



CARBOHYDRATE TYPE (example menu)

MEAL	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE
Breakfast	soft boiled egg(s), whole wheat toast, teaspoon butter, apple	hot whole-grain cereal, low-fat milk, grapes	protein shake (whey or egg white protein) in low-fat milk with fresh or frozen fruit, whole grain toast, teaspoon butter	poached egg(s) Hot whole-grain cereal with low-fat milk, fruit	low-fat cottage cheese or plain low-fat yogurt with fruit, whole-grain toast, teaspoon butter
Lunch	sandwich made with white tuna on wholegrain bread with tomato, sprouts, celery, onions, and mayonnaise, small bowl of vegetable soup	soup made with chicken, broccoli, cabbage, potato, onion rice	tossed green salad with lettuce, tomato, onion, radish, peppers, olive oil, and lemon juice with choice of grilled chicken, turkey, or ham, whole-grain bread and small amount of butter	ham sandwich on whole-grain bread with tomato, sprouts, onions and mayonnaise, or mustard, small bowl of vegetable soup	vegetable soup made with turkey and barley
Snack	pineapple and lowfat cottage cheese, Manna bread	apple and almonds	plain, low-fat yogurt with fresh fruit	low-fat Swiss or mozzarella cheese or Rye-Krisp crackers	wheat thins with cashew butter (1-2 teaspoons only)
Dinner	chicken breast, baked potato with low fat yogurt steamed broccoli and beets, green salad with olive oil and vinegar	baked cod, romaine lettuce, tomato, parsley, onion, with fresh lemon juice and olive oil dressing, millet, steamed zucchini with teaspoon butter	broiled pork chops with rice, corn on the cob, green leafy salad with green peppers, cucumbers and scallions with vinaigrette dressing	broiled trout with lemon, steamed broccoli, baked yam with teaspoon butter, sliced cucumber with chopped onion and vinegar	baked Cornish game hen with stuffing, Brussels sprouts, coleslaw with chopped scallion and green pepper, vinaigrette dressing