

**SIMPLY GOOD**

**HOME COOKING**

**Special  
Breakfast**

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

Orange-Crumbed French Toast (page 138) or Bannock Cakes (page 134)  
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)  
"I" Diet Tuna Salad wrap (page 162)  
1 sugar-free gelatin dessert  
Water, diet soda or coffee/tea

**Afternoon  
Snack**

"I" 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

## 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.*

**SIMPLY GOOD**

**HOME COOKING**

**Continental Breakfast**

1 cup “complete” high-fiber cereal\* with ½ cup nonfat or 1% milk  
½ cup sliced strawberries  
Coffee/tea or water

⅓ cup high-fiber cereal\* with 2 tablespoons granola, 2 pecan halves and ½ cup nonfat or 1% milk  
4 Spicy Prunes (page 141) or ½ cup sliced strawberries  
Coffee/tea or water

**Mid-Morning Snack**

2 part-skim mozzarella cheese sticks  
**or**  
1 small high-protein, high-fiber snack bar\*\* and 1 plum or kiwi  
Water, diet soda or coffee/tea

**Lunch**

Asian Salad Plate: 2-3 cups salad greens and non-starchy veggies, 2 slices (2 ounces) chicken breast, ⅓ cup legumes, 1 tablespoon mandarin orange segments, 1 teaspoon sesame seeds, 2 tablespoons low-cal Asian-style dressing  
Water, diet soda or coffee/tea

“I” Diet Chicken Salad wrap (page 161)  
**or**  
Indian Kebab Wrap (page 165)  
2-3 palm hearts  
Water, diet soda or coffee/tea

**Afternoon Snack**

Snack Attack Pack (page 248)  
**or**  
“I” Diet Cereal Dessert (page 236)  
Water, diet soda or coffee/tea

**Dinner**

Veggie burger served on a low-carb roll\*, lettuce, tomato, onion, 1 teaspoon low-fat mayo, relish, ketchup  
1½ cups broccoli (no sauce) with 1 teaspoon low-fat sour cream and fresh lemon juice  
Side salad of crispy romaine with 2 teaspoons low-fat blue cheese dressing

The Ultimate “I” Burger (page 264)  
**or**  
Belgian-Style Beef Stew (page 266)  
Iceberg Wedges with Blue Cheese (page 169)  
1½ cups steamed broccoli with 1 teaspoon low-fat sour cream and fresh lemon juice

**Dessert**

Almost Apple Cobbler (page 245)  
**or**  
Orange Flan (page 241)  
Water, diet soda or coffee/tea **or** Fennel Infusion (page 251)

\*Asterisks mark items that vary a lot in composition and size. Check the Savvy Shopper  
\*\*Small high-protein, high-fiber snack bars contain 80 to 100 calories.

## SIMPLY GOOD

1 cup “complete” high-fiber cereal\*  
with ½ cup nonfat or 1% milk

½ cup sliced strawberries

Coffee/tea or water

## HOME COOKING

⅓ cup high-fiber cereal\* with 2 tablespoons  
granola, 2 pecan halves and ½ cup nonfat or  
1% milk

4 Spicy Prunes (page 141) or  
½ cup sliced strawberries

Coffee/tea or water

2 part-skim mozzarella cheese sticks

or

1 small high-protein, high-fiber snack bar\*\* and 1 plum or kiwi

Water, diet soda or coffee/tea

Asian Salad Plate: 2–3 cups salad greens and  
non-starchy veggies, 1 hard-boiled egg,  
⅓ cup legumes, 1 tablespoon mandarin  
orange segments, 1 teaspoon sesame seeds,  
2 tablespoons low-cal Asian-style dressing

Water, diet soda or coffee/tea

Vegetarian Chicken Salad wrap (page 161)

or

Leftover curry (page 219) in a small low-carb  
pita bread with side salad of romaine

