

Week One						
	Exercise for the Day	Breakfast	Lunch	Afternoon Snack	Dinner	Evening Snack
Day 1	Aerobics	*3 to 4 ounces smoked Nova Scotia salmon *½ cup slow-cooked oatmeal with 2 tablespoons blueberries *1 teaspoon slivered almonds *Green tea or water	*4 to 6 ounce broiled turkey burger (no bun) *Lettuce and tomato *½ cup of three-bean salad *Green tea or water	*2 ounces sliced turkey or chicken breast *4 hazelnuts *4 celery sticks	*4 to 6 ounces broiled salmon *1 cup lentil soup *Tossed green salad dressed with olive oil and lemon juice *½ cup steamed spinach *Green tea or water	*1 hard-boiled egg *3 celery sticks *3 red bell pepper strips
Day 2	Weight Training	*Omelet made with 2-3 egg whites and one yolk *Sliced tomato *½ cup blueberries *Green tea or water	*3 to 6 ounces smoked or grilled salmon *Green salad with tomatoes, cucumbers, red onion and 2 tablespoons chickpeas; dress with olive oil, lemon juice and garlic *Green tea or water	*½ cup cottage cheese *4 small black olives *4 endive spears	*4 to 6 ounces baked or grilled halibut *1 cup Chicken-Vegetable Soup *Salad of romaine lettuce, chopped avocado, tomato, green onion and celery; dress with olive oil and lemon juice	*2 ounces sliced turkey breast *6 whole almonds *2 inch wedge of honeydew melon
Day 3	Aerobics	*2 slices turkey bacon *6 ounces plain yogurt *½ cup strawberries *3 hazelnuts *Green tea or water	*3 to 4 ounces canned water packed tuna *1 cup sliced tomato and cucumbers *½ cup bean salad *Green tea or water	*2 ounces sliced turkey breast *4 almonds *1 small pear	*4 to 6 ounces broiled filet of salmon (make 8 ounces and save 2 ounces for tomorrow's bedtime snack!) *¼ cup green beans *Spinach salad with mushrooms, slice of red onion and ¼ cup chickpeas; dress with olive oil and lemon juice	*2 ounces grilled chicken breast *¼ cup raw cauliflower *4 black olives
Day 4	Weight Training	*2 slices of turkey bacon *2 poached egg whites and one yolk *½ cup slow-cooked oatmeal *½ cup blueberries *Green tea or water	*4 ounces grilled chicken salad (with fresh dill, chopped red onion, garlic and olive oil) *½ cup steamed broccoli *½ cup strawberries *Green tea or water	*2 ounces sliced turkey breast *4 cherry tomatoes *4 almonds	*6 ounces broiled filet of sole or cod *8 oven-Roasted Brussels sprouts with Apples *Romaine lettuce salad with 2 ounces chickpeas; dress with olive oil, garlic and lemon juice	*2 ounces salmon *2 tablespoons bean salad
Day 5	Aerobics	*4 ounces smoked salmon *½ cup slow-cooked oatmeal seasoned with cinnamon *2 teaspoons chopped almonds *2 inch wedge of cantaloupe *Green tea or water	*4 ounces salmon salad (finely cubed salmon filet or canned salmon; dress with lemon juice, olive oil and dill) *A few leaves of romaine lettuce *½ cup lentil soup *Green tea or water	*2 ounces sliced turkey breast *½ cup strawberries *4 hazelnuts	*1 roasted chicken breast (remove skin) *½ cup grilled zucchini *½ cup Three Bean Salad *Green tea or water	*2 ounces cold filet of sole or cod *3 macadamia nuts *3 cherry tomatoes
Day 6	Weight training	*Omelet of 2-3 egg whites and 1 yolk with a few sliced mushrooms and a little spinach *2 slices of turkey bacon *2 inch wedge of honeydew melon *Green tea or water	*4 to 6 ounces broiled salmon *Caesar salad without croutons *½ apple *Green tea or water	*1 hard-broiled egg *½ cup sliced strawberries *3 almonds	*4 to 6 ounces grilled halibut *Tossed Greek salad made with romaine lettuce, 3 black olives, 1 ounce feta cheese, ½ cucumber, 4 cherry tomatoes; dress with olive oil, lemon juice and a dash of oregano, mix to taste *Steamed or grilled asparagus *2 inch wedge cantaloupe	*2 ounces sliced turkey or chicken breast *4 macadamia nuts *Small peach or nectarine
