

Weight-Healthy Meal Suggestions for Stage III of the “I” Diet Program

In addition to any Stage I or Stage II meal, any of the meals below can be enjoyed when you reach Stage III, according to your daily calorie needs. You can also calculate calories, fiber and nutrients in your favorite dishes by using one of the web programs such as www.calorieking.com.

BREAKFASTS	300 CALORIES
<p>Any regular cereal mixed with high-fiber cereal and 1% milk (or nonfat or 2% plain or sugar-free yogurt); fruit; coarse whole-grain toast and healthy spreads such as peanut butter, fruit butter or low-fat cream cheese for higher calorie levels.</p>	<p>$\frac{3}{4}$ cup any cereal mixed with $\frac{1}{3}$ cup high-fiber cereal and 1 cup milk 1 piece fruit</p>
<p>Coarse 100% whole-grain bread with preserves or low-fat cream cheese and fresh fruit salad.</p>	<p>1 large or 2 small slices bread with 1 tablespoon low-fat cream cheese or 1 teaspoon tub margarine and 2 teaspoons preserves $\frac{1}{2}$ cup fresh fruit salad</p>
<p>Whole-wheat bagel with low-fat cream cheese; apple or fresh fruit salad.</p>	<p>$\frac{1}{2}$ bagel with 2 teaspoons low-fat cream cheese 1 apple or 1 cup fruit salad</p>
<p>Hot oat bran cereal with pecans or raisins, fresh fruit, brown sugar, 1% milk or half as much half-and-half and cinnamon to taste.</p>	<p>1 cup hot cereal with $1\frac{1}{2}$ tablespoons pecans or raisins, $\frac{1}{2}$ cup fresh fruit, 1 tablespoon brown sugar and 2 tablespoons milk or 1 tablespoon half-and-half</p>
<p>Eggs; Canadian bacon; fresh fruit and/or lightly buttered low-carb coarse 100% whole-wheat or “I” Diet Soda Bread (page 160).</p>	<p>2 eggs, any style $\frac{1}{2}$ slices Canadian bacon $\frac{1}{2}$ cup fresh fruit or $\frac{1}{2}$ slice toast</p>

380 CALORIES	460 CALORIES	540 CALORIES
<p>1 cup any cereal mixed with $\frac{1}{3}$ cup high-fiber cereal and 1 cup milk</p> <p>1 piece fruit</p> <p>$\frac{1}{2}$ slice bread with spread</p>	<p>$1\frac{1}{2}$ cups any cereal mixed with $\frac{1}{3}$ cup high-fiber cereal and 1 cup milk</p> <p>1 piece fruit</p> <p>1 slice bread with spread</p>	<p>$1\frac{1}{2}$ cups any cereal mixed with $\frac{1}{3}$ cup high-fiber cereal and 1 cup milk</p> <p>$1\frac{1}{2}$ pieces fruit</p> <p>1 large slice bread with spread</p>
<p>$1\frac{1}{2}$ large or 3 small slices bread with 1 tablespoon low-fat cream cheese or 1 teaspoon tub margarine and 2 teaspoons preserves</p> <p>$\frac{2}{3}$ cup fresh fruit salad</p>	<p>3 small or $1\frac{1}{2}$ large slices bread with $1\frac{1}{2}$ tablespoons low-fat cream cheese or 1 teaspoon tub margarine and 1 tablespoon preserves</p> <p>$\frac{2}{3}$ cup fresh fruit salad</p>	<p>4 small or 2 large slices bread with 2 tablespoons low-fat cream cheese or 1 teaspoon tub margarine and 1 tablespoon preserves</p> <p>1 cup fresh fruit salad</p>
<p>$\frac{3}{4}$ bagel with 3 teaspoons low-fat cream cheese</p> <p>1 apple or 1 cup fruit salad</p>	<p>1 bagel with 4 teaspoons low-fat cream cheese</p> <p>1 apple or 1 cup fruit salad</p>	<p>1 bagel with 4 teaspoons low-fat cream cheese</p> <p>$1\frac{1}{2}$ cups fruit salad</p>
<p>$1\frac{1}{2}$ cups hot cereal with 2 tablespoons pecans or raisins, $\frac{2}{3}$ cup fresh fruit, 1 tablespoon brown sugar and 2 tablespoons milk or 1 tablespoon half-and-half</p>	<p>$1\frac{1}{2}$ cups hot cereal with 3 tablespoons pecans or raisins, 1 cup fresh fruit, $1\frac{1}{2}$ tablespoons brown sugar and 2 tablespoons milk or 1 tablespoon half-and-half</p>	<p>$1\frac{1}{2}$ cups hot cereal with 3 tablespoons pecans or raisins, $1\frac{1}{3}$ cups fresh fruit, 2 tablespoons brown sugar and $\frac{1}{4}$ cup milk or 2 tablespoons half-and-half</p>
<p>2 eggs, any style</p> <p>3 slices Canadian bacon</p> <p>$\frac{2}{3}$ cup fresh fruit or 1 slice toast</p>	<p>2 eggs, any style</p> <p>3 slices Canadian bacon</p> <p>$\frac{2}{3}$ cup fresh fruit or 1 slice toast</p>	<p>2 eggs, any style</p> <p>3 slices Canadian bacon</p> <p>$1\frac{1}{2}$ cups fresh fruit or 1 slice toast</p>

