



Sunday

Breakfast

Coffee, tea, or water

Lunch

**Super Beef Chili
Breadstick or Melba
Toast

Dinner

**Chicken with
Orange and Fresh
Basil
Lettuce Salad (2 cups)

Snack

Strawberries (10
medium)
Breadstick/Melba
Toast

Monday

Breakfast

Coffee, tea, or water

Lunch

**Chicken with
Orange and Fresh
Basil
Asparagus, steamed (2
cups)
Breadstick or Melba
Toast

Dinner

**Tilapia with
Strawberry Salsa
Spinach, steamed (3
cups raw)

Snack

Breadstick/Melba
Toast

Tuesday

Breakfast

Coffee, tea, or water

Lunch

**Super Beef Chili
Breadstick or Melba
Toast

Dinner

**Tilapia with
Strawberry Salsa
Lettuce Salad

Snack

Apple
Breadstick/Melba
Toast

Wednesday

Breakfast

Coffee, tea, or water

Lunch

**Chinese Orange
Beef Stir Fry

Dinner

**Easy Chicken
Cacciatore
Breadstick/Melba
Toast

Snack

Strawberries (10
medium)
Breadstick/ Melba
Toast



Thursday

Breakfast

Coffee, tea, or water

Lunch

**Easy Chicken Cacciatore
Breadstick/ Melba Toast

Dinner

**Chinese Orange Beef Stir Fry

Snack

1/2 Grapefruit

Friday

Breakfast

Coffee, tea, or water

Lunch

**Tangy Apple Slaw
Grilled Chicken Breast (4 oz.)

Dinner

**Broiled Lemon Garlic Shrimp
Lettuce Salad (2 cups)
Breadstick/ Melba Toast

Snack

Orange, Breadstick/ Melba Toast

Saturday

Breakfast

Coffee, tea, or water

Lunch

**Broiled Lemon Garlic Shrimp
Spinach Salad (3 cups)
Breadstick/ Melba Toast

Dinner

**The Big Bodacious Burger
**Tangy Apple Slaw

Snack

1/2 Grapefruit,
Breadstick/ Melba Toast



Sunday

Breakfast

Coffee, tea, or water

Lunch

**Cream of Fennel Soup

1/2 cup nonfat cottage cheese

Breadstick or Melba Toast

Dinner

**Tuscan Bistecca with Lemon

Lettuce Salad (2 cups)

Snack

Strawberries (10 medium)

Breadstick/Melba Toast

Monday

Breakfast

Coffee, tea, or water

Lunch

**Easy Onion Frittata
Breadstick or Melba Toast

Dinner

**Wrapped Up Chicken Fajitas
Served with Lettuce for Wrapping

Snack

1/2 Grapefruit
Breadstick/Melba Toast

Tuesday

Breakfast

Coffee, tea, or water

Lunch

**Tuscan Bistecca with Lemon
Sliced over Spinach Salad (3 cups)

Dinner

**Easy Onion Frittata

Snack

Strawberries (10 medium)

Breadstick/Melba Toast

Wednesday

Breakfast

Coffee, tea, or water

Lunch

**Wrapped Up Chicken Fajitas
over Lettuce Salad (2 cups)
Breadstick or Melba Toast

Dinner

**Sweet Strawberry Souffle Omelet
Spinach Salad (3 cups)

Snack

1/2 Grapefruit
Breadstick/Melba Toast



Thursday

Breakfast

Coffee, tea, or water

Lunch

**Cream of Fennel Soup

1/2 cup nonfat cottage cheese

Dinner

**Skewered Steak and Red Onions

Breadstick or Melba Toast

Snack

strawberries (10 medium)

Breadstick or Melba

Friday

Breakfast

Coffee, tea, or water

Lunch

**Tomato Bruschetta Omelet

Breadstick or Melba Toast

Dinner

**Savory Sage and Apple Chicken Burgers

Steamed Asparagus (2 cups)

Snack

Orange

Breadstick/ Melba Toast

Saturday

Breakfast

Coffee, tea, or water

Lunch

**Savory Sage and Apple Chicken Burgers

Served with Lettuce for Wrapping

Dinner

**Skewered Steak and Red Onions

Breadstick or Melba Toast

Snack

Strawberries (10 medium)

Breadstick/ Melba Toast



Sunday

Breakfast

Coffee, tea, or water

Lunch

**French Onion Soup
1/2 cup nonfat cottage cheese
1/2 Apple

Dinner

**Herb Roasted Chicken with Lemon and Fennel
Breadstick or Melba Toast

Snack

Strawberries (10 medium)
Breadstick/Melba Toast

Monday

Breakfast

Coffee, tea, or water

Lunch

**Herb Roasted Chicken with Lemon and Fennel
Breadstick or Melba Toast

Dinner

**Orange Soy Glazed Shrimp
Lettuce Salad (2 cups)

Snack

Strawberries (10 medium)
Breadstick/Melba Toast

Tuesday

Breakfast

Coffee, tea, or water

Lunch

**Orange Soy Glazed Shrimp
Cucumber Spears (2 cups)
Breadstick or Melba Toast

Dinner

**Spinach Soy Patties with Lemon Sauce Glaze
Spinach Salad (1 1/2 cups)

Snack

1/2 Grapefruit
Breadstick/Melba Toast

Wednesday

Breakfast

Coffee, tea, or water

Lunch

**Spinach Soy Patties with Lemon Sauce Glaze
Spinach Salad (1 1/2 cups)
Breadstick or Melba Toast

Dinner

**Asian Chicken Roll Ups
1/2 Orange

Snack

Apple
Breadstick/Melba Toast



Thursday

Breakfast

Coffee, tea, or water

Lunch

**Asian Chicken Roll Ups

1/2 Orange

Dinner

**So-y Delicious Chili

Breadstick or Melba Toast

Snack

Apple

Breadstick or Melba Toast

Friday

Breakfast

Coffee, tea, or water

Lunch

**French Onion Soup

1/2 cup nonfat cottage cheese

1/2 Apple

Dinner

**Petit Baked Crab Cakes

Lettuce Salad (2 cups)

