsp. butter or margarine
1 cup cooked carrots
1 mixed green salad
2 T. fat free dressing

Evening Snack

1 orange

1700-Day 2

Breakfast

1 cup oatmeal, cooked
1 tsp. brown sugar
1/2 cup skim milk
1 cup orange juice

Morning Snack

1 apple

Lunch

2 oz. turkey breast
mustard or fat free mayonnaise
2 slices whole wheat bread
1½ cups sliced cucumbers & carrots,
or other raw vegetable

Afternoon Snack

1/2 cup skim milk
1 cup strawberries

Dinner

3 oz. chicken breast, no skin, baked,
broiled or grilled
1 medium baked potato
1 T. butter or margarine
1 cup green beans
1 mixed green salad
4 tsp. regular Italian salad dressing
1 whole wheat dinner roll

Evening Snack

low fat milk shake made with:
1 cup skim milk
1 cup fat free ice cream



1300-Day 3

Breakfast

2 pancakes, 4" round
1 T. fruit spread or maple syrup

Morning Snack

1 cup skim milk
1 sliced peach

Lunch

1 mixed green salad
1 T. fat free dressing
6 saltine crackers
3 oz. tuna fish, albacore, water packed
1 apple

Afternoon Snack

1/2 oz. chocolate
(about 4 chocolate kisses)

Dinner

1½ cups cooked pasta
1/2 cup spaghetti sauce, meatless
1 mixed green salad
1 T. fat free dressing

Evening Snack

1 cup skim milk
1 whole graham cracker

1300-Day 4

Breakfast

1 cup orange juice
3/4 cup cereal
1 cup skim milk
1 cup strawberries

Morning Snack

2 tsp. reduced fat peanut butter
2 rice cakes

Lunch

1 cup vegetable soup
1 mixed green salad
2 T. fat free salad dressing
1 cup skim milk
6 saltine crackers

Afternoon Snack

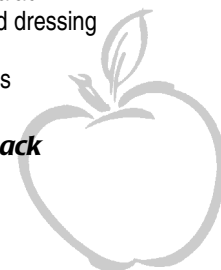
1 apple

Dinner

1 piece (5 oz.) flounder or other white
fish, baked, broiled or grilled
1 medium baked potato
1 mixed green salad
1 T. fat free salad dressing
1/2 cup cooked broccoli

Evening Snack

3 cups light popcorn



1300-Day 5

Breakfast

1/2 English muffin
1 egg poached
1/2 grapefruit
1 cup skim milk

Morning Snack

1 pear

Lunch

2 oz. turkey breast or lean ham
1 large whole grain pita
2 sliced carrots
1 cup skim milk

Afternoon Snack

1 peach

Dinner

2 slices cheese pizza
1 large mixed green salad
1 T. fat free salad dressing

Evening Snack

1/2 cup sliced fruit



1300-Day 6

Breakfast

1 bagel
1 T. light cream cheese
1 cup orange juice

Morning Snack

6 oz. fat free, flavored yogurt

Lunch

2 oz. lean hamburger, grilled or broiled
1 T. ketchup
1 hamburger bun
1/2 tomato, sliced
1/2 green pepper, sliced
1 cup skim milk

Dinner

1 cup angel hair pasta
2 oz. boiled shrimp
1 tsp. olive oil with garlic on pasta
1 mixed green salad
1 T. fat free dressing
1/2 cup cooked green beans
1 slice Italian bread

1600-Day 7

Breakfast

2 slices French toast
1 cup fresh blueberries
1 cup skim milk

Morning Snack

1 orange

Lunch

1/2 cup cottage cheese
1 mixed green salad
1 T. fat free dressing
1 whole wheat roll
1 cup skim milk
1 cup sliced carrots

Afternoon Snack

1/2 oz. pretzels

Dinner

3 oz. baked or broiled cod
1 1/2 cups noodles
2 tsp. butter or margarine
1 cup applesauce
1 cup mixed vegetables

Evening Snack

1/2 cup fat free pudding



1600-Day 5

Breakfast

1 English muffin
1 egg poached
1/2 grapefruit



Morning Snack

1 peach or other fruit
1 cup skim milk
1 cup cereal

Lunch

2 oz. turkey breast or lean ham
1 large whole grain pita
2 sliced carrots
1 cup skim milk

Afternoon Snack

1 pear

Dinner

2 slices cheese pizza
1 large mixed green salad
1 T. fat free salad dressing
1/2 cup mixed fruit

