

Sunday

Breakfast

Two eggs + 2 egg whites, scrambled
Turkey sausage links
Orange
Coffee or tea

Snack

Sugar-free yogurt, 2 plums

Lunch

Chicken Caesar Salad (no croutons)
Vegetable Juice

Snack

Guacamole
Red and green bell pepper strips

Dinner

Grilled sirloin steak
Grilled vegetables
Lettuce wedge with light dressing

Snack/Dessert

Apple Crumb Pie

Monday

Breakfast

Two egg spinach/cheese omelet
2 apricots
Coffee or tea

Snack

Sugar-free yogurt, pear

Lunch

Grilled turkey burger
Sliced tomato and sautéed onion
Spinach salad with light dressing

Snack

Sugar-free protein shake

Dinner

Quick and Easy Chicken Stew
Sautéed green beans
Lettuce salad with light dressing

Snack/Dessert

Guacamole
Cucumber and carrot chips

Tuesday

Breakfast

Poached eggs with turkey sausage
Fruit salad
Coffee or tea

Snack

Sugar-free protein shake

Lunch

Jumbo cooked shrimp with lemon
Large tossed salad with light dressing
Green or red grapes

Snack

Sugar-free yogurt

Dinner

Hearty Beef Stroganoff
Broccoli florets, steamed
Lettuce salad with light dressing

Snack/Dessert

Apple Crumb Pie

Wednesday

Breakfast

Egg white omelet with veggies and cheddar cheese
½ grapefruit
Coffee or tea

Snack

Sugar-free yogurt, peach or nectarine

Lunch

Quick and Easy Chicken Stew
Spinach with light dressing

Snack

Apricot halves with cottage cheese

Dinner

Grilled salmon fillet
Sautéed green beans
Cucumber salad with light dressing

Snack/Dessert

Apple Crumb Pie with glass of Almond or soymilk

Week E: Phase III Maintenance

Chicken, Beef, Seafood

Thursday

Breakfast

Two eggs scrambled
Cottage cheese
Orange,
Coffee or tea

Snack

Sugar-free yogurt, 1c.
strawberries

Lunch

Chef's salad: lettuce,
roast beef, Swiss
cheese, tomato, carrot,
cucumber and light
dressing

Snack

Sugar-free protein
shake

Dinner

Hearty Beef Stroganoff
Broccoli florets,
steamed
Lettuce salad with
light dressing

Snack/Dessert

Guacamole
Celery sticks

Friday

Breakfast

Poached eggs with
turkey sausage
½ grapefruit, Coffee or
tea

Snack

Plain yogurt with
Sliced banana and
walnuts

Lunch

Turkey breast slices in
lettuce wraps
Light honey mustard
dressing
Vegetable juice

Snack

Swiss cheese wedge,
Pear

Dinner

Quick and Easy
Chicken Stew
Sauteed green beans
Lettuce salad with
light dressing

Snack/Dessert

Coconut Macaroons
with glass of
Almond or Soymilk

Saturday

Breakfast

Two eggs + 2 egg
whites, scrambled
Turkey sausage links
Orange
Coffee or tea

Snack

Sugar-free protein
shake

Lunch

Turkey burger with
Guacamole
Sliced tomato and
lettuce
Green or red grapes

Snack

Orange
Almond or soymilk

Dinner

Hearty Beef Stroganoff
Broccoli florets,
steamed
Lettuce salad with
light dressing

