



## Strict Diet Plan

Eat two meals a day, one at 10:00 or 11:00 a.m., the second at 6:00 or 7:00 p.m.

- Monday:** 1<sup>st</sup> meal-Bowl of oatmeal, 2 slices of wheat toast, 2 fruits  
2<sup>nd</sup> meal-Pasta with tomato sauce-12 oz. Tossed salad with lite dressing, 2 wheat rolls
- Tuesday:** 1<sup>st</sup> meal-Wheat bagel with lite cream cheese, 6 oz. Low fat yogurt, 1 fruit  
2<sup>nd</sup> meal-Baked chicken-10 oz. Baked potato, vegetable, 1 fruit
- Wednesday:** 1<sup>st</sup> meal-3 medium pancakes with lite syrup, fruit  
2<sup>nd</sup> meal-Pasta with tomato sauce-12 oz. Tossed salad with lite dressing, 2 wheat rolls
- Thursday:** 1<sup>st</sup> meal-2 bran muffins, 6 oz. Low fat yogurt, 1 fruit  
2<sup>nd</sup> meal-Baked fish-10 oz. Baked potato, vegetable, 1 fruit
- Friday:** 1<sup>st</sup> meal-Bowl of oatmeal, 2 slices of wheat toast, 2 fruits  
2<sup>nd</sup> meal-Pasta with tomato sauce-12 oz. tossed salad with lite dressing, 2 wheat rolls
- Staurday:** 1<sup>st</sup> meal-Wheat bagel with low fat jelly, 6 oz. yogurt, 1 fruit  
2<sup>nd</sup> meal-Large tossed salad, baked potato, vegetable, 1 fruit
- Sunday:** 1<sup>st</sup> meal-3 medium pancakes with lite syrup, 2 fruits  
2<sup>nd</sup> meal-Pasta with tomato sauce-12 oz. tossed salad with lite dressing, 2 wheat rolls

# Standard Diet Plan

- Breakfast**            2 eggs or small bowl bran cereal (no sugar)  
6 oz. milk or 6 oz. juice (orange/grapefruit/tomato)  
Vitamins  
    1. multi-vitamin pill  
    2. 2000 mg. Vitamin C
- Lunch**                soup—1 bowl tomato or chicken rice, etc.  
salad—lettuce, tomato, etc. with diet dressing  
water
- Dinner**               4-6 oz. chicken or fish (not fried)  
1 cup green veggies (beans, broccoli, spinach, etc.) (not  
peas)  
1 fruit—preferably orange or grapefruit (no grapes,  
bananas only occasionally) water
- In general:**            Keep yourself well-hydrated until the last 24 hours before  
weigh-ins: drink plenty of water, coffee, tea, diet soda.  
Drink water before a meal to help fill you up. Lettuce and  
celery should be treated like water—same rules apply.
- If you can afford to add calories to the above, try to add  
complex carbohydrates—pasta, cereal, breads, baked  
potato. Bran cereal is best for fiber.
- Avoid: fats, sweets, corn, peas, peanut butter, alcohol,  
cheese, honey, raisins, salt, catsup.
- Mustard is low-cal; use it as your condiment of choice.
- 100-cal, no-fat yogurt is a great substitute at lunch or  
dinner.

Count your calories over a week, and get an average of how many you ingest in any given day. If 1400 calories is allowing you to lose weight gradually, go with that amount. Depending on your body's ability to burn off calories, you may need to raise or reduce the amount you ingest daily.