

Trim'n Slim® Triple Action

DAY 1

BREAKFAST: 1/4 cup cream of wheat, 3/4 cup skim milk, 1 medium orange

LUNCH: 4 oz tuna, 1 tbsp. mayonnaise (light), 1 whole-wheat pita, 1 lettuce leaf, 1 medium apple

DINNER: 4 oz roast beef, 1/2 cup boiled carrots, 1 cup boiled broccoli, 1/2 cup brown cooked rice, 1 cup Boston lettuce, 2 tbsp. light Italian dressing

SNACK: 1/2 cup sliced pineapple, 1 cup cottage cheese (1% or 2%), 2 social tea biscuits

DAY 2

BREAKFAST: 2 hard boiled eggs, 1 slice whole-wheat bread (toasted), 1 medium banana, 1 cup skim milk

LUNCH: 1 cup iceberg lettuce, 1/2 cup sliced cucumbers, 1/2 cup sliced tomatoes, 4 oz roasted or broiled chicken, sliced, 2 tbsp. light dressing (Caesar or French), 1/2 cup raspberries

DINNER: 4 oz turkey, roasted, 1/2 cup boiled Brussels sprouts, 1 medium potato boiled with the skin, 1 tbsp. margarine, light (optional for potato), 1/2 cup boiled carrots

SNACK: 2-1/2 cups plain popcorn

DAY 3

BREAKFAST: 1 whole-wheat pita, 1/2 cup cottage cheese (1% or 2%), 1 cup fruit cocktail

LUNCH: 4 oz veal broiled, 1/2 cup cooked egg noodles, 1/2 cup boiled broccoli, 1/2 cup boiled cauliflower, 1 cup skim milk

DINNER: 4 oz roasted chicken (thigh), 1/2 cup sautéed onions, 1/2 cup boiled string beans (yellow or green), 1 med. boiled potato (without skin), 1 tsp. margarine, light (optional for potato)

SNACK: 1 medium peach, 2 pieces melba toast

DAY 4

BREAKFAST: 3 oz Bran Flakes, 1 cup skim milk, 3/4 cup blueberries (as topping)

LUNCH: 1 cup lentil and ham soup (canned, ham optional), 1 cup romaine lettuce, 2 tbsp. light Russian dressing, 1/2 cup cottage cheese (1% or 2%)

DINNER: 4 oz broiled chicken breast (boneless, skinless), 1/2 cup boiled spinach, 1/2 whole corn (on the cob), 1 cup coleslaw

SNACK: 1 cup fruit gelatin, 1 large sliced kiwi, 1 cup strawberries

DAY 5

BREAKFAST: 1 cup plain 1% yogurt, 1/2 cup fruit cocktail, 1 slice whole-wheat bread toasted, 2 tsp. margarine, light or tsp. jam (no sugar added)

LUNCH: 1 Italian bun (toasted), 4 oz chicken breast (broiled), 1 leaf lettuce, 1/3 tomato sliced, 1/3 onion sliced, 1 tbsp. mustard, 1/2 stalk celery, sliced, 1/4 cup carrots, sliced

DINNER: 4 oz broiled salmon, slice lime for garnishing, 1 medium boiled potato without skin, 1/2 cup boiled Brussels sprouts, 2 cups spinach, 1/2 cup sliced mushrooms, 1/4 cup sliced red onion, 2 tbsp. light Russian dressing

SNACK: 1/2 cup frozen yogurt

DAY 6

BREAKFAST: French Toast: 2 slices whole-wheat bread, 1 egg, 2 tbsp. skim milk added to egg mixture, 1 tsp. cinnamon added to egg mixture (or added on top), 1 tbsp. margarine for cooking, 2 tbsp. maple syrup on the side

LUNCH: 2 slices whole-wheat bread (toasted is optional), 3 oz white tuna, 1 tsp. light mayonnaise, 1 leaf iceberg lettuce, 1/2 celery stalk sliced, 3 radishes, 2 slices pickles

DINNER: 4 oz sole, broiled or baked, 1/2 cup mashed potatoes, 1/2 cup green peas, 1/2 cup spaghetti squash, 1 slice or bun mixed grain bread

SNACK: 1/2 medium orange, 1/2 apple, 1/2 banana, 3 social tea biscuits

DAY 7

BREAKFAST: 1/2 cup all bran, 1 cup skim milk, topped 2 tbsp. wheat germ, 1/2 pink or red grapefruit

LUNCH: 2 slices whole-wheat bread toasted, 4 oz turkey, roasted dark meat or white meat, 30 g Swiss cheese, 1 leaf lettuce, 1/3 medium sliced tomato, 1/3 cup carrots shredded, 1 tbsp. mustard

DINNER: Vegetarian Pizza: 1 whole-wheat pita bread, 1/6 cup tomato sauce, 15 g mozzarella cheese, shredded, 15 g monterey cheese, shredded, 1/4 cup sliced onion, 1/4 cup red pepper (sliced), 1/3 cup green pepper (sliced), 1/3 cup mushrooms (sliced)

SNACK: 2 pieces melba, 1 pear

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.