Snack/Dessert

Sugar-free yogurt,
apple

Week F: Phase III Maintenance

Chicken, Beef, and Vegetarian

Sunday

Breakfast

Two eggs scrambled
Turkey bacon
Orange
Coffee or tea

Snack

Sugar-free yogurt

Lunch

Creamy Broccoli Soup
Lettuce salad with
light dressing and
Sliced turkey breast

Snack

Apricot halves with
cottage cheese

Dinner

Tangy Stuffed Peppers
Lettuce wedge with
light salad dressing

Snack/Dessert

Apple Crumb Pie

Monday

Breakfast

Two egg spinach
omelet
½ grapefruit
Coffee or tea

Snack

Sugar-free yogurt

Lunch

Tangy Stuffed Peppers
Spinach salad with
light salad dressing

Snack

Cheddar cheese
wedge
Apple

Dinner

Quick and Easy
Chicken Stew
Lettuce salad with
light dressing

Snack/Dessert

Grilled Peach Parfait

Tuesday

Breakfast

Crustless Quiche with
Sun Dried Tomatoes
Orange
Coffee or tea

Snack

Cottage cheese with
Pineapple chunks

Lunch

Sliced grilled chicken
breast
Guacamole
Celery and bell pepper
for dipping

Snack

Sugar-free yogurt

Dinner

Teriyaki Beef with
Snow Peas

Snack/Dessert

Apple Crumb Pie

Wednesday

Breakfast

Veggie omelet with
cheddar cheese
½ grapefruit
Coffee or tea

Snack

Sugar-free yogurt

Lunch

Creamy Broccoli Soup
Spinach salad with
light dressing and
Sliced turkey breast

Snack

Guacamole
Celery and bell pepper
for dipping

Dinner

Pork Chops with
Apples and Kraut
Sautéed green beans

Snack/Dessert

Grilled Peach Parfait

Week F: Phase III Maintenance

Chicken, Beef, and Vegetarian

Thursday

Breakfast

Crustless Quiche with
Sun Dried Tomatoes
Orange
Coffee or tea

Snack

Sugar-free yogurt

Lunch

Teriyaki Beef with
Snow Peas
Pineapple chunks

Snack

Apple
Cheddar cheese

Dinner

Super Juicy Roast
Lemon Chicken
Lettuce salad with
light dressing

Snack/Dessert

Coconut Macaroons
with glass of
Almond or soymilk

Friday

Breakfast

Poached eggs with
turkey sausage
½ grapefruit
Coffee or tea

Snack

Sugar-free yogurt

Lunch

Super Juicy Roast
Lemon Chicken
Spinach salad with
light dressing

Snack

Orange

Dinner

Pork Chops with
Apples and Kraut
Sautéed green beans

Snack/Dessert

Nutty Orange Scones

Saturday

Breakfast

Crustless Quiche with
Sun Dried Tomatoes
½ grapefruit, Coffee or
tea

Snack

Sugar-free yogurt

Lunch

Creamy Broccoli Soup
Lettuce salad with
light dressing and
Sliced turkey breast

Snack

Orange

Dinner

Tangy Stuffed Peppers
Spinach salad with
light salad dressing,
Apple

Snack/Dessert

Coconut Macaroons
Pineapple chunks

Week G: Phase III Maintenance

Chicken, Seafood, Vegetarian

Sunday

Breakfast

Two eggs scrambled
Turkey bacon
Orange
Coffee or tea

Snack

Sugar-free yogurt

Lunch

Creamy Chicken
Chowder
Lettuce salad with
light dressing

Snack

Apricot halves with
cottage cheese

Dinner

Super Shrimp Gumbo
Lettuce wedge with
light dressing

Snack/Dessert

Apple Crumb Pie with
glass of almond or soy
milk

Monday

Breakfast

Two egg spinach
omelet
½ grapefruit
Coffee or tea

Snack

Sugar-free yogurt

Lunch

Super Shrimp Gumbo
Spinach salad with
light dressing

Snack

Muenster cheese
wedge
Apple

Dinner

Terrific Turkey Loaf
Steamed broccoli
Lettuce salad with
light dressing

Snack/Dessert

Favorite Fruit Sorbet
Coconut Macaroons

Tuesday

Breakfast

Crustless Quiche with
Sun Dried Tomatoes
Orange
Coffee or tea

Snack

Cottage cheese with
Pineapple chunks

Lunch

Terrific Turkey Loaf,
Carrot sticks
Lettuce salad with
light dressing

Snack

Sugar-free yogurt

Dinner

Seared Ahi Tuna with
Wasabi Dressing
Steamed broccoli

Snack/Dessert

Apple Crumb Pie with
glass of almond or soy
milk

Wednesday

Breakfast

Veggie omelet
Turkey bacon
½ grapefruit
Coffee or tea

Snack

Sugar-free yogurt

Lunch

Creamy Chicken
Chowder
Spinach salad with
light dressing

Snack

Muenster cheese
wedge
Apple

Dinner

Lemon-Lime Fish Fillet
with Salsa
Sautéed green beans

Snack/Dessert

Favorite Fruit Sorbet
Coconut Macaroons