Weight-Healthy Meal Suggestions for Stage III of the “I” Diet Program

LUNCHES	375 CALORIES
<p>Large green salad with lean turkey breast, beans, oil-and-vinegar dressing, toppings; coarse 100% whole-grain, low-carb or “I” Diet Soda Bread (page 160) for higher calorie levels; fruit. Use a variety of light or regular, Chinese-style and Thai dressings. Substitute any of the following for each 2 ounces turkey: 2 ounces plain grilled chicken, 1 hard-boiled egg, 1/2 cup cottage cheese made with 1% milk, 1/3 cup water-packed tuna, 2 1” squares grilled tofu, 1/3 slices low-fat cheese or 2/3 slice of regular cheese.</p>	<p>2+ cups salad greens, 1/2 cup beans, 1 slice (1 ounce) turkey breast and 1 tablespoon regular or 2 tablespoons low-fat dressing</p> <p>1 piece fruit</p>
<p>Sandwich made with coarse 100% whole-wheat, low-carb or “I” Diet Soda Bread (page 160) with side salad and apple. Substitute any of the following for each 2 ounces lean ham: 2 ounces plain grilled chicken, 1 hard-boiled egg, 1/3 cup water-packed tuna, 2 1” squares grilled tofu, 1/3 slices low-fat cheese or 2/3 slice of regular cheese.</p>	<p>2 small slices bread, 1 medium slice (1 ounce) lean ham or equivalent, 1 slice reduced-fat cheese and 1 teaspoon low-fat mayo</p> <p>Salad with lots of green and non-starchy veggies and 1 tablespoon low-fat dressing</p> <p>1 apple</p>
<p>Thick, non-creamy soup such as bean, lentil, minestrone, beef barley or pea with ham; coarse whole-grain, low-carb or “I” Diet Soda Bread (page 160); side salad and fruit; pecans and raisins for higher calorie levels.</p>	<p>1 1/2 cups soup</p> <p>1 slice bread</p> <p>Side salad with 1 tablespoon low-fat dressing or 1 piece fruit</p>
<p>Picnic-style lunch: raw or steamed veggies with oil and vinegar; hummus or equivalent; whole-wheat pita bread; fruit, nuts/seeds/ raisins for higher calorie levels. Substitute any of the following for 1/4 cup hummus: 1/2 cup low-fat cottage cheese made with 1% milk, 2 slices (2 ounces) lean turkey or ham, 1 hard-boiled egg, 2 1” squares tofu, 1 low-fat mozzarella cheese stick.</p>	<p>1/2 cups veggies with drizzle of oil and vinegar</p> <p>1/4 cup hummus or equivalent</p> <p>1/4 pita bread</p> <p>1 piece fruit</p>

