

MONDAY Day 2 - LOW CALORIE & CARB DAY - approx 977 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 263 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)

TUESDAY Day 3 - HIGH CALORIE & CARB DAY - approx 1962 calories 198 Carbs

Breakfast - approx 326 calories - Total 37 carbs

2 eggs scrambled with 1/2 cup asparagus (142 and 13 = 155 calories)

1/2 cup blackberries (31 calories)

1 piece of whole wheat bread (100 calories)

1 tbsp strawberry jam (40 calories)

Snack - approx 168 calories - Total 38 carbs

Pear slices with 1 tsp cinnamon (103 and 6 = 109 calories)

1 honey graham cracker (59 calories)

Lunch - approx 422 calories - Total 15 carbs

Calzone

1/2 cup steamed spinach (20 calories)

1/2 cup chopped chicken breast (138 calories)

1/4 cup part-skim ricotta cheese (85 calories)

1 tbsp rosemary (10 calories)

1 tbsp pizza sauce (9 calories)

About 2 oz frozen pizza dough (160 calories)

Snack- approx 365 calories - Total 11 carbs

11 pieces dried apricots (90 calories)

1 oz cashews (150 calories)

1/2 cup lowfat vanilla yogurt with 1 tsp honey (104 and 21 = 125 calories)

Dinner- approx 466 calories - Total 81 carbs

3 oz lean beef (120 calories)

1/2 cup potatoes with 1 tsp dill, pinch of salt, and 1 tbsp parmesan cheese (68 and 6 and 22 = 96 calories)

1 cup lima beans (176 calories)

1 oz whole wheat roll (74 calories)

Dessert - approx 215 calories

1 slice cinnamon-raisin bread (120 calories)