Week G: Phase III Maintenance

Chicken, Seafood, Vegetarian

Thursday

Breakfast

2 eggs scrambled
Turkey bacon
Orange, Coffee or tea

Snack

Sugar-free yogurt

Lunch

Seared Ahi Tuna with
Wasabi Dressing
Steamed broccoli
Pineapple chunks

Snack

Apple and Cottage
cheese

Dinner

Terrific Turkey Loaf
Steamed broccoli
Lettuce salad with
light dressing

Snack/Dessert

Nutty Orange Scones

Friday

Breakfast

Poached eggs
½ grapefruit
Coffee or tea

Snack

Sugar-free yogurt

Lunch

Lemon-Lime Fish Fillet
with Salsa
Spinach salad with
light dressing

Snack

Orange

Dinner

Super Shrimp Gumbo
Sautéed green beans

Snack/Dessert

Favorite Fruit Sorbet
Coconut Macaroons

Saturday

Breakfast

Nutty Orange Scones
½ grapefruit
Coffee or tea

Snack

Sugar-free yogurt

Lunch

Super Shrimp Gumbo
Spinach salad with
light dressing

Snack

Orange

Dinner

Terrific Turkey Loaf
Steamed broccoli
Lettuce salad with
light dressing
Apple

Snack/Dessert

Coconut Macaroons
Pineapple chunks

Week H: Phase III Maintenance

Vegetarian

Sunday

Breakfast

Two eggs scrambled
Orange, Coffee or tea

Snack

Sugar-free yogurt

Lunch

Creamy Broccoli Soup
Nutty Orange Scones
Lettuce salad with
light dressing

Snack

Apricot halves with
cottage cheese

Dinner

Herbed Portobello
Burger
Slice American cheese
Sautéed onions and
Sliced tomatoes
Lettuce wedge with
light salad dressing

Snack/Dessert

Apple Crumb Pie with
glass of
Almond or soymilk

Monday

Breakfast

Two egg spinach
omelet
½ grapefruit
Coffee or tea

Snack

Sugar-free yogurt

Lunch

Eggplant Rollatini
Spinach salad with
light salad dressing

Snack

Orange
Apple

Dinner

Indonesian Vegetarian
Stew

Snack/Dessert

Favorite Fruit Sorbet
Coconut Macaroons

Tuesday

Breakfast

Crustless Quiche with
Sun Dried Tomatoes
Orange
Coffee or tea

Snack

Cottage cheese with
Pineapple chunks

Lunch

Indonesian Vegetarian
Stew

Snack

Sugar-free yogurt

Dinner

Primavera Salad
Nutty Orange Scones
Apricot halves

Snack/Dessert

Apple Crumb Pie with
glass of Almond or
soymilk

Wednesday

Breakfast

Veggie omelet with
cheese
½ grapefruit
Coffee or tea

Snack

Sugar-free yogurt

Lunch

Creamy Broccoli Soup
Nutty Orange Scones
Lettuce salad with
light dressing

Snack

Cottage cheese
Apple

Dinner

Eggplant Rollatini
Spinach salad with
light salad dressing

Snack/Dessert

Favorite Fruit Sorbet
Coconut Macaroons

Week H: Phase III Maintenance

Vegetarian

Thursday

Breakfast

Nutty Orange Scones
½ grapefruit, Coffee or tea

Snack

Sugar-free yogurt

Lunch

Primavera Salad
Apricot halves

Snack

Guacamole
Red bell pepper strips

Dinner

Crustless Quiche with Sun Dried Tomatoes
Steamed broccoli
Lettuce salad with light dressing

Snack/Dessert

Apple
Cottage cheese

Friday

Breakfast

Poached eggs
½ grapefruit
Coffee or tea

Snack

Sugar-free yogurt

Lunch

Guacamole
American cheese slice
Celery sticks
Spinach salad with light dressing

Snack

Orange

Dinner

Indonesian Vegetarian Stew

Snack/Dessert

Favorite Fruit Sorbet
Coconut Macaroons

Saturday

Breakfast

Nutty Orange Scones
½ grapefruit, Coffee or tea

Snack

Sugar-free yogurt

Lunch

Creamy Broccoli Soup
Cottage cheese
Spinach salad with light dressing

Snack

Orange, Pineapple chunks

Dinner

Herbed Portobello Burger
Slice American cheese
Sautéed onions, Sliced tomatoes
Lettuce wedge with light salad dressing

Snack/Dessert

Coconut Macaroons
with glass of Almond or soymilk



Week E: Phase III Maintenance

Chicken, Beef, Seafood

Protein

- 1 x 4oz. sirloin steak
- 1 lb. beef round steak
- 2 split chicken breasts
- 1 lb. boneless, skinless chicken breasts
- 8 oz. ground turkey
- 8 oz. salmon fillet
- 1 dozen large eggs
- Turkey bacon

Dairy

- 1 pt. lowfat cottage cheese
- 3 oz. Swiss cheese
- 4 oz. mozzarella cheese
- Unsweetened almond milk or soymilk
- 1 pt. plain yogurt
- 3 small sugar-free yogurts
- Unsalted butter

