

**SIMPLY GOOD**

**HOME COOKING**

**Continental  
Breakfast**

2 slices low-carb toast\* with  
2 teaspoons low-fat cream cheese,  
peanut butter or fruit spread  
1/2 grapefruit  
Coffee/tea or water

2 slices "I" Diet Soda Bread  
(page 160) or low-carb toast\* with  
2 teaspoons low-fat cream cheese,  
peanut butter or fruit spread  
1/3 cup Homemade Cinnamon  
Applesauce (page 140) with  
1/4 cup 2% plain Greek yogurt  
or 1/2 grapefruit  
Coffee/tea or water

**Mid-Morning  
Snack**

"I" Diet Hot or Cold Chocolate (page 253)  
**or**  
1 apple and 4 pecan halves  
Water, diet soda or coffee/tea

**Lunch**

Salad Plate: 2-3 cups salad greens  
and non-starchy veggies, 1/3 cup  
legumes, 2 slices (2 ounces) turkey  
breast, 1 teaspoon bacon bits or  
sunflower seeds, 2 tablespoons  
low-cal dressing  
*Optional:* 1 sugar-free gelatin dessert  
Water, diet soda or coffee/tea

Crispy Taco Pinto Bean Salad  
(page 181)  
**or**  
Thai Chicken Salad with  
Warm Peanut Sauce (page 177)  
*Optional:* 1 sugar-free gelatin dessert  
Water, diet soda or coffee/tea

**Afternoon Snack**

2 part-skim mozzarella cheese sticks  
Water, diet soda or coffee/tea

**Dinner**

4 ounces plain grilled fish or shellfish  
with 2 tablespoons low-cal sauce  
1/2 cups cooked green beans  
(no sauce)  
1 sliced tomato with drizzle of olive  
oil and vinegar or 1 teaspoon low-cal  
dressing  
*Optional:* small baked sweet potato  
with 1 teaspoon low-fat sour cream  
instead of dessert

Cajun Cod (page 206)  
**or**  
Baked Salmon with Lemon-Dill Sauce  
(page 203)  
1/2 cups green beans with  
1/2 teaspoon tub margarine  
Tomato Salad (page 172)  
*Optional:* small baked sweet potato  
with 1 teaspoon low-fat sour cream  
instead of dessert

**Dessert**

Chocolate-Tipped Strawberries and Cream (page 246)  
**or**  
Ice Cream Sundae (page 236)  
Water, diet soda or coffee/tea

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

## SIMPLY GOOD

2 slices low-carb toast\* with  
2 teaspoons low-fat cream cheese,  
peanut butter or fruit spread  
½ grapefruit  
Coffee/tea or water

## HOME COOKING

2 slices “1” Diet Soda Bread (page 160)  
or low-carb toast\* with 2 teaspoons low-fat  
cream cheese, peanut butter or fruit spread  
⅓ cup Homemade Cinnamon Applesauce  
(page 140) with ¼ cup 2% plain Greek yogurt  
or ½ grapefruit  
Coffee/tea or water

“1” Diet Hot or Cold Chocolate (page 253)

or

6 ounces sugar-free, low-fat yogurt and 4 pecan halves  
Water, diet soda or coffee/tea

Salad Plate: 2–3 cups salad greens and  
non-starchy veggies, ⅓ cup legumes,  
1 hard-boiled egg, 1 teaspoon sunflower  
seeds, 2 tablespoons low-cal dressing  
1 sugar-free gelatin dessert  
Water, diet soda or coffee/tea

Vegetarian Taco Pinto Bean Salad  
(page 181)

or

Bibb Salad with Mushrooms and Shaved  
Parmesan (page 170)

*Optional:* 1 sugar-free gelatin dessert  
Water, diet soda or coffee/tea

2 part-skim mozzarella cheese sticks

Water, diet soda or coffee/tea

1 veggie burger or 2 meat-free hot dogs  
with 1 low-carb roll\* on the side, mustard  
and ketchup

2 cups mixed garden salad with drizzle  
of olive oil and vinegar or 2 teaspoons  
low-cal dressing