Day 7	Relaxation/ Meditation	*3 to 6 ounces broiled salmon *½ cup slow-cooked oatmeal *2-inch wedge of cantaloupe *Green tea or water	*Crabmeat salad made with a 6-ounce can of crabmeat, 1 chopped scallion, 1 chopped celery rib; dress with ¼ cup yogurt, juice of ½ lemon; serve inside ½ avocado *1 cup strawberries *Green tea or water	*½ cup cottage cheese *4 almonds *1 apple	*Grilled chicken breast *¾ cup roasted or sautéed mushrooms and sautéed zucchini or squash *Romaine lettuce salad, sliced tomatoes, fresh basil with 1 ounce grated Parmesan cheese; dress with olive oil and lemon juice, mixed to taste *½ cup fresh berries	*2 ounces sliced turkey breast *3 olives *1 pear

Week Two						
	Exercise for the Day	Breakfast	Lunch	Afternoon Snack	Dinner	Evening Snack
Day 8	Aerobics	*2 slices of turkey bacon *½ cup cottage cheese *½ blueberries *Green tea or water	*3 to 4 ounces canned water-packed tuna *½ cup lentil soup *Romaine lettuce salad topped with chopped tomato and red onions; dress with olive oil and lemon juice *Green tea or water	*2 ounces smoked salmon *2-inch wedge cantaloupe	*6 ounces Scallops with Garlic and Parsley *Mediterranean Chopped Salad* with ½ cup chickpeas *½ cup cooked green beans *Green tea or water	*2 ounces sliced turkey breast *4 green olives *1 apple
Day 9	Weight training	*Egg white omelet made with 2 – 3 egg whites and one yolk (add a few mushrooms, if desired) *½ cup slow-cooked oatmeal *3 hazelnuts *Green tea or water	*Scallop salad; dress with olive oil, lemon juice, chopped red onion and dill *½ cup three bean salad *Green tea or water	*2 ounces smoked salmon *4 black olives *3 endive spears	*6 ounces grilled salmon *½ cup black bean soup *Romaine salad dressed with olive oil and lemon juice *½ cup berries *Green tea and water	*½ cup cottage cheese *½ cup strawberries *4 macadamia nuts
Day 10	Aerobics	*2 slices turkey bacon *1 cup plain yogurt *½ cup strawberries *3 almonds *Green tea or water	*4 to 6 ounces grilled chicken *½ cup vegetable barley soup *Large green salad with sliced tomatoes *2-inch wedge cantaloupe	*1 hard-boiled egg *2-inch wedge cantaloupe *4 almonds	*6 ounces broiled flounder filet *Tricolor salad (arugula, radicchio and endive) with ½ cup kidney beans or soybeans; dress with olive oil and lemon juice *Sautéed spinach *Green tea or water	*2 slices chicken or turkey breast *4 macadamia nuts *1 small peach
Day 11	Weight training	*4 ounces smoked salmon *3 ounces plain yogurt *1 tomato slice *¼ cantaloupe *Green tea or water	*6 ounces canned crabmeat; dress with 1 tablespoon mayonnaise *½ cup lentil soup *Large Romaine salad; dress with olive oil and lemon to taste *Green tea or water	*1 hard-boiled egg *4 cherry tomatoes *4 macadamia nuts	*6 ounces roasted chicken breast *½ cup Manhattan clam chowder *½ cup grilled eggplant topped with sliced tomato and 1 tablespoon grated Parmesan cheese *Green tea or water	*½ cup cottage cheese *½ cup blueberries *4 hazelnuts