425 CALORIES	600 CALORIES	650 CALORIES
<p>3+ cups salad greens, 1/3 cup beans, 1 slice (1 ounce) turkey breast and 1 1/2 tablespoons any dressing</p> <p>1/2 slice bread</p> <p>1 piece fruit</p>	<p>3+ cups salad greens, 1/2 cup beans, 2 slices (2 ounces) turkey breast and 1 1/2 tablespoons any dressing</p> <p>1 slice bread</p> <p>1 piece fruit</p>	<p>3+ cups salad greens, 1/2 cup beans, 2 slices (2 ounces) turkey breast and 2 tablespoons any dressing</p> <p>1 slice bread lightly buttered or with a little olive oil for dipping</p> <p>1 piece fruit</p>
<p>2 small slices bread, 2 medium slices (2 ounces) lean ham or equivalent, 1 slice reduced-fat cheese and 1 teaspoon low-fat mayo</p> <p>Salad with lots of green and non-starchy veggies and 1 tablespoon low-fat dressing</p> <p>1 apple</p>	<p>2 slices bread, 3 slices (3 ounces) lean meat or equivalent, 1 slice reduced-fat cheese and 2 teaspoons low-fat mayo</p> <p>Lots of veggies with low-fat dressing</p> <p>1 apple</p>	<p>3 slices bread, 4 slices (4 ounces) lean meat, 2 slices reduced-fat cheese and 2 teaspoons low-fat mayo</p> <p>Lots of veggies with 1 tablespoon any dressing</p> <p>1 apple</p>
<p>1 1/2 cups soup</p> <p>1 slice bread</p> <p>Side salad with 1 tablespoon low-fat dressing</p> <p>1 piece fruit</p>	<p>2 cups soup</p> <p>2 slices bread</p> <p>Side salad with 1 tablespoon low-fat dressing</p> <p>1 piece fruit</p> <p>2 tablespoons pecans and raisins</p>	<p>2 cups soup</p> <p>2 slices bread</p> <p>Side salad with 1 tablespoon any dressing</p> <p>1 piece fruit</p> <p>3 tablespoons pecans and raisins</p>
<p>1 1/2 cups veggies with drizzle of oil and vinegar</p> <p>1/4 cup hummus or equivalent</p> <p>1/2 pita bread</p> <p>1 piece fruit</p> <p>1 tablespoon nuts/seeds/raisins</p>	<p>2 cups veggies with drizzle of oil and vinegar</p> <p>1/3 cup hummus or equivalent</p> <p>1/2 pita bread</p> <p>1 piece fruit</p> <p>2 tablespoons nuts/seeds/raisins</p>	<p>2 cups veggies with drizzle of oil and vinegar</p> <p>1/3 cup hummus or equivalent</p> <p>1 pita bread</p> <p>1 piece fruit</p> <p>3 tablespoons nuts/seeds/raisins</p>

Weight-Healthy Meal Suggestions for Stage III of the “I” Diet Program

DINNERS	375 CALORIES
<p>Roast chicken breast with gravy; green veggies lightly dressed with 1/2 teaspoon margarine or olive oil; baked sweet potato; side of coarse 100% whole-wheat, low-carb or “I” Diet Soda Bread (page 160) for higher calorie level. Substitute the same amount of lean pork or beef with no visible fat or vegetarian sausage for chicken.</p>	<p>4 ounces roast chicken with 2 tablespoons gravy 1 1/2 cups green veggies Small baked sweet potato</p>
<p>Casseroles such as chili con carne or bean or beef stew; brown basmati rice; salad.</p>	<p>3/4 cup chili or stew 1/3 cup brown rice 2 cups salad with 1 tablespoon low-fat dressing</p>
<p>100% whole-wheat pasta with tomato or low-fat meat sauce and grated Parmesan cheese; salad.</p>	<p>1 cup cooked pasta with 1/3 cup tomato or meat sauce and 1 tablespoon grated cheese 2 cups salad with 1 tablespoon low-fat dressing</p>
<p>Extra-lean (90–95%) hamburger with lettuce, tomato, ketchup and relish on a 100% whole-wheat bread roll; side salad. Substitute the following for 4 ounces of hamburger: 1 veggie burger and 1/2 cup bean salad.</p>	<p>4 ounces hamburger on a whole-wheat roll with ketchup and relish 2 cups salad with 1 tablespoon low-fat dressing</p>
SNACKS <i>(one per day or divided into two)</i>	150 CALORIES
<p>Fresh fruit such as a red or green crispy apple, orange, green or red grapes, cut-up mango, pineapple, kiwi, peach, nectarine, pear; nuts.</p>	<p>1 piece or 1 cup fresh fruit 1 tablespoon nuts</p>
<p>Cut-up fresh veggies with small side of hummus or low-fat cottage cheese; latte or “I” Diet Hot or Cold Chocolate (page 253) for higher calorie levels.</p>	<p>1 cup cut-up veggies 1/4 cup hummus or 1/2 cup cottage cheese</p>

