

FRIDAY DAY 6 - LOW CALORIE & CARB DAY - approx 957 calories - 75 carbs

Breakfast - approx 281 calories - Total 9.3 carbs

Single-serve reduced-fat plain Greek yogurt (150 calories)

Raspberries (21 calories)

15 almonds (90 calories)

1 tsp honey (about 20 calories)

Snack - approx 90 calories - Total 9 carbs

10 baby carrots (40 calories)

2 tbsp hummus (50 calories)

Lunch - approx 243 calories - Total 31 carbs

English muffin (134 calories)

1/4 cup pizza sauce (34 calories)

2 rings green peppers (4 calories)

1 oz part-skim mozzarella cheese (71 calories)

Dinner - 343 calories - Total 15 carbs

3 oz salmon (121 calories)

1/2 cup broccoli (30 calories)

1/4 cup (uncooked) brown rice (172 calories)

1 tbsp teriyaki sauce (20 calories)

Saturday Day 7 - HIGH CALORIE & CARB - approx 1555 calories 148 Carbs

Breakfast- approx 582 calories - Total 40 carbs

2-egg omelet with 1-oz cheddar cheese, 1/4 cup chopped red peppers, and 2 nitrate/nitrite free turkey sausage links: (142 and 113 and 6 and 132 = 387 calories)

1 wedge honeydew melon (45 calories)

1 slice whole-wheat toast with 1 tbsp raspberry preserves: (100 and 50 = 150 calories)

Lunch- approx 427 calories - Total 48 Carbs

1 cup whole-wheat spaghetti (176 calories)

1/2 cup marinara sauce (111 calories)

1/2 cup zucchini (10 calories)

3 oz sliced grilled chicken breast (140 calories)

Snack - approx 90 calories - Total 9 carbs

10 baby carrots (40 calories)

2 tbsp hummus (50 calories)

Dinner- approx 456 calories - Total 51 carbs

Black bean veggie burger (115 calories)

Whole-wheat bun (120 calories)

Tomato slice (3 calories)

Romaine leaf (1 calories)

Onion ring (2 calories)

1/3 cup (uncooked) quinoa with 1/4 cup sundried tomatoes and 6 artichoke hearts (160 and 35 and 20 = 215 calories)