

SIMPLY GOOD

HOME COOKING

**Special
Breakfast**

"1" Diet Instant Hot Cereal with Maple Syrup and Blueberries (page 135)
Coffee/tea or water

Orange-Crumbed French Toast (page 138)
Coffee/tea or water

**Mid-Morning
Snack**

1 wedge Laughing Cow cheese spread with 3 sticks celery
or
1/2 cup baby carrots with 1 tablespoon ranch dressing
Water, diet soda or coffee/tea

Lunch

Soup and Sandwich: 1 cup broth-based vegetable soup; 1 tuna sandwich made with 2 slices low-carb bread*, 1/4 cup water-packed solid tuna, 2 teaspoons low-cal mayo, lettuce, tomato, onion, etc.
1 sugar-free gelatin dessert
Water, diet soda or coffee/tea

Easy Tomato, Barley and Basil Soup (page 145)
"1" Diet Tuna Salad wrap (page 162)
1 sugar-free gelatin dessert
Water, diet soda or coffee/tea

**Afternoon
Snack**

"1" Diet Hot or Cold Chocolate (page 253)
or
1 apple and 1 tablespoon peanuts (14 individual peanuts)
Water, diet soda or coffee/tea

Dinner

4 ounces grilled skinless chicken breast heaped with 1/3 cup cooked pinto beans, 1/4 cup salsa, 1 tablespoon grated Parmesan cheese, 2 teaspoons low-fat sour cream, optional chopped fresh cilantro
1 1/2 cups sliced fresh tomato and cucumber with 1 teaspoon olive oil and fresh lemon juice

Mexican Lettuce Wraps (page 194)
or
Tanzanian Chicken Kebabs (page 195) with Cucumber-Mint Raita (page 174)
Side salad of baby greens with drizzle of olive oil and fresh lemon juice

Dessert

Ice Cream Sundae (page 236)
or
2/3 cup raspberries with 2 tablespoons light whipped cream
Water, diet soda or coffee/tea **or** Refreshing Limonata (page 250)

*Asterisks mark items that vary a lot in composition and size. Check the Savvy Shopper