Steamed Tofu and Mixed Vegetables  
with Warm Peanut Sauce (page 207)

or

Vegetarian Home Run Hot Dogs (page 193)

Side salad with 2 teaspoons Tarragon  
Dressing (page 172)

*Optional:* low-carb roll\* instead of dessert

Chocolate-Tipped Strawberries and Cream (page 246)

or

Ice Cream Sundae (page 236)

Water, diet soda or coffee/tea

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

**SIMPLY GOOD**

**HOME COOKING**

**Cereal and Fruit Breakfast**

1/3 cup or more high-fiber cereal\* with 2 tablespoons granola and 1/2 cup nonfat or 1% milk  
1/2 cup sliced strawberries  
Coffee/tea or water

1/3 cup or more high-fiber cereal\* with 2 tablespoons granola and 1/2 cup nonfat or 1% milk  
4 Spicy Prunes (page 141) or 1/2 cup sliced strawberries  
Coffee/tea or water

**Mid-Morning Snack**

1 apple and 1 tablespoon peanuts  
Water, diet soda or coffee/tea

**Lunch**

Soup and Sandwich: 1 cup broth-based vegetable soup\*; 1 ham sandwich made with 2 slices low-carb bread\*, 2 slices (2 ounces) ham, optional 1 slice fat-free cheese, 1 teaspoon low-cal mayo, mustard, lettuce, tomato, onion, hot peppers (as desired)  
1/4 cup frozen grapes  
Water, diet soda or coffee/tea

Hummus and Veggie Plate with Spicy Sesame Cracker Chips (page 182)  
1/4 cup frozen grapes  
Water, diet soda or coffee/tea

**Afternoon Snack**

"I" Diet Hot or Cold Chocolate (page 253)  
**or**  
1/2 cup low-fat cottage cheese and 2 celery sticks  
Water, diet soda or coffee/tea

**Dinner**

4 ounces cooked lean steak with 2 tablespoons low-cal sauce  
1/2 cups steamed broccoli (no sauce)  
Side salad with drizzle of olive oil and vinegar or 2 teaspoons low-cal dressing  
*Optional:* 1 small low-carb pita bread\* instead of dessert

Florentine Steak (page 190)  
1 1/2 cups steamed broccoli with 1 teaspoon low-fat sour cream and fresh lemon juice  
Side salad with drizzle of olive oil and vinegar or 2 teaspoons low-cal dressing  
*Optional:* 1/2 cup cooked whole-wheat pasta\* instead of dessert

**Dessert**

1 fresh pear with 1 teaspoon warm caramel sauce  
**or**  
Ginger-Pecan Crunch (page 237)  
Water, diet soda or coffee/tea

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## SIMPLY GOOD

1/3 cup or more high-fiber cereal\*  
with 2 tablespoons granola and  
1/2 cup nonfat or 1% milk  
1/2 cup sliced strawberries  
Coffee/tea or water

## HOME COOKING

1/3 cup or more high-fiber cereal\*  
with 2 tablespoons granola and  
1/2 cup nonfat or 1% milk  
4 Spicy Prunes (page 141) or  
1/2 cup sliced strawberries  
Coffee/tea or water

1 part-skim mozzarella cheese stick and 2 celery 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 low-fat  
cheese, 2 teaspoons low-cal dressing, lettuce,  
tomato, mustard, hot peppers (as desired)  
1/4 cup frozen grapes  
Water, diet soda or coffee/tea

Hummus and Veggie Plate with  
Spicy Sesame Cracker Chips (page 182)  
1/4 cup frozen grapes  
Water, diet soda or coffee/tea

“1” Diet Hot or Cold Chocolate (page 253)

or

1/2 cup low-fat cottage cheese and 2 celery sticks  
Water, diet soda or coffee/tea

Easy Bean-and-Cheese Burritos (page 269)  
Side salad with drizzle of olive oil and vinegar  
or 2 teaspoons low-cal dressing

