

Revised Meal Plan

Breakfast

- Scrambled egg (cooked with 1tsp butter)
- Salsa 1 tbsp
- Wheat or cracked wheat bread 1 slice
- Reduced calorie spread 1tsp
- All-fruit preserves 1 tbsp
- Coffee 8 oz
- Coffee Mate Lite creamer (liquid) 2 tbsp
- Calorie-free sweetener 1packet

Lunch

- Orange – raw, large - 1cup
- Mozzarella cheese stick (part skim) 1oz
- Stir-fried chicken and vegetables 1 cup
- Brown rice, no fat added ½ cup

Dinner

- Apple juice (100% juice) 10 oz
- Meat & veggie pizza, thn crust 1 slice, med pizza
- Tossed salad (lettuce and vegetables) 1 1/2cups
- Low-calorie salad dressing 2 tbsp

Snacks – After Breakfast, After Lunch, After Dinner/ Dessert

- Raw celery ¾ cup
- Peanut butter, reduced fat 2 tbsp
- Flavored yogurt, low fat 8 oz
- Milk chocolate fruit & nut bar ½ bar
- Tomato cucumber salad, with oil & vinegar 1 cup with 1tbsp dressing
- Fresh strawberries 1 cup