2–3 palm hearts

Water, diet soda or coffee/tea

6 ounces sugar-free, low-fat yogurt with 4 pecan halves

or

½ cup low-fat cottage cheese

Water, diet soda or coffee/tea

Veggie burger served on a low-carb roll\* with  
lettuce, tomato, onion, 1 teaspoon low-fat  
mayo, relish, ketchup

1½ cups broccoli (no sauce) with 1 teaspoon  
low-fat sour cream and fresh lemon juice

Side salad of crispy romaine with  
2 teaspoons low-fat blue cheese dressing

Vegetarian Burger Delight (page 189)

Iceberg Wedges with Blue Cheese  
(page 169)

1½ cups steamed broccoli or snow peas  
with 1 teaspoon low-fat sour cream and fresh  
lemon juice

Almost Apple Cobbler (page 245)

or

Orange Flan (page 241)

Water, diet soda or coffee/tea or Fennel Infusion (page 251)

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*Check the Savvy Shopper directory for suitable brands.*

**SIMPLY GOOD**

**HOME COOKING**

**Continental  
Breakfast**

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

2 slices low-carb bread\* or "I" Diet Soda  
Bread (page 160) with 2 teaspoons low-  
fat cream cheese, peanut butter or fruit  
spread  
1/4 cup nonfat plain Greek yogurt with  
1/2 cup sliced strawberries or 1/2 grapefruit  
Coffee/tea or water

**Mid-Morning  
Snack**

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

**Lunch**

Picnic Plate: 1 sliced apple and 1" cube  
(1 ounce) extra-sharp 50% reduced-fat  
cheddar cheese  
6 ounces sugar-free, low-fat yogurt  
sprinkled with 3 tablespoons or more  
high-fiber cereal\*  
Water, diet soda or coffee/tea

Hummus and Veggie Plate with Spicy  
Sesame Cracker Chips (page 182)  
Masala Tea (page 252) and/or water,  
diet soda or coffee/tea

**Afternoon  
Snack**

1 small high-protein, high-fiber bar\*\* and 1/3 sweet red pepper  
**or**  
Strawberry-Blueberry Smoothie (page 270)  
Water, diet soda or coffee/tea

**Dinner**

4 ounces plain grilled fish with  
2 tablespoons low-cal sauce  
1 1/2 cups green beans (no sauce)  
Side salad of baby spinach with  
drizzle of olive oil, balsamic vinegar  
and 2 teaspoons dried cranberries

Cajun Cod (page 206)  
**or**  
Baked Salmon with Lemon-Dill Sauce  
(page 203)  
1 1/2 cups steamed asparagus or 1 cup  
A Perfect Ratatouille (page 228)  
Side salad of baby spinach with drizzle  
of olive oil, balsamic vinegar and  
2 teaspoons dried cranberries

**Dessert**

Ginger-Pecan Crunch (page 237) **or** Indian Barley Pudding (page 242)  
Water, diet soda or coffee/tea

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## SIMPLY GOOD

2 slices low-carb bread\* with 2 teaspoons low-fat cream cheese, peanut butter or fruit spread

½ cup melon chunks or ½ grapefruit

Coffee/tea or water

## HOME COOKING

2 slices low-carb bread\* or “I” Diet Soda Bread (page 160) with 2 teaspoons low-fat cream cheese, peanut butter or fruit spread

¼ cup nonfat plain Greek yogurt with ½ cup sliced strawberries or ½ grapefruit

Coffee/tea or water

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

or

1 cup grapes and 4 pecan halves

Water, diet soda or coffee/tea

Picnic Plate: 1 sliced apple and 1” cube (1 ounce) extra-sharp 50% reduced-fat cheddar cheese

6 ounces sugar-free, low-fat yogurt sprinkled with 3 tablespoons or more high-fiber cereal\*

Water, diet soda or coffee/tea

Thai Salad with Warm Peanut Sauce (page 177)

or

Hummus and Veggie Plate with Spicy Sesame Cracker Chips (page 182)