Evening Snack

3½ cups light popcorn

1600-Day 6

Breakfast

1 bagel
1 T. light cream cheese
1 cup orange juice

Morning Snack

6 oz. fat free, flavored yogurt

Lunch

2 oz. lean hamburger, grilled or broiled
1 T. ketchup
1 hamburger bun
1/2 tomato, sliced
1/2 green pepper, sliced
1 cup skim milk

Dinner

2 cups angel hair pasta
3 oz. boiled shrimp
2 tsp. olive oil with garlic on pasta
1 mixed green salad
1 T. fat free dressing
1/2 cup cooked green beans
1 slice Italian bread

Evening Snack

3 cups light popcorn

1300-Day 7

Breakfast

1 slice French toast
1 cup fresh blueberries
1 cup skim milk

Morning Snack

1 orange

Lunch

1/2 cup cottage cheese
1 mixed green salad
1 T. fat free dressing
1 whole wheat roll
1 cup skim milk
1 cup sliced carrots

Dinner

3 oz. baked or broiled cod
1 cup noodles
2 tsp. butter or margarine
1 cup applesauce
1 cup mixed vegetables

Evening Snack

1/2 cup fat free pudding



1400 CALORIE MENU

1400-Day 1

Breakfast

1 plain waffle
1 T. maple syrup
1 tsp. butter or margarine
8 oz. water or caffeine free,
non-caloric beverage
1/2 cup orange juice

Morning Snack

1 cup skim milk
1/2 cinnamon bagel

Lunch

salad with romaine lettuce
1/4 cup each carrots, green peppers,
cabbage, celery
1 T. lite salad dressing
1 oz. turkey breast
1 whole grain roll

Afternoon Snack

1/2 cup sliced strawberries
6 oz. fat free, flavored yogurt
1 T. crunchy whole grain cereal

Dinner

3 oz. sirloin steak, lean only, broiled
or grilled without added fat
1 cup rice
1 tsp. butter or margarine
1/2 cup cooked carrots
1 mixed green salad
2 T. fat free dressing

Evening Snack

1 orange



1400-Day 2

Breakfast

1 cup oatmeal, cooked
1 tsp. brown sugar
1/2 cup skim milk
1 cup orange juice

Morning Snack

1 apple

Lunch

1 oz. turkey breast
mustard or fat free mayonnaise
2 slices whole wheat bread
1 cup sliced cucumbers & carrots, or
other raw vegetable

Afternoon Snack

1/2 cup skim milk
1 cup strawberries

Dinner

3 oz. chicken breast, no skin, baked,
broiled or grilled
1 medium baked potato
2 tsp. butter or margarine
1 cup green beans
1 mixed green salad
2 T. fat free salad dressing

Evening Snack

low fat milk shake made with:
1 cup skim milk
3/4 cup fat free ice cream

1600-Day 3

Breakfast

2 pancakes, 4" round
1 T. fruit spread or maple syrup
1 cup orange juice

Morning Snack

1 cup skim milk
1 sliced peach

Lunch

1 mixed green salad
1 T. fat free dressing
6 saltine crackers
3 oz. tuna fish, albacore, water packed
1 apple

Afternoon Snack

1/2 oz. chocolate
(about 4 chocolate kisses)

Dinner

2 cups cooked pasta
1/2 cup spaghetti sauce with
1½ oz. cooked ground beef, lean
1 mixed green salad
1 T. fat free dressing

Evening Snack

1 cup skim milk
1 whole graham cracker



1600-Day 4

Breakfast

1 cup orange juice
1 cup cereal
1 cup skim milk
1 cup strawberries
1 slice rye bread
1 tsp. jelly or jam

Morning Snack

2 tsp. reduced fat peanut butter
2 rice cakes

Lunch

1 cup vegetable soup
1 mixed green salad
2 T. fat free salad dressing
1 cup skim milk
6 saltine crackers
1 oz. low fat mozzarella cheese

Afternoon Snack

1 apple

Dinner

1 piece (5 oz.) flounder or other white
fish, baked, broiled or grilled
1 medium baked potato
1 mixed green salad
1 T. fat free salad dressing
1 cup cooked broccoli
1 whole grain dinner roll

Evening Snack

3 cups light popcorn

1600 CALORIE MENU

1600-Day 1

Breakfast

2 plain waffles
1 T. maple syrup
2 tsp. butter or margarine
8 oz. water or caffeine free,
non-caloric beverage
1/2 cup orange juice

Morning Snack

1 cup skim milk
1/2 cinnamon bagel

Lunch

salad with romaine lettuce
1/4 cup each carrots, green peppers,
cabbage, celery
1 T. lite salad dressing
2 oz. turkey breast
1 whole grain roll

