

Trim'n Slim® Natural Hoodia

DAY 1

BREAKFAST: 2 cranberry cornmeal pancakes, 1 tsp. almond butter, 1 tbsp. maple syrup, 1 cup skim milk
SNACK: 1/2 cup fresh fruit salad, 1/2 cup low-fat yogurt, plain
LUNCH: 1/3 cup hummus, 1/3 cup three bean salad, 1 whole-wheat dinner roll
SNACK: 1/8 cup cashews
DINNER: 3 oz. broiled scallops, 1/2 cup broccoli, 1/2 cup carrots, 1 tsp. peanut oil, 1/2 cup Chinese noodles

Total Calories = 1212

DAY 2

BREAKFAST: 1/2 cup cantaloupe, 1 slice whole-wheat toast, 1 tsp. almond butter, 1 cup low-fat yogurt, plain
SNACK: 1/2 cup lemon low-fat yogurt, 1/2 cup strawberries
LUNCH: 1 cup minestrone soup, 1 oz. low-fat mozzarella cheese, 1 tomato slice, 2 slices whole-wheat bread, 1 tsp. prepared mustard
SNACK: 1/8 cup roasted peanuts
DINNER: 2 oz. broiled fish, 1/2 cup sweet potato, 6 mushrooms, 1/2 cup asparagus, 1 cup tossed green salad, 1 tbsp. olive oil, 1 tbsp. vinegar

Total Calories = 1213

DAY 3

BREAKFAST: 4 egg whites, 2 slices onion, 1/4 cup green pepper, 1 slice whole-wheat toast, 1 tsp. peanut butter
SNACK: 1 medium orange, 1 cup skim milk
LUNCH: 2 oz. skinless roasted chicken breast, 1 cup salad greens, 2 tsp. olive oil, 1 tbsp. cider vinegar, 1 sesame breadstick, 1 cup skim milk
SNACK: 1/8 cup roasted almonds
DINNER: 2 oz. large shrimp, 1 cup broccoli, 2 tsp. peanut oil, 1/2 cup brown rice, 4 oz. tomato juice, 1 medium apple

Total Calories = 1179

DAY 4

BREAKFAST: 3/4 cup bran flakes, 1 cup skim milk, 1/2 cup blueberries, 1/2 cup strawberries
SNACK: 1/2 whole-wheat English muffin, 1 tsp. almond butter
LUNCH: 2 oz. turkey breast, 1 whole-wheat pita bread, 1/2 cup alfalfa sprouts, 3 slices tomato, 2 tsp. mustard, 1 oz. low-fat mozzarella cheese
SNACK: 1/8 cup roasted macadamia nuts
DINNER: 4 oz. whole-wheat pasta, 3/4 cup marinara sauce, 1/2 cup eggplant, 1 cup mixed salad greens, 2 tsp. olive oil, 1 tsp. vinegar

Total Calories = 1261

DAY 5

BREAKFAST: 1 whole-wheat bagel (small), 1 tbsp. chunky peanut butter, 1/2 cup orange juice, 1/2 cup low-fat fruit-bottom yogurt
SNACK: 1/2 grapefruit, 1 cup skim milk
LUNCH: 1/2 cup garbanzo beans, 1/2 cup corn, 1 cup mixed salad greens, 2 tsp. olive oil, 1 tbsp. vinegar, 1 whole-wheat dinner roll
SNACK: 1/8 cup mixed nuts
DINNER: 3 oz. skinless roasted chicken breast, 1/2 cup yams, 1/2 cup carrots, 1/2 cup green beans, 2 tsp. margarine

Total Calories = 1294

DAY 6

BREAKFAST: 1 multigrain bran waffle, 2 tsp. almond butter, 1 tbsp. maple syrup, 1 cup skim milk
SNACK: 1 cup red raspberries
LUNCH: 2 oz. extra lean ham, 1 slice fat-free Swiss cheese, 2 tsp. prepared mustard, 3 slices tomato, 2 leaves butterhead lettuce, 2 slices whole-wheat bread, 1 kiwi fruit
SNACK: 1/8 cup pecans
DINNER: 3 oz. broiled haddock, 3/4 cup corn, 2 cups Italian green beans, 1 cup spinach salad, 2 tsp. olive oil, 1 tbsp. vinegar

Total Calories = 1185

DAY 7

BREAKFAST: 1 cup oatmeal, prepared, 1 cup skim milk, 1 slice whole-wheat toast, 2 tsp. chunky peanut butter
SNACK: 1 medium orange
LUNCH: 3 oz. broiled fish, 1 slice whole grain bread, 2 tsp. prepared mustard, 2 slices tomato, 2 leaves butterhead lettuce, 1 cup skim milk
SNACK: 1/2 cup Hazelnuts
DINNER: 2 oz. pork tenderloin, 1/2 cup brown rice, 1/2 cup beets, 1/2 cup zucchini, 1 cup tossed green salad, 2 tsp. olive oil, 2 tsp. cider vinegar

Total Calories = 1217

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.