

# Trim'n Slim® Fat Flush

## DAY 1

**BREAKFAST:** 1/2 cup Shreddies, 1 cup skim milk, 3/4 cup orange juice

**SNACK:** 1 medium apple, 1/2 cup low-fat fruit-bottom yogurt

**LUNCH:** 1/2 whole-wheat pita, 2 slices baked ham, 1 piece lettuce, 1 tomato slice, 1 tsp. mayonnaise

**SNACK:** 2-1/2 cups plain popcorn

**DINNER:** 2 oz. broiled salmon, 2 tsp. olive oil, 1/2 baked potato, 1 tsp. margarine, 1/2 cup carrots, 1 whole-wheat dinner roll

**Total Calories = 1209**

## DAY 2

**BREAKFAST:** 1/2 banana, 1 slice whole-wheat bread, 1 tbsp. peanut butter, 1 cup skim milk

**SNACK:** 1 cup cantaloupe/honeydew melon salad

**LUNCH:** 2 oz. baked chicken, 1/2 cup tomato, 1-1/2 cups iceberg lettuce, 1/2 cup cucumber, 1 tbsp. oil and vinegar salad dressing, 3/4 cup white rice

**SNACK:** 3 graham crackers, 1/2 cup low-fat yogurt, plain

**DINNER:** 1 small dinner roll or tortilla, 2 oz. flank steak, broiled or grilled, 1 cup green beans, 1/2 cup corn, 1 tsp. margarine for corn, 1 tbsp. slivered almonds for green beans

**Total Calories = 1227**

## DAY 3

**BREAKFAST:** 1 cup Raisin Bran, 1 cup skim milk, 1 cup blackberries

**SNACK:** 1 medium orange

**LUNCH:** 1/4 cup tuna, water-pack, 4 slices melba toast, 1 tbsp. low-cal salad dressing, 1/2 cup celery

**SNACK:** 1/4 cup seedless raisins

**DINNER:** 4 egg whites, 3 tbsp. chopped green pepper, 3 tbsp. chopped onion, 2 oz. mozzarella cheese, 1 cup shredded carrots, 2 tsp. light margarine

**Total Calories = 1141**

## DAY 4

**BREAKFAST:** 1 cup Cheerios, 1 cup skim milk, 1 medium apple

**SNACK:** 1-1/4 cups watermelon, 1/2 cup low-fat fruit bottom yogurt

**LUNCH:** 1 slice rye bread, 2 oz. sliced turkey, sliced tomato, lettuce (on sandwich), 1 tbsp. mayonnaise

**SNACK:** 1 medium banana

**DINNER:** 3 oz. skinless roasted chicken breast, 2 tsp. canola oil, 1 tbsp. soy sauce, 1/2 cup chopped broccoli, 1/2 cup carrots, 1/2 cup chopped mushrooms, 1/2 cup instant rice

**Total Calories = 1238**

## DAY 5

**BREAKFAST:** 1/2 cup skim milk, 1/2 cup orange juice, 1 slice multi-grain bread, 2 tsp. peanut butter

**SNACK:** 1 medium peach, 4 arrowroot cookies

**LUNCH:** 2-1/2 cups lettuce, shredded, 1/4 cup carrots (diced), 1/2 cup zucchini (raw), 1/2 medium tomato (diced), 2 tbsp Italian dressing, 4 slices melba toast, 1 cup skim milk

**SNACK:** 3 cups popcorn, air-popped

**DINNER:** 4 ounces broiled flounder or sole, 2 sliced plum tomatoes, 3 tablespoons grated Parmesan cheese, 3/4 cup wild rice, 1 cup steamed broccoli

**Total Calories = 1294**

## DAY 6

**BREAKFAST:** Smoothie: Blend 1 cup frozen berries, 1/2 banana, 1 cup skim milk

**SNACK:** 15 grapes (approx. 1 cup medium-sized), 1/2 cup low-fat fruit bottom yogurt

**LUNCH:** 1 cup vegetable soup, Beef Taco: 1 mini whole-wheat pita, 1/2 cup shredded lettuce, 2 tbsp. salsa, 2 tbsp. sour cream, 2 oz. extra lean ground beef

**SNACK:** 1 medium apple

**DINNER:** Jambalaya: 1/2 cup brown rice, 1/2 cup corn, 3 oz. cooked turkey sausage, sliced, 1/3 cup salsa, 1/4 cup canned kidney beans, 3 cups spinach, steamed, 1 tsp. margarine

**Total Calories = 1180**

## DAY 7

**BREAKFAST:** 1/2 cup quick-cooking oats, 3/4 cup skim milk, 1/2 apple, chopped, 1 tsp. honey, pinch of cinnamon

**SNACK:** 3/4 cup low-fat yogurt, plain, 1/2 medium banana

**LUNCH:** Quesadilla: 1/2 cup fat-free refried beans, 2 small whole-wheat tortillas, 2 oz. shredded reduced-fat cheese, 2 tbsp. salsa, 2 tbsp. sour cream, 1/2 cup mandarin orange sections, cucumber spears

**SNACK:** 1/2 cup pineapple chunks in juice

**DINNER:** 4 oz. broiled or grilled beef tenderloin, 1 baked potato, 1 tsp. margarine, 1 cup steamed zucchini, 1/2 cup grilled red peppers

**Total Calories = 1283**

**BEVERAGES:** Consume 6-8 glasses of water per day. If you desire coffee or tea a minimum 1-2 per day with or without milk and preferably no sugar, however, if sugar is required 1 teaspoon is sufficient. Also vegetable juice can be replaced for a serving of vegetables. Calorie reduced beverages may also be consumed, 1-2 per day.

**NOTE:** Vegetables can be boiled or steamed, where boiling is specified. As well, dark meat can be replaced with white meat. Also Meat dishes or Vegetables can have spices added; salt and pepper to taste, or other spices in the cooking process, unless following a sodium reduced diet.