Afternoon Snack

1/2 cup sliced strawberries
6 oz. fat free, flavored yogurt
1 T. crunchy whole grain cereal

Dinner

3 oz. sirloin steak, lean only, broiled or
grilled without added fat
1 cup rice
1 tsp. butter or margarine
1 cup cooked carrots
1 mixed green salad
2 T. fat free dressing

Evening Snack

1 orange



1600-Day 2

Breakfast

1 cup oatmeal, cooked
1 tsp. brown sugar
1/2 cup skim milk
1 cup orange juice

Morning Snack

1 apple

Lunch

1 oz. turkey breast
mustard or fat free mayonnaise
2 slices whole wheat bread
1 1/2 cups sliced cucumbers & carrots,
or other raw vegetable

Afternoon Snack

1/2 cup skim milk
1 cup strawberries

Dinner

3 oz. chicken breast, no skin, baked,
broiled or grilled
1 medium baked potato
2 tsp. butter or margarine
1 cup green beans
1 mixed green salad
4 tsp. regular Italian salad dressing
1 whole wheat dinner roll

Evening Snack

low fat milk shake made with:
1 cup skim milk
1 cup fat free ice cream



1400-Day 3

Breakfast

2 pancakes, 4" round
1 T. fruit spread or maple syrup

Morning Snack

1 cup skim milk
1 sliced peach

Lunch

1 mixed green salad
1 T. fat free dressing
6 saltine crackers
3 oz. tuna fish, albacore, water packed
1 apple

Afternoon Snack

1/2 oz. chocolate
(about 4 chocolate kisses)

Dinner

2 cups cooked pasta
1/2 cup spaghetti sauce, meatless
1 mixed green salad
1 T. fat free dressing

Evening Snack

1 cup skim milk
1 whole graham cracker



1400-Day 4

Breakfast

1 cup orange juice
1 cup cereal
1 cup skim milk
1 cup strawberries

Morning Snack

2 tsp. reduced fat peanut butter
2 rice cakes

Lunch

1 cup vegetable soup
1 mixed green salad
2 T. fat free salad dressing
1 cup skim milk
6 saltine crackers
1 oz. low fat mozzarella cheese

Afternoon Snack

1 apple

Dinner

1 piece (5 oz.) flounder or other white
fish, baked, broiled or grilled
1 medium baked potato
1 mixed green salad
1 T. fat free salad dressing
1/2 cup cooked broccoli
1 whole grain dinner roll

Evening Snack

3 cups light popcorn

1400-Day 5

Breakfast

1 English muffin
1 egg poached
1/2 grapefruit

Morning Snack

1 peach or other fruit
1 cup skim milk
1 cup cereal

Lunch

2 oz. turkey breast or lean ham
1 large whole grain pita
2 sliced carrots
1 cup skim milk

Afternoon Snack

1 pear

Dinner

2 slices cheese pizza
1 large mixed green salad
1 T. fat free salad dressing

Evening Snack

1 cup sliced fruit



1400-Day 6

Breakfast

1 bagel
1 T. light cream cheese
1 cup orange juice

Morning Snack

6 oz. fat free, flavored yogurt

Lunch

2 oz. lean hamburger, grilled or broiled
1 T. ketchup
1 hamburger bun
1/2 tomato, sliced
1/2 green pepper, sliced
1 cup skim milk

Dinner

1½ cups angel hair pasta
3 oz. boiled shrimp
1 tsp. olive oil with garlic on pasta
1 mixed green salad
1 T. fat free dressing
1/2 cup cooked green beans
1 slice Italian bread



1500-Day 7

Breakfast

1 slice French toast
1 cup fresh blueberries
1 cup skim milk

Morning Snack

1 orange

Lunch

1/2 cup cottage cheese
1 mixed green salad
1 T. fat free dressing
1 whole wheat roll
1 cup skim milk
1 cup sliced carrots

Afternoon Snack

1 oz. pretzels

Dinner

3 oz. baked or broiled cod
1½ cups noodles
2 tsp. butter or margarine
1 cup applesauce
1 cup mixed vegetables

Evening Snack

1/2 cup fat free pudding



1500-Day 5

Breakfast

1 English muffin
1 egg poached
1/2 grapefruit

Morning Snack

1 peach or other fruit
1 cup skim milk
1 cup cereal

Lunch

2 oz. turkey breast or lean ham
1 large whole grain pita
2 sliced carrots
1 cup skim milk

