

## Sample Menu for 800 Calorie Plan

<b>Meal 1</b>	1 oz. Very lean protein 1 Starch	45 100	<b>Meal 4</b>	1- 15gm Protein Shake	100
<b>Meal 2</b>	1-15gm Protein Shake	100	<b>Meal 5</b>	2 oz. Very lean protein 1 Veggie 1 Salad	90 50 50
<b>Meal 3</b>	3 oz. Very lean protein 1 Starch 1/2 Fruit	135 100 50		<b>TOTAL</b>	820

**\*\*YOU MUST CHOOSE ONLY FROM THE VERY LEAN PROTEIN GROUP\*\***

<b>Day 1</b>	<p><b>Meal 1: Protein:</b> 2 Scrambled egg whites (flavored w/ tomatoes and onions) <b>Starch:</b> 1 whole grain English muffin (muffin toasted and sprayed with zero calorie butter spray)</p> <p><b>Meal 2: Protein:</b> Protein shake</p> <p><b>Meal 3: Protein:</b> 3 oz. Beef Patty (extra lean 96/4) <b>Starch:</b> 1 light whole grain bun <b>Fruit:</b> 1/2 cup of melon ***<i>Lettuce/tomato/onion for hamburger allowed</i></p> <p><b>Meal 4: Protein:</b> Protein Shake</p> <p><b>Meal 5: Protein:</b> 2 oz. grilled white meat chicken (<i>no skin</i>) <b>Salad:</b> 1 cup leafy green with 1 cup of either/or a combination of celery/cucumber/mushrooms/radishes <b>Veggie:</b> 1 cup seasoned green beans</p>
<b>Day 2</b>	<p><b>Meal 1: Protein:</b> 1 oz. shredded low fat cheese toasted on <b>Starch:</b> 1 slice whole grain bread</p> <p><b>Meal 2: Protein:</b> Protein Shake</p> <p><b>Meal 3: Protein:</b> 3 oz. tuna seasoned with spices &amp; fat free mayonnaise <b>Starch:</b> 6 Triscuit crackers <b>Fruit:</b> 15 grapes</p> <p><b>Meal 4: Protein:</b> Protein Shake</p> <p><b>Meal 5: Protein:</b> 2 oz. grilled fish <b>Veggie:</b> 1 cup cooked vegetable <b>Salad:</b> 1 cup leafy greens and 1 cup veggies (<i>celery/cucumber/mushrooms/radishes</i>)</p>
<b>Day 3</b>	<p><b>Meal 1: Protein:</b> 4 oz. skim milk (<i>this will accommodate the protein</i>) <b>Starch:</b> 1 cup Special K dry cereal</p> <p><b>Meal 2: Protein:</b> Protein Shake</p> <p><b>Meal 3: Protein:</b> 3 oz. grilled chicken (<i>use salt free spices for flavor</i>) <b>Starch:</b> 1/2 whole grain pita bread ***<i>may use fat free salad dressing for the pita sandwich</i> <b>Fruit:</b> 1/2 orange</p> <p><b>Meal 4: Protein:</b> Protein Shake</p> <p><b>Meal 5: Protein:</b> 2 oz. pork tenderloin <b>Salad:</b> 1 cup spinach salad (<i>avoid bacon</i>) <b>Veggies:</b> 1 cup cooked carrots</p>
<b>Day 4</b>	<p><b>Meal 1: Protein:</b> 1/4 cup Egg Substitute omelet (<i>add onions/green peppers</i>) <b>Starch:</b> 100 calorie bagel</p>

	<p><b>Meal 2: Protein:</b> Protein Shake</p> <p><b>Meal 3: Protein:</b> 2 oz. Beef Tenderloin      <b>Fruit:</b> 1/2 cup strawberries  <b>Starch:</b> 3 oz. baked potato (<i>may use fat free butter spray or 2 T. salsa</i>)</p> <p><b>Meal 4: Protein:</b> Protein Shake</p> <p><b>Meal 5: Protein:</b> 2 oz. rotisserie chicken (<i>no skin</i>)      <b>Veggie:</b> 1 cup steamed broccoli  <b>Salad:</b> 1 cup salad greens with 1 cup free veggies</p>
<b>Day 5</b>	<p><b>Meal 1: Protein:</b> 4 oz. nonfat yogurt sweetened w Splenda (<i>accommodates for protein</i>)  <b>Starch:</b> 2 squares of Graham Crackers</p> <p><b>Meal 2: Protein:</b> Protein Shake</p> <p><b>Meal 3: Protein:</b> 3 oz. chicken salad (<i>made with fat free mayonnaise walnuts, grapes and spices</i>)      <b>Starch:</b> 1 whole grain pita      <b>Fruit:</b> 1/2 small banana</p> <p><b>Meal 4: Protein:</b> Protein Shake</p> <p><b>Meal 5: Protein:</b> 2 oz. lean meatballs with 1/2 cup Fat free Marinara sauce  <b>Salad:</b> 1 cup salad greens w/option free veggies      <b>Veggie:</b> 1 cup grilled asparagus</p>
<b>Day 6</b>	<p><b>Meal 1: Protein:</b> 2 hard cooked egg whites  <b>Starch:</b> 1-2 slices whole grain toast with fat free butter spray</p> <p><b>Meal 2: Protein:</b> Protein Shake</p> <p><b>Meal 3: Protein:</b> 3 oz. shredded grilled chicken      <b>Starch:</b> 1 whole grain tortilla (<i>Use to make a wrap sandwich</i>) ** (<i>May add the free veggies celery/ cucumber/ mushrooms/ radishes and fat free salad dressing to wrap</i>)  <b>Fruit:</b> 1/2 medium apple</p> <p><b>Meal 4: Protein:</b> Protein Shake</p> <p><b>Meal 5: Protein:</b> 2 oz. chicken drumstick (<i>no skin</i>)      <b>Salad:</b> 1 cup greens with 1 cup free veggies      <b>Veggie:</b> 1 cup cauliflower</p>
<b>Day 7</b>	<p><b>Meal 1: Protein:</b> 4 oz. skim milk (<i>accommodates for protein</i>)  <b>Starch:</b> 1 whole grain English muffin (<i>spray with fat free butter</i>)</p> <p><b>Meal 2: Protein:</b> Protein Shake</p> <p><b>Meal 3: Protein:</b> 3 oz. select lean beef steak      <b>Starch:</b> 2/3 cup corn  <b>Fruit:</b> 1/2 cup melon</p> <p><b>Meal 4: Protein:</b> Protein Shake</p> <p><b>Meal 5: Protein:</b> 2oz. baked fish      <b>Veggie:</b> 1cup steamed broccoli  <b>Salad:</b> 1 cup salad greens with 1 cup free veggies</p>

**\*\*\*When using fat free mayonnaise or fat free salad dressing for sandwiches or salads use a 1 tablespoon\*\*\***