Day 12	Aerobics	*Scrambled eggs (3 eggs whites and 1 yolk) with a little chopped onion and green bell peppers *2 slices turkey bacon *2 inch wedge cantaloupe *Green tea or water	*3 to 5 ounces of chicken salad (cubed chicken breast, mix with chopped red onion and celery, and dress with 1 tablespoon olive oil and lemon juice served on a bed of Romaine lettuce) *Sliced tomatoes *1 cup Chicken-Vegetable soup *Green tea or water	*½ cup plain yogurt *½ cup blueberries *1 teaspoon chopped almonds	*6 ounces grilled salmon *Salad of romaine lettuce, avocado and tomato; dress with olive oil and lemon juice *Grilled zucchini and mushroom kebabs *Green tea or water	*2 ounces tuna salad (water-packed tuna mixed with onion, celery, pepper, mustard and a touch of mayonnaise, if desired) *4 almonds *1 pear
Day 13	Aerobics	*2 to 4 ounces smoked salmon *½ cup plain yogurt *1 tablespoon chopped walnuts *½ cup blueberries *Green tea or water	*Grilled Chicken breast *Green salad topped with ½ cup white or navy beans *Steamed asparagus *Green tea or water	*1 hard-boiled egg *2-inch wedge cantaloupe *4 macadamia nuts	*6 ounces grilled bluefin or albacore tuna steak *½ cup grilled zucchini, eggplant, red onion or green bell pepper lightly drizzled with olive oil and sprinkled with 1 tablespoon Parmesan cheese *Tomato salsa (use fresh, if possible) *Green tea or water	*2 ounces sliced turkey breast *4 green olives *4 cherry tomatoes
Day 14	Relaxation/ Mediation	*Omelet made with 2-3 egg whites, 1 yolk and a few sliced fresh mushrooms *½ cup slow-cooked oatmeal *1 teaspoon chopped almonds *2-inch wedge cantaloupe *Green tea or water	*3 to 4 ounces canned water-packed tuna *Romaine salad made with ½ cup white beans, ¼ cup crumbled feta cheese, 4 cherry tomatoes, and slice 1 slice red onion; dress with olive oil and lemon juice *Green tea or water	*1 slice turkey breast *4 hazelnuts *2-inch wedge cantaloupe	*4 large shrimp, grilled, broiled or baked on skewers with mushrooms, onions and cherry tomatoes *½ cup Black Bean soup *Romaine lettuce salad; dress with olive oil and lemon juice *Green tea or water	*½ cup cottage cheese *4 almonds *½ pear

Week Three						
	Exercise for the Day	Breakfast	Lunch	Afternoon Snack	Dinner	Evening Snack
Day 15	Aerobics	*3 to 4 ounces smoked Nova Scotia salmon *½ cup slow-cooked oatmeal with 2 tablespoons blueberries *1 teaspoon slivered almonds *Green tea or water	*4 to 6 ounce broiled turkey burger (no bun) *Lettuce and tomato *½ cup of three-bean salad (*Green tea or water	*2 ounces sliced turkey or chicken breast *4 hazelnuts *4 celery sticks	*4 to 6 ounces broiled salmon *1 cup lentil soup *Tossed green salad dressed with olive oil and lemon juice *½ cup steamed spinach *Green tea or water	*1 hard-boiled egg *3 celery sticks *3 red bell pepper strips
Day 16	Weight Training	*Omelet made with 2-3 egg whites and one yolk *Sliced tomato *½ cup blueberries *Green tea or water	*3 to 6 ounces smoked or grilled salmon *Green salad with tomatoes, cucumbers, red onion and 2 tablespoons chickpeas; dress with olive oil, lemon juice and garlic *Green tea or water	*½ cup cottage cheese *4 small black olives *4 endive spears	*4 to 6 ounces baked or grilled halibut *1 cup Chicken-Vegetable Soup *Salad of romaine lettuce, chopped avocado, tomato, green onion and celery; dress with olive oil and lemon juice	*2 ounces sliced turkey breast *6 whole almonds *2 inch wedge of honeydew melon
Day 17	Aerobics	*2 slices turkey bacon *6 ounces plain yogurt *½ cup strawberries *3 hazelnuts *Green tea or water	*3 to 4 ounces canned water packed tuna *1 cup sliced tomato and cucumbers *½ cup bean salad *Green tea or water	*2 ounces sliced turkey breast *4 almonds *1 small pear	*4 to 6 ounces broiled filet of salmon (make 8 ounces and save 2 ounces for tomorrow's bedtime snack!) *¼ cup green beans *Spinach salad with mushrooms, slice of red onion and ¼ cup chickpeas; dress with olive oil and lemon juice	*2 ounces grilled chicken breast *¼ cup raw cauliflower *4 black olives
