

SIMPLY GOOD

"I" Diet Instant Hot Cereal with Maple Syrup and Blueberries (page 135)

Coffee/tea or water

HOME COOKING

Orange-Crumbed French Toast (page 138) or Bannock Cakes (page 134)

Coffee/tea or water

1/2 cup low-fat cottage cheese with 1/3 sweet red pepper

or

2 low-fat mozzarella cheese sticks

Water, diet soda or coffee/tea

Soup and Sandwich: 1 cup broth-based vegetable soup; 1 cheese sandwich made with 2 slices low-carb bread*, 1 slice cheese, 1 teaspoon low-cal mayo, mustard, lettuce, tomato, onion, etc.

1 sugar-free gelatin dessert

Water, diet soda or coffee/tea

Easy Tomato, Barley and Basil Soup (page 145)

Broiled Tofu sandwich (page 161)

1 sugar-free gelatin dessert

Water, diet soda or coffee/tea

"I" Diet Hot or Cold Chocolate (page 253)

or

1 apple and 1 tablespoon peanuts (14 individual peanuts)

Water, diet soda or coffee/tea

Easy Bean-and-Cheese Burritos (page 269)

1 1/2 cups sliced fresh tomato and cucumber with 1 teaspoon olive oil and fresh lemon juice

Mixed Vegetable Curry (page 219)

Moong Dal Stew (page 222) with 1 teaspoon Lemon and Date Chutney (page 223) or mango chutney and 2 tablespoons low-fat plain yogurt

1/2 cup Boiled Barley* (page 217) or

1 small low-carb pita bread*

1 cup fresh mango

or

2/3 cup raspberries with 2 tablespoons light whipped cream

Water, diet soda or coffee/tea or Refreshing Limonata (page 250)

directory (Appendix E) for help in choosing suitable products for your diet.