Masala Tea (page 252) and/or water, diet soda or coffee/tea

1 small high-protein, high-fiber bar\*\* and ⅓ sweet red pepper

or

Strawberry-Blueberry Smoothie (page 270)

Water, diet soda or coffee/tea

2 veggie hot dogs with a low-carb roll\* on the side, ketchup and mustard

or

2 veggie hot dogs and ½ cup baked beans

Side salad of baby spinach with drizzle of olive oil, balsamic vinegar and 2 teaspoons dried cranberries

2-egg omelet prepared with ½ teaspoon tub margarine

½ cup Wheat Berry Salad (page 180)

or

Vegetarian Home Run Hot Dogs (page 193)

Side salad of baby spinach with drizzle of olive oil, balsamic vinegar and 2 teaspoons dried cranberries

Ginger-Pecan Crunch (page 237) or Indian Barley Pudding (page 242)

Water, diet soda or coffee/tea

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**SIMPLY GOOD**

**HOME COOKING**

**Cooked Breakfast**

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

Bacon and Eggs Breakfast  
(page 137)  
**or**  
Vegetable “Frittata” (page 136)  
  
½ cup Plum Compote (page 141)  
or melon chunks  
  
Coffee/tea or water

**Mid-Morning Snack**

Snack Attack Pack (page 248)  
**or**  
1 apple and 3 dried black mission figs  
Water, diet soda or coffee/tea

**Lunch**

Soup and Sandwich: 1 cup French  
onion soup (no cheese); 1 roast beef  
sandwich made with 2 slices low-carb  
bread\*, 2 slices (2 ounces) roast beef  
with no visible fat, 1 teaspoon mustard,  
lettuce, tomato, sliced onion, etc.  
  
1 sugar-free gelatin dessert  
  
Water, diet soda or coffee/tea

Costa Rican Black Bean Soup (page 148)  
  
Side salad with 1 tablespoon grated  
cheese and 2 teaspoons low-cal dressing  
  
1 sugar-free gelatin dessert  
  
Water, diet soda or coffee/tea

**Afternoon Snack**

“I” Diet Hot or Cold Chocolate (page 253)  
**or**  
½ cup low-fat cottage cheese with ⅓ sweet pepper  
Water, diet soda or coffee/tea

**Dinner**

4 ounces grilled skinless chicken  
breast with 2 tablespoons low-cal  
sweet-and-sour sauce  
  
1 cup Chinese-style veggies  
  
Mixed garden side salad with drizzle  
of olive oil and vinegar

Hoisin Pork (page 192) with Asian  
Coleslaw (page 175)  
  
Mixed garden side salad with  
Rosemary-Thyme Dressing (page 262)

**Dessert**

Chocolate Cereal Dessert (page 236)  
**or**  
1 ripe pear with 1 teaspoon warm caramel sauce  
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  
 1/2 cup melon chunks  
 Coffee/tea or water

## HOME COOKING

Vegetable "Frittata" (page 136)  
 1/2 cup Plum Compote (page 141)  
 or melon chunks  
 Coffee/tea or water

Snack Attack Pack (page 248)

or

1 apple and 3 dried black mission figs  
 Water, diet soda or coffee/tea

1/2 cups thick soup such as lentil or minestrone with 1 tablespoon grated cheese topping  
 Side salad with 1 tablespoon grated cheese and 2 teaspoons low-calorie dressing  
 1 sugar-free gelatin dessert  
 Water, diet soda or coffee/tea

Costa Rican Black Bean Soup (page 148)  
 Side salad with 1 tablespoon grated cheese and 2 teaspoons low-cal dressing  
 1 sugar-free gelatin dessert  
 Water, diet soda or coffee/tea

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

or

1/2 cup low-fat cottage cheese with 1/2 sweet pepper  
 Water, diet soda or coffee/tea