(continued)

425 CALORIES	600 CALORIES	650 CALORIES
<p>5 ounces roast chicken with 3 tablespoons gravy</p> <p>1½ cups green veggies</p> <p>Small baked sweet potato with low-fat sour cream</p>	<p>6 ounces roast chicken with 3 tablespoons gravy</p> <p>2 cups green veggies</p> <p>Medium baked sweet potato with low-fat sour cream</p>	<p>6 ounces roast chicken with 4 tablespoons gravy</p> <p>2 cups green veggies</p> <p>Medium baked sweet potato with low-fat sour cream</p> <p>1 slice bread</p>
<p>1 cup chili or stew</p> <p>⅓ cup brown rice</p> <p>2 cups salad with 1 tablespoon low-fat dressing</p>	<p>1½ cups chili or stew</p> <p>½ cup brown rice</p> <p>2 cups salad with 1 tablespoon any dressing</p>	<p>1½ cups chili or stew</p> <p>¾ cup brown rice</p> <p>2 cups salad with 1 tablespoon any dressing</p>
<p>1¼ cups cooked pasta with ½ cup tomato or meat sauce and 1 tablespoon grated cheese</p> <p>2 cups salad with 1 tablespoon low-fat dressing</p>	<p>1⅔ cups cooked pasta with ¾ cup tomato or meat sauce and 2 tablespoons grated cheese</p> <p>2 cups salad with 1 tablespoon any dressing</p>	<p>1¾ cups cooked pasta with ¾ cup tomato or meat sauce and 2 tablespoons grated cheese</p> <p>2 cups salad with 1 tablespoon any dressing</p>
<p>5 ounces hamburger on a whole-wheat roll</p> <p>2 cups salad with 1 tablespoon low-fat dressing</p>	<p>6 ounces hamburger on a whole-wheat roll</p> <p>3 cups salad with 1½ tablespoons any dressing</p>	<p>6 ounces hamburger with 1 slice low-fat cheese on a whole-wheat roll</p> <p>3 cups salad with 1½ tablespoons any dressing</p>
190 CALORIES	240 CALORIES	270 CALORIES
<p>1 piece or 1 cup fresh fruit</p> <p>2 tablespoons nuts</p>	<p>2 pieces or 2 cups fresh fruit</p> <p>1½ tablespoons nuts</p>	<p>2 pieces or 2 cups fresh fruit</p> <p>2 tablespoons nuts</p>
<p>1½ cups cut-up veggies</p> <p>⅓ cup hummus or ⅔ cup low-fat cottage cheese</p>	<p>1 cup cut-up veggies</p> <p>¼ cup hummus or ½ cup cottage cheese</p> <p>8-ounce latte or "I" Diet Hot or Cold Chocolate</p>	<p>1½ cups cut-up veggies</p> <p>⅓ cup hummus or 1 cup low-fat cottage cheese</p> <p>8-ounce latte or "I" Diet Hot or Cold Chocolate</p>

(continued)

Weight-Healthy Meal Suggestions for Stage III of the “I” Diet Program

Trail mix or dried unsweetened fruit such as figs, prunes, raisins, dried apple slices. (Three tablespoons trail mix is equivalent to 5 black mission figs, 9 bite-size pitted prunes, ¼ cup raisins or 8 dried unsweetened apple rings.) Additional fresh fruit for higher calorie levels.

3 tablespoons trail mix or equivalent amount of dried fruit

Low-fat cheese sticks

1½ cheese sticks

(continued)

4½ tablespoons trail mix or
equivalent amount of dried
fruit

2 tablespoons trail mix or
equivalent amount of dried
fruit

4½ tablespoons trail mix or
equivalent amount of dried
fruit

1 piece fresh fruit

1 piece fresh fruit

2 cheese sticks

2½ cheese sticks

3 cheese sticks