



MIXED TYPE (example menu)

MEAL	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE
Breakfast	hot whole grain cereal with whole milk and berries (optional: eggs or cottage cheese)	oatmeal with half and half, banana, protein shake with whey or egg-white protein powder, fruit	bacon and eggs, wheat toast with butter, ½ grapefruit or apple	sausages with hot whole grain cereal with butter and a little milk	vegetable omelette, with potatoes fried in butter (optional: 1 piece of sprouted toast)
Lunch	cheese sandwich comprised of 1 or 2 pieces of whole-grain bread and tomato, lettuce, onion, pickle and mayonnaise, coleslaw	dark or light tuna salad made with tomato, artichoke hearts, celery, scallions, lettuce, olive oil and lemon juice, toasted spelt bread	turkey sandwich on 1 or 2 pieces of whole-grain bread, salad with vinaigrette dressing	chicken salad sandwich on rye (light and/or dark meat) mayonnaise, chopped tomato, onion, celery and sprouts	hamburger on sprouted-grain bun coleslaw with pickle
Snack	cottage cheese with olives and rye cracker	nuts and raisins	fruit salad and whole milk yogurt	whole-wheat toast or apple with almond butter	leftover chicken with carrot and celery sticks
Dinner	roast beef, steamed beets with butter, spinach salad with onions, croutons, olive oil and vinegar	Cornish game hen with wild rice, steam asparagus and butter, lettuce, tomato, radish and onion salad with olive oil and vinegar	broiled pork chops, steamed zucchini, sweet potato with butter	leg of lamb with roast potatoes, broccoli, mixed green salad	broiled halibut steak, baked spaghetti squash, steamed Swiss chard