1 cup cucumber slices with 1 tablespoon low-cal dressing  
 1 grilled cheese sandwich made with 2 slices low-carb bread\* and 1" cube (1 ounce) 50% fat-reduced sharp cheddar  
 1/2 cup baked beans

Mushroom and Barley Risotto (page 218)  
 Watercress and Orange Salad with Parmesan Toasts and Hummus (page 171)  
 or  
 Spicy Tofu and Mixed Vegetable Stir-Fry (page 206)

Chocolate Cereal Dessert (page 236)

or

1 ripe pear with 1 teaspoon warm caramel sauce  
 Water, diet soda or coffee/tea

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**SIMPLY GOOD**

**HOME COOKING**

**Hot Cereal  
Breakfast**

"I" Diet Instant Hot Cereal with Raisins,  
Pecans and Cinnamon (page 135)  
Coffee/tea or water

Irish Oatmeal (page 133)  
Coffee/tea or water

**Mid-Morning  
Snack**

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

6 ounces sugar-free, low-fat yogurt with 1 teaspoon dried fruit  
Water, diet soda or coffee/tea

**Lunch**

Ham and Cheese Salad Plate:  
2-3 cups salad greens and non-starchy  
veggies, 1/3 cup legumes, 2 slices  
(2 ounces) ham, 2 tablespoons feta  
cheese, 2 tablespoons low-cal dressing  
1/4 cup frozen grapes  
Water, diet soda or coffee/tea

Apple, Walnut and Blue Cheese Salad  
(page 168)  
or  
Bibb Salad with Mushrooms and  
Shaved Parmesan (page 170)  
1 slice "I" Diet Soda Bread (page 160)  
or low-carb toast\*  
Water, diet soda or coffee/tea

**Afternoon  
Snack**

1 small high-protein, high-fiber bar\*\* and 1/2 orange  
or  
1/2 cup low-fat cottage cheese with 1/4 cup baby carrots  
Water, diet soda or coffee/tea

**Dinner**

No-Fuss Pizza (page 211)  
or  
Cheese-and-veggie wrap: 1 low-carb  
tortilla\* filled with warmed 1/2 cup  
grilled veggies, 1/4 cup legumes or  
bean salad, 2 tablespoons low-cal  
Alfredo sauce  
1 large tomato, sliced, with chopped  
fresh basil and drizzle of olive oil  
and balsamic vinegar

John's Pasta Supper (page 213)  
or  
Italian Meatballs (page 262)  
Florentine Braised Kale (page 227)  
Tomato Salad (page 172)

**Dessert**

Chocolate-Raspberry Parfait (page 237)  
or  
Chocolate-Tipped Strawberries and Cream (page 246)  
Water, diet soda or coffee/tea

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\*\*Small high-protein, high-fiber snack bars contain 80 to 100 calories.

## SIMPLY GOOD

"I" Diet Instant Hot Cereal with Raisins,  
Pecans and Cinnamon (page 135)  
Coffee/tea or water

## HOME COOKING

Irish Oatmeal (page 133)  
Coffee/tea or water

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

or

6 ounces sugar-free, low-fat yogurt with 1 teaspoon dried fruit  
Water, diet soda or coffee/tea

Cheese Salad Plate: 2-3 cups salad greens  
and non-starchy veggies, 1/2 cup legumes,  
1 slice cheese, 1 teaspoon sunflower seeds,  
2 tablespoons low-cal dressing

1/4 cup frozen grapes

Water, diet soda or coffee/tea

Mexican Black Beans with Chips, Salsa  
and Sour Cream (page 265)

or

Bibb Salad with Mushrooms  
and Shaved Parmesan (page 170)

1 slice "I" Diet Soda Bread (page 160)  
or low-carb toast\*

Water, diet soda or coffee/tea

1 small high-protein, high-fiber bar\*\* and 1/2 orange

or

1/2 cup low-fat cottage cheese with 1/4 cup baby carrots  
Water, diet soda or coffee/tea