Snack

Orange

Breadstick/ Melba Toast

Saturday

Breakfast

Coffee, tea, or water

Lunch

**Petit Baked Crab Cakes

Spinach Salad (3 cups)

Dinner

**Apple Cottage Cheese Dip

Breadstick or Melba Toast

Snack

1/2 Grapefruit



Sunday

Breakfast

Coffee, tea, or water

Lunch

**Minty Radish and Grapefruit Slaw
1/2 cup nonfat cottage cheese

Dinner

**So-y Delicious Chili
Breadstick or Melba Toast

Snack

Apple
Breadstick or Melba Toast

Monday

Breakfast

Coffee, tea, or water

Lunch

**So-y Delicious Chili
Breadstick or Melba Toast

Dinner

**Sweet Strawberry Souffle Omelet
Spinach Salad (3 cups)

Snack

Apple
Breadstick or Melba Toast

Tuesday

Breakfast

Coffee, tea, or water

Lunch

**Apple Cottage Cheese Dip

Dinner

**Tomato Bruschetta
Omelet
Breadstick or Melba Toast

Snack

Orange
Breadstick or Melba Toast

Wednesday

Breakfast

Coffee, tea, or water

Lunch

**Tangy Apple Slaw
1/2 cup nonfat cottage cheese

Dinner

**Spinach Soy Patties with Lemon Sauce Glaze
Spinach Salad (1 1/2 cups)
Breadstick or Melba Toast

Snack

Orange
Breadstick or Melba Toast



Thursday

Breakfast

Coffee, tea, or water

Lunch

**Spinach Soy Patties
with Lemon Sauce
Glaze
Spinach Salad (1 ½
cups)

Dinner

**Easy Onion Frittata
Breadstick or Melba
Toast

Snack

Apple
Breadstick or Melba
Toast

Friday

Breakfast

Coffee, tea, or water

Lunch

**Tangy Apple Slaw
1/2 cup nonfat
cottage cheese

Dinner

**Easy Onion Frittata
Breadstick or Melba
Toast

Snack

Breadstick or Melba
Toast

Saturday

Breakfast

Coffee, tea, or water

Lunch

**Cucumber and
Orange Salad
1/2 cup nonfat
cottage cheese
Breadstick or Melba
Toast

Dinner

Grilled Soy Patty
Spinach Salad (3 cups)

Snack

Apple
Breadstick or Melba
Toast



Week A: Phase II VLCD

Chicken, Beef, Seafood

Protein

- 12 oz. lean ground beef (95%)
- 8 oz. lean beef steak, such as tenderloin
- 1 lb. boneless, skinless chicken breasts
- 8 oz. frozen uncooked large shrimp
- 8 oz. tilapia fillets, fresh or frozen

Vegetables

- 8 oz. asparagus
- 4 medium tomatoes
- Lettuce greens (to equal 6 cups)
- Raw spinach, regular or baby (to equal 6 cups)
- 1 large Napa cabbage
- Fresh basil, parsley, and mint

Fruit

- Lemons (at least 2)
- 1 medium grapefruit
- 2 x 16 oz. boxes fresh strawberries
- 3 medium apples
- 5 medium oranges

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Week B: Phase II VLCD

Chicken, Beef, Vegetarian

Protein

- 8 oz. lean beef steak, such as tenderloin
- 8 oz. boneless, skinless chicken breasts
- 8 oz. ground chicken breast
- Large eggs, 18 count package
- 8 oz. (1 cup) nonfat cottage cheese

Vegetables

- 8 oz. asparagus
- 1 medium tomato
- Lettuce greens (to equal 8 cups)
- Raw spinach, regular or baby (to equal 9 cups)
- 1 large fennel bulb
- 2 medium yellow onions
- 2 medium red onions

Fruit

- 5 medium oranges
- Lemons (at least 2)
- 1 medium grapefruit
- 2 x 16 oz. boxes fresh strawberries
- 2 medium apples

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Week C: Phase II VLCD

Chicken, Seafood, Vegetarian

Protein

- 8 oz. boneless, skinless chicken breasts
- 8 oz. ground chicken breast
- 8 oz. frozen uncooked large shrimp
- 8 oz. lump crab meat
- 8 oz. plain soy patties
- 12 oz. nonfat cottage cheese

Vegetables

- Celery stalks (2 cups)
- 1 large cucumber
- Lettuce greens (to equal 4 cups)
- Raw spinach, regular or baby (to equal 9 cups)
- 1 large fennel bulb
- 2 medium yellow onions
- Small knob fresh ginger

Fruit

- 5 medium oranges
- Lemons (at least 3)
- 1 medium grapefruit
- 1 16 oz. box fresh strawberries
- 4 medium apples



Week D: Phase II VLCD

Vegetarian

Protein

- 20 oz. plain soy patties
- 20 oz. (2 ½ cups) nonfat cottage cheese
- Large eggs 16

Vegetables

- Celery stalks (2 cups)
- 1 large cucumber
- Raw spinach, regular or baby (to equal 12 cups)
- Red radishes (2 cups)
- 2 medium yellow onions
- 3 medium tomatoes
- Small white or Napa cabbage

Fruit

- 4 medium oranges
- Lemons (at least 4)
- 1 medium grapefruit
- 1 8 oz. box fresh strawberries
- 7 medium apples