Day 18	Weight Training	*2 slices of turkey bacon *2 poached egg whites and one yolk *½ cup slow-cooked oatmeal *½ cup blueberries *Green tea or water	*4 ounces grilled chicken salad (with fresh dill, chopped red onion, garlic and olive oil) *½ cup steamed broccoli *½ cup strawberries *Green tea or water	*2 ounces sliced turkey breast *4 cherry tomatoes *4 almonds	*6 ounces broiled filet of sole or cod *8 oven-Roasted Brussels sprouts with Apples *Romaine lettuce salad with 2 ounces chickpeas; dress with olive oil, garlic and lemon juice	*2 ounces salmon *2 tablespoons bean salad
Day 19	Aerobics	*4 ounces smoked salmon *½ cup slow-cooked oatmeal seasoned with cinnamon *2 teaspoons chopped almonds *2 inch wedge of cantaloupe *Green tea or water	*4 ounces salmon salad (finely cubed salmon filet or canned salmon; dress with lemon juice, olive oil and dill) *A few leaves of romaine lettuce *½ cup lentil soup *Green tea or water	*2 ounces sliced turkey breast *½ cup strawberries *4 hazelnuts	*1 roasted chicken breast (remove skin) *½ cup grilled zucchini *½ cup Three Bean Salad *Green tea or water	*2 ounces cold filet of sole or cod *3 macadamia nuts *3 cherry tomatoes Salad
Day 20	Weight training	*Omelet of 2-3 egg whites and 1 yolk with a few sliced mushrooms and a little spinach *2 slices of turkey bacon *2 inch wedge of honeydew melon *Green tea or water	*4 to 6 ounces broiled salmon *Caesar salad without croutons *½ apple *Green tea or water	*1 hard-broiled egg *½ cup sliced strawberries *3 almonds	*4 to 6 ounces grilled halibut *Tossed Greek salad made with romaine lettuce, 3 black olives, 1 ounce feta cheese, ½ cucumber, 4 cherry tomatoes; dress with olive oil, lemon juice and a dash of oregano, mix to taste *Steamed or grilled asparagus *2 inch wedge cantaloupe	*2 ounces sliced turkey or chicken breast *4 macadamia nuts *Small peach or nectarine
Day 21	Relaxation/ Meditation	*3 to 6 ounces broiled salmon *½ cup slow-cooked oatmeal *2-inch wedge of cantaloupe *Green tea or water	*Crabmeat salad made with a 6-ounce can of crabmeat, 1 chopped scallion, 1 chopped celery rib; dress with ¼ cup yogurt, juice of ½ lemon; serve inside ½ avocado *1 cup strawberries *Green tea or water	*½ cup cottage cheese *4 almonds *1 apple	*Grilled chicken breast *¾ cup roasted or sautéed mushrooms and sautéed zucchini or squash *Romaine lettuce salad, sliced tomatoes, fresh basil with 1 ounce grated Parmesan cheese; dress with olive oil and lemon juice, mixed to taste *½ cup fresh berries	*2 ounces sliced turkey breast *3 olives *1 pear

Week Four						
	Exercise for the Day	Breakfast	Lunch	Afternoon Snack	Dinner	Evening Snack
Day 22	Aerobics	*2 slices of turkey bacon *½ cup cottage cheese *½ blueberries *Green tea or water	*3 to 4 ounces canned water-packed tuna *½ cup lentil soup *Romaine lettuce salad topped with chopped tomato and red onions; dress with olive oil and lemon juice *Green tea or water	*2 ounces smoked salmon *2-inch wedge cantaloupe	*6 ounces Scallops with Garlic and Parsley *Mediterranean Chopped Salad* with ½ cup chickpeas *½ cup cooked green beans *Green tea or water	*2 ounces sliced turkey breast *4 green olives *1 apple
Day 23	Weight training	*Egg white omelet made with 2 – 3 egg whites and one yolk (add a few mushrooms, if desired) *½ cup slow-cooked oatmeal *3 hazelnuts *Green tea or water	*Scallop salad; dress with olive oil, lemon juice, chopped red onion and dill *½ cup three bean salad *Green tea or water	*2 ounces smoked salmon *4 black olives *3 endive spears	*6 ounces grilled salmon *½ cup black bean soup *Romaine salad dressed with olive oil and lemon juice *½ cup berries *Green tea and water	*½ cup cottage cheese *½ cup strawberries *4 macadamia nuts
