

SAMPLE MENUS

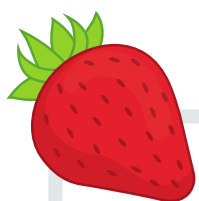
These menus provide a **variety of structures** you use to add spice and spirit to your meals. You can use the times as guidelines, adjusting your eating schedules to when you wake up and eat breakfast, lunch, and dinner. Test out different menus to find one that fits your lifestyle well.

Day A

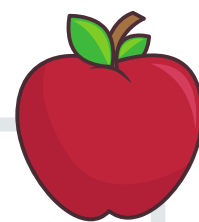
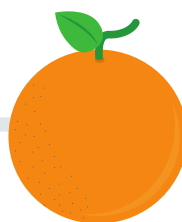
Breakfast 7:30 AM	Egg-white burrito in whole-wheat tortilla, with chopped tomatoes
Snack 9:30 AM	Baby carrots
Snack 11:00 AM	Healthy handful of sugar snap peas
Lunch 12:30 PM	Salad including your choice of vegetables (added fibers) and sliced turkey for protein
Snack 3:30 PM	Orange
Dinner 7:00 PM	Tofu or chicken, brown rice, and steamed vegetable

Day B

Breakfast 7:00 AM	Whole-grain bread, toasted and spread w/ unsweetened peanut butter
Snack 9:30 AM	Carrots
Snack 11:00 AM	Apple
Lunch 12:30 PM	Grilled Shrimp Steamed mixed vegetables
Snack 3:00 PM	Strawberries w/ low-fat cottage cheese
Dinner 6:00 PM	Barley Roasted Brussels sprouts w/ garlic Broiled lamb chops



Snack Facts



1. Snacking creates natural portion control at mealtimes when spaced appropriately.
2. Snacking supplies the body with continued fuel to maintain a steady burn of calories which speeds metabolism up to 40% above BMR.
3. Snacking reduces fatigue and improves attention and memory.

Day C

Breakfast
7:30 AM Bowl of high fiber (low sugar)
cereal w/ 1% milk or soy milk

Snack
10:30 AM Apple

Lunch
1:00 PM Grilled vegetables and
chicken brushed sparingly
with olive oil

Dinner
8:00 PM Grey sole steamed w/ lemon
Mixed greens w/ balsamic
vinegar
Broccoli w/ garlic and olive oil
quinoa

Day D

Breakfast
6:30 AM Slow-cooked oatmeal
with cinnamon

Snack
9:00 AM Celery

Snack
10:30 AM Cucumbers and bell
peppers with hummus

Lunch
12:30 PM Tuna salad sandwich (watch
mayo) on whole-grain bread

Snack
3:00 PM Orange

Snack
5:00 PM Blueberries and blackberries

Dinner
8:00 PM Spinach and mushroom salad
Roasted chicken, seasoned
with herbs
Steamed cauliflower

Day E

Breakfast
10:00 AM Laughing cow cheese spread
on 8-grain toast

Snack
9:00 AM Plain yogurt with apple

Snack
10:30 AM Healthy handful of celery

Lunch
12:30 PM Whole-wheat pita pocket with lean
ham, tomato, lettuce, shaved carrots

Snack
3:00 PM Peach

Dinner
5:00 PM Salmon with garlic black bean sauce (made
with sugar), side of sauteed spinach, and
green salad with cup-up endive

Day E models an *intermittent fasting* schedule. The most common model is the 16/8 method during which you fast for 16 hours and eat for 8 hours. Using this method can be as simple as changing your meal times, not eating after dinner, or skipping breakfast.