Afternoon Snack

1 pear

Dinner

2 slices cheese pizza
1 large mixed green salad
1 T. fat free salad dressing

Evening Snack

1 cup sliced fruit



1500-Day 6

Breakfast

1 bagel
1 T. light cream cheese
1 cup orange juice

Morning Snack

6 oz. fat free, flavored yogurt

Lunch

2 oz. lean hamburger, grilled or broiled
1 T. ketchup
1 hamburger bun
1/2 tomato, sliced
1/2 green pepper, sliced
1 cup skim milk

Dinner

2 cups angel hair pasta
3 oz. boiled shrimp
1 tsp. olive oil with garlic on pasta
1 mixed green salad
1 T. fat free dressing
1/2 cup cooked green beans
1 slice Italian bread

1400 - Day 7

Breakfast

1 slice French toast
1 cup fresh blueberries
1 cup skim milk

Morning Snack

1 orange

Lunch

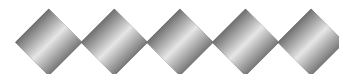
1/2 cup cottage cheese
1 mixed green salad
1 T. fat free dressing
1 whole wheat roll
1 cup skim milk
1 cup sliced carrots

Dinner

3 oz. baked or broiled cod
1 1/2 cup noodles
2 tsp. butter or margarine
1 cup applesauce
1 cup mixed vegetables

Evening Snack

1/2 cup fat free pudding



1500 CALORIE MENU

1500-Day 1

Breakfast

2 plain waffles
1 T. maple syrup
1 tsp. butter or margarine
8 oz. water or caffeine free,
non-caloric beverage
1/2 cup orange juice

Morning Snack

1 cup skim milk
1/2 cinnamon bagel

Lunch

salad with romaine lettuce
1/4 cup each carrots, green peppers,
cabbage, celery
1 T. lite salad dressing
1 oz. turkey breast
1 whole grain roll

Afternoon Snack

1/2 cup sliced strawberries
6 oz. fat free, flavored yogurt
1 T. crunchy whole grain cereal

Dinner

3 oz. sirloin steak, lean only, broiled or
grilled without added fat
1 cup rice
1 tsp. butter or margarine
1/2 cup cooked carrots
1 mixed green salad
2 T. fat free dressing

Evening Snack

1 orange

1500-Day 2

Breakfast

1 cup oatmeal, cooked
1 tsp. brown sugar
1/2 cup skim milk
1 cup orange juice

Morning Snack

1 apple

Lunch

1 oz. turkey breast
mustard or fat free mayonnaise
2 slices whole wheat bread
1½ cups sliced cucumbers & carrots,
or other raw vegetable

Afternoon Snack

1/2 cup skim milk
1 cup strawberries

Dinner

3 oz. chicken breast, no skin, baked,
broiled or grilled
1 medium baked potato
2 tsp. butter or margarine
1 cup green beans
1 mixed green salad
4 tsp. regular Italian salad dressing

Evening Snack

low fat milk shake made with:
1 cup skim milk
3/4 cup fat free ice cream



1500-Day 3

Breakfast

2 pancakes, 4" round
1 T. fruit spread or maple syrup

Morning Snack

1 cup skim milk
1 sliced peach

Lunch

1 mixed green salad
1 T. fat free dressing
6 saltine crackers
3 oz. tuna fish, albacore, water packed
1 apple

Afternoon Snack

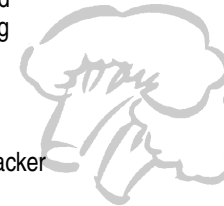
1/2 oz. chocolate
(about 4 chocolate kisses)

Dinner

2 cups cooked pasta
1/2 cup spaghetti sauce with
1½ oz. cooked ground beef, lean
1 mixed green salad
1 T. fat free dressing

Evening Snack

1 cup skim milk
1 whole graham cracker



1500-Day 4

Breakfast

1 cup orange juice
1 cup cereal
1 cup skim milk
1 cup strawberries

Morning Snack

2 tsp. reduced fat peanut butter
2 rice cakes

Lunch

1 cup vegetable soup
1 mixed green salad
2 T. fat free salad dressing
1 cup skim milk
6 saltine crackers
1 oz. low fat mozzarella cheese

Afternoon Snack

1 apple

Dinner

1 piece (5 oz.) flounder or other white
fish, baked, broiled or grilled
1 medium baked potato
1 mixed green salad
1 T. fat free salad dressing
1 cup cooked broccoli
1 whole grain dinner roll

Evening Snack

3 cups light popcorn