No-Fuss Pizza (page 212)

or

Cheese-and-veggie wrap: 1 low-carb tortilla\*  
filled with 1/2 cup warmed grilled veggies,  
1/4 cup legumes or bean salad, 2 tablespoons  
low-cal Alfredo sauce

1 large tomato, sliced, with chopped fresh  
basil and drizzle of olive oil and balsamic  
vinegar

Barbecue Vegetable Pizza (page 212)

or

Stuffed Green Peppers (page 216) or  
Afghan Stuffed Peppers (page 268)

Tomato Salad (page 172)

Chocolate-Raspberry Parfait (page 237)

or

Chocolate-Tipped Strawberries and Cream (page 246)

Water, diet soda or coffee/tea

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**SIMPLY GOOD**

**HOME COOKING**

**Continental  
Breakfast**

1 cup "complete" high-fiber cereal\*  
with 1/2 cup nonfat or 1% milk  
1/2 orange  
Coffee/tea or water

1/3 cup high-fiber cereal\*  
with 2 tablespoons granola,  
2 teaspoons raisins and  
1/2 cup nonfat or 1% milk  
1/2 orange  
Coffee/tea or water

**Mid-Morning  
Snack**

"1" Diet Hot or Cold Chocolate (page 253)  
**or**  
1/2 cup low-fat cottage cheese with 3 celery sticks  
Water, diet soda or coffee/tea

**Lunch**

Chicken Caesar wrap: 1 small low-carb tortilla\* filled with 2 slices (2 ounces) chicken, 1 tablespoon low-cal Caesar dressing, 1 tablespoon grated Parmesan cheese, chopped lettuce  
Side salad with 2 teaspoons low-cal dressing  
1 sugar-free gelatin dessert  
Water, diet soda or coffee/tea

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

**Afternoon  
Snack**

Snack Attack Pack (page 248)  
**or**  
"1" Diet Cereal Dessert (page 236)  
Water, diet soda or coffee/tea

**Dinner**

3 ounces grilled salmon on a toasted low-carb roll\* with 1 teaspoon low-fat mayo, fresh lemon juice, lettuce, tomato  
1 1/2 cups cooked snow peas (no sauce)

Perfect Grill shrimp or chicken with Creamy Mustard Sauce (page 199)  
1 1/2 cups grilled mixed veggies  
Side salad with drizzle of olive oil and vinegar

**Dessert**

1 cup sugar-free fresh fruit salad  
**or**  
Baked Apples with Figs (page 243)  
Water, diet soda or coffee/tea

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## SIMPLY GOOD

1 cup “complete” high-fiber cereal\*  
with ½ cup nonfat or 1% milk

½ orange

Coffee/tea or water

## HOME COOKING

⅓ cup high-fiber cereal\* with 2 tablespoons  
granola, 2 teaspoons raisins and ½ cup  
nonfat or 1% milk

½ orange

Coffee/tea or water

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

or

½ cup low-fat cottage cheese with 3 celery sticks

Water, diet soda or coffee/tea

Cannellini Caesar wrap: 1 small low-carb  
tortilla\* filled with ¼ cup cooked cannellini  
beans, 1 tablespoon low-cal Caesar dressing,  
2 tablespoons grated Parmesan cheese,  
chopped lettuce

Side salad with 2 teaspoons low-cal dressing

1 sugar-free gelatin dessert

Water, diet soda or coffee/tea

West African Bean Cakes with Spicy Dip  
and Green Salad (page 224)

or

Thai Salad with Warm Peanut Sauce  
(page 177)

1 sugar-free gelatin dessert

Water, diet soda or coffee/tea

Snack Attack Pack (page 248)

or

“I” Diet Cereal Dessert (page 236)

Water, diet soda or coffee/tea

2-egg omelet prepared with ½ teaspoon  
tub margarine

1 slice lightly buttered low-carb toast\*

½ cups mixed garden salad with

1 tablespoon low-cal dressing

Hoisin Tofu (page 210)