Other

- Almond flour
- Unsweetened shredded coconut

Vegetables

- 2 medium tomatoes
- Grape tomatoes
- Lettuce greens (to equal 8 cups)
- Raw spinach, regular or baby (to equal 4 cups)
- 3 medium yellow onions
- 1 small red onion
- 10 oz. white mushrooms
- Medium cucumber
- Broccoli florets
- Shredded carrots
- Celery sticks
- 2 medium red bell peppers
- 1 lb. asparagus, fresh or frozen
- 1 lb. green beans, fresh or frozen
- Fresh basil, dill, and cilantro

Fruit

- 5 medium oranges
- Lemons (at least 1)
- 1 grapefruit
- 1 cup fresh pineapple
- 2 Granny Smith apples
- 4 eating apples
- Small box prunes
- Medium can apricot halves, no-added-sugar
- Small unsweetened applesauce



Week F: Phase III Maintenance

Chicken, Beef, Vegetarian

Protein

- 8 oz. beef sirloin or tenderloin steak
- 1 lb. ground beef or veal
- 4 chicken leg quarters
- 1 lb. boneless, skinless chicken breasts
- 1 lb. thin loin or rib pork chops
- 1 dozen large eggs
- Turkey bacon

Dairy

- 1 pt. lowfat cottage cheese
- 3 oz. cheddar cheese
- Unsweetened almond milk, soy milk, or cow's milk
- 6 small sugar-free yogurts

Vegetables

- 1 medium tomato
- Lettuce greens (to equal 10 cups)
- Raw spinach, regular or baby (to equal 8 cups)
- 3 medium yellow onions
- 1 medium avocado
- 1 bunch scallions
- 1 ½ lb. broccoli
- Small bag whole carrots
- Celery sticks
- 1 medium red bell pepper
- 2 large green bell peppers
- 4 oz. snow peas
- 1 lb. green beans, fresh or frozen
- Fresh rosemary and parsley
- 1 x 15 oz. can sauerkraut

Fruit

- 5 medium oranges
- Lemons (at least 2)
- 1 lime
- 2 grapefruit
- 1 ½ cup fresh pineapple
- 1 large peach
- 2 Granny Smith apples
- 4 eating apples
- Small can apricot halves, no-added-sugar



Week G: Phase III Maintenance

Chicken, Seafood, Vegetarian

Protein

- 1 lb. ground turkey
- 8 oz boneless, skinless chicken breasts
- 1 lb. medium shrimp
- 8 oz. ahi tuna
- 8 oz. cod or scrod
- 1 dozen large eggs
- Turkey bacon

Dairy

- 8 oz. lowfat cottage cheese
- 3 oz. Muenster cheese
- Unsweetened almond milk, soymilk, or cow's milk
- 6 small sugar-free yogurts

Vegetables

- Lettuce greens (to equal 8 cups)
- Raw spinach, regular or baby (to equal 7 cups)
- Watercress (2 cups)
- 2 medium yellow onions
- 8 oz. broccoli
- Celery sticks
- 1 medium red bell pepper
- 1 medium green bell pepper
- 8 oz. green beans, fresh or frozen
- 5 medium oranges

Fruit

- 1 Lemon
- 1 lime
- 2 grapefruit
- ½ cup fresh pineapple
- 2 Granny Smith apples
- 2 eating apples
- Small can apricot halves, no-added-sugar

Other

- Ground flaxseed
- Wasabi powder



Week H: Phase III Maintenance Vegetarian

Protein

- 1 dozen large eggs
- 8 oz. extra firm tofu

Dairy

- 2 pts. lowfat cottage cheese
- 4 oz. American cheese
- Unsweetened almond milk, soymilk, or cow's milk
- 6 small sugar-free yogurts

Vegetables

- Lettuce greens (to equal 8 cups)
- Raw spinach, regular or baby (to equal 10 cups)
- 3 medium yellow onions
- 2 lb. broccoli
- 1 medium red bell pepper
- 1 medium avocado
- 2 large Portobello mushrooms
- 1 large eggplant
- 4 oz. cauliflower
- 4 oz. green beans, fresh or frozen
- 1 jar marinara sauce, no-sugar-

Fruit

- 5 medium oranges
- 1 lime
- 3 grapefruit
- 1 cup fresh pineapple
- 2 Granny Smith apples
- 3 eating apples
- Large can apricot halves, no-added-sugar