Broiled Tofu (page 208)  
1 1/2 cups steamed broccoli with 1 teaspoon  
low-fat sour cream and fresh lemon juice  
Side salad with drizzle of olive oil and vinegar  
or 2 teaspoons low-cal dressing  
*Optional:* 1/2 cup Boiled Barley\* (page 217)  
instead of dessert

1 fresh pear with 1 teaspoon warm caramel sauce  
or

Ginger-Pecan Crunch (page 237)  
Water, diet soda or coffee/tea

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**HOME COOKING**

**Cooked Breakfast**

1 egg fried/boiled/poached and  
1 slice low-carb toast\* with  
1 teaspoon tub margarine  
1/2 cup melon chunks  
Coffee/tea or water

Bacon and Eggs Breakfast  
(page 137)

or

Vegetable "Frittata" (page 136)

1/2 cup Plum Compote (page 141)  
or melon chunks

Coffee/tea or water

**Mid-Morning Snack**

6 ounces sugar-free, low-fat yogurt with 4 pecan halves  
Water, diet soda or coffee/tea

**Lunch**

1 cup thick non-creamy soup  
such as lentil or beef and barley  
1 small orange and 1 tablespoon  
peanuts  
Water, diet soda or coffee/tea

Beef and Barley Soup (page 154)

or

Lentil Vegetable Soup (page 149)

1 small orange and 1 tablespoon  
peanuts

Water, diet soda or coffee/tea

**Afternoon Snack**

Strawberry-Blueberry Smoothie (page 270)  
or  
1/2 cup low-fat cottage cheese and 2 celery sticks  
Water, diet soda or coffee/tea

**Dinner**

4 ounces grilled skinless chicken  
breast with 1/4 cup tomato sauce and  
1 tablespoon grated Parmesan  
1 1/2 cups steamed mixed veggies  
(no sauce)  
Side salad with Rosemary-Thyme  
Dressing (page 262)  
*Optional:* low-carb pita bread\* instead  
of dessert

Chicken Parm (page 198)

1 1/2 cups steamed snow peas with  
1/2 teaspoon tub margarine

Side salad with drizzle of olive oil  
and vinegar or 2 teaspoons low-cal  
dressing

*Optional:* 1/2 cup Boiled Barley\*  
(page 217) instead of dessert

**Dessert**

Almost Apple Cobbler (page 245)  
or  
Chocolate-Raspberry Parfait (page 237)  
Water, diet soda or coffee/tea

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## SIMPLY GOOD

1 egg fried/boiled/poached and 1 slice low-carb toast\* with 1 teaspoon tub margarine  
 ½ cup melon chunks  
 Coffee/tea or water

## HOME COOKING

Vegetable “Frittata” (page 136)  
 ½ cup Plum Compote (page 141) or melon chunks  
 Coffee/tea or water

6 ounces sugar-free, low-fat yogurt with 4 pecan halves  
 Water, diet soda or coffee/tea

1 cup thick non-creamy soup such as lentil or minestrone  
 1 small orange and 1 tablespoon peanuts  
 Water, diet soda or coffee/tea

Mushroom and Barley Soup (page 154)  
**or**  
 Lentil Vegetable Soup (page 149)  
 1 small orange and 1 tablespoon peanuts  
 Water, diet soda or coffee/tea

Strawberry-Blueberry Smoothie (page 270)  
**or**  
 ½ cup low-fat cottage cheese and 2 celery sticks  
 Water, diet soda or coffee/tea

No-Fuss Pizza (page 212)  
**or**  
 Veggie cheese wrap: 1 low-carb tortilla\* filled with ½ cup grilled veggies, ¼ cup bean salad or cooked beans, 2 tablespoons low-fat Alfredo sauce  
 Side salad with Rosemary-Thyme Dressing (page 262)

Stuffed Green Peppers (page 216)  
**or**  
 Barbecue Vegetable Pizza (page 211)  
 Side salad with drizzle of olive oil and vinegar or 2 teaspoons low-cal dressing

Almost Apple Cobbler (page 245)  
**or**  
 Chocolate-Raspberry Parfait (page 237)  
 Water, diet soda or coffee/tea

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