½ cups grilled mixed veggies

Side salad with drizzle of olive oil and vinegar

1 cup sugar-free fresh fruit salad

or

Baked Apples with Figs (page 243)

Water, diet soda or coffee/tea

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**SIMPLY GOOD**

**HOME COOKING**

**Continental  
Breakfast**

2 slices low-carb bread\*  
with 2 teaspoons low-fat cream  
cheese, peanut butter or fruit spread  
1/2 cup fresh pineapple chunks  
Coffee/tea or water

2 slices low-carb bread\* or "I" Diet  
Soda Bread (page 160) with  
2 teaspoons low-fat cream cheese,  
peanut butter or fruit spread  
1/2 cup Homemade Cinnamon  
Applesauce (page 140) or  
fresh pineapple chunks  
Coffee/tea or water

**Mid-Morning  
Snack**

2 part-skim mozzarella cheese sticks and 1/3 sweet red pepper  
Water, diet soda or coffee/tea

**Lunch**

Soup and Salad: 1 cup hearty soup\*  
such as lentil or minestrone; side salad  
with 1 teaspoon sunflower seeds and  
2 teaspoons low-cal dressing  
1 apple  
Water, diet soda or coffee/tea

Spicy Stew, North African Style  
(page 155)  
1 apple  
Water, diet soda or coffee/tea

**Afternoon  
Snack**

"I" Diet Hot or Cold Chocolate (page 253)  
**or**  
6 ounces sugar-free, low-fat yogurt with 2 pecan halves  
Water, diet soda or coffee/tea

**Dinner**

4 ounces grilled skinless chicken  
breast with 2 tablespoons low-fat  
Alfredo sauce  
1 cup cooked green peas (no sauce)  
Mixed garden side salad with  
2 teaspoons low-cal dressing

"Sallat" of Field Greens and Herbs  
(page 167)  
Arista Chicken (page 197)  
**or**  
Veal Scaloppine in Creamy Mushroom  
Sauce (page 191)  
Summer Squash with Butter and Sage  
(page 231)

**Dessert**

Chocolate Cereal Dessert (page 236)  
**or**  
Chocolate Bread Pudding (page 240)  
Water, diet soda or coffee/tea

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## SIMPLY GOOD

2 slices low-carb bread\* with  
2 teaspoons low-fat cream cheese,  
peanut butter or fruit spread

½ cup fresh pineapple chunks

Coffee/tea or water

## HOME COOKING

2 slices low-carb bread\* or “I” Diet Soda  
Bread (page 160) with 2 teaspoons low-fat  
cream cheese, peanut butter or fruit spread

½ cup Homemade Cinnamon Applesauce  
(page 140) or fresh pineapple chunks

Coffee/tea or water

2 part-skim mozzarella cheese sticks and ⅓ sweet red pepper

Water, diet soda or coffee/tea

Soup and Salad: 1 cup hearty soup\*  
such as lentil or black bean; side salad  
with 1 teaspoon sunflower seeds and  
2 teaspoons low-cal dressing

1 apple

Water, diet soda or coffee/tea

Spicy Stew, North African Style (page 155)

1 apple

Water, diet soda or coffee/tea

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

or

1 small high-protein, high-fiber bar\*\* and ½ orange

Water, diet soda or coffee/tea

1 cup cooked whole-wheat pasta with  
½ cup tomato sauce and 2 tablespoons  
grated Parmesan cheese

2 cups mixed garden side salad with  
1 tablespoon low-cal dressing

“Sallat” of Field Greens and Herbs  
(page 167)

Tomato and Broccoli Lasagna (page 215)

Summer Squash with Butter and Sage  
(page 231)

Chocolate Bread Pudding (page 240)

or

4 ounces 2% plain Greek yogurt with ¼ cup fresh fruit and 2 pecan halves

Water, diet soda or coffee/tea

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