Day 24	Aerobics	*2 slices turkey bacon *1 cup plain yogurt *½ cup strawberries *3 almonds *Green tea or water	*4 to 6 ounces grilled chicken *½ cup vegetable barley soup *Large green salad with sliced tomatoes *2-inch wedge cantaloupe	*1 hard-boiled egg *2-inch wedge cantaloupe *4 almonds	*6 ounces broiled flounder filet *Tricolor salad (arugula, radicchio and endive) with ½ cup kidney beans or soybeans; dress with olive oil and lemon juice *Sautéed spinach *Green tea or water	*2 slices chicken or turkey breast *4 macadamia nuts *1 small peach
Day 25	Weight training	*4 ounces smoked salmon *3 ounces plain yogurt *1 tomato slice *¼ cantaloupe *Green tea or water	*6 ounces canned crabmeat; dress with 1 tablespoon mayonnaise *½ cup lentil soup *Large Romaine salad; dress with olive oil and lemon to taste *Green tea or water	*1 hard-boiled egg *4 cherry tomatoes *4 macadamia nuts	*6 ounces roasted chicken breast *½ cup Manhattan clam chowder *½ cup grilled eggplant topped with sliced tomato and 1 tablespoon grated Parmesan cheese *Green tea or water	*½ cup cottage cheese *½ cup blueberries *4 hazelnuts
Day 26	Aerobics	*Scrambled eggs (3 eggs whites and 1 yolk) with a little chopped onion and green bell peppers *2 slices turkey bacon *2 inch wedge cantaloupe *Green tea or water	*3 to 5 ounces of chicken salad (cubed chicken breast, mix with chopped red onion and celery, and dress with 1 tablespoon olive oil and lemon juice served on a bed of Romaine lettuce) *Sliced tomatoes *1 cup Chicken-Vegetable soup *Green tea or water	*½ cup plain yogurt *½ cup blueberries *1 teaspoon chopped almonds	*6 ounces grilled salmon *Salad of romaine lettuce, avocado and tomato; dress with olive oil and lemon juice *Grilled zucchini and mushroom kebabs *Green tea or water	*2 ounces tuna salad (water-packed tuna mixed with onion, celery, pepper, mustard and a touch of mayonnaise, if desired) *4 almonds *1 pear
Day 27	Aerobics	*2 to 4 ounces smoked salmon *½ cup plain yogurt *1 tablespoon chopped walnuts *½ cup blueberries *Green tea or water	*Grilled Chicken breast *Green salad topped with ½ cup white or navy beans *Steamed asparagus *Green tea or water	*1 hard-boiled egg *2-inch wedge cantaloupe *4 macadamia nuts	*6 ounces grilled bluefin or albacore tuna steak *½ cup grilled zucchini, eggplant, red onion or green bell pepper lightly drizzled with olive oil and sprinkled with 1 tablespoon Parmesan cheese *Tomato salsa (use fresh, if possible) *Green tea or water	*2 ounces sliced turkey breast *4 green olives *4 cherry tomatoes
Day 28	Relaxation/ Mediation	*Omelet made with 2-3 egg whites, 1 yolk and a few sliced fresh mushrooms *½ cup slow-cooked oatmeal *1 teaspoon chopped almonds *2-inch wedge cantaloupe *Green tea or water	*3 to 4 ounces canned water-packed tuna *Romaine salad made with ½ cup white beans, ¼ cup crumbled feta cheese, 4 cherry tomatoes, and slice 1 slice red onion; dress with olive oil and lemon juice *Green tea or water	*1 slice turkey breast *4 hazelnuts *2-inch wedge cantaloupe	*4 large shrimp, grilled, broiled or baked on skewers with mushrooms, onions and cherry tomatoes *½ cup Black Bean soup *Romaine lettuce salad; dress with olive oil and lemon juice *Green tea or water	*½ cup cottage cheese *4 almonds *½ pear