

THE NEW NEUROPSYCHOLOGY OF WEIGHT CONTROL



SYBERVISION

The 12-Week Meal Plan

INTRODUCTION

This program is designed to assist you in making lifestyle changes as easily as possible. When you are going to the grocery store, take the shopping list with you. If you are feeding more than one person on this full program, you will want to increase the amount of individual fruits that you buy according to the number of people you are serving.

If you live in a large city you probably won't have any trouble finding the grocery items. If you live in a smaller area, some items may be harder to find.

Whole wheat pasta is available in health food stores and in larger grocery stores. Some of the larger grocery stores have special health food sections; browse through this area for ideas. If you can't find the whole wheat pasta specified, then use regular pasta as a replacement or a vegetable pasta if available. If you cannot find a suggested fruit for a snack, replace it with another fruit that you enjoy.

Cold-pressed oils are polyunsaturated fats which have not gone through the hydrogenation process. They contain essential fatty acids that promote the formation of healthy prostaglandins—types of hormones necessary to the immune system and necessary for a fat-burning metabolism. Some varieties of cold-pressed oils include olive, safflower, soybean, linseed, walnut, and sunflower. Olive oil is highly recommended.

The label will list the oil as cold-pressed or expeller-processed if it falls into this category. Cold-pressed oils may be purchased in many supermarkets and health food stores.

Quick and Easy to Use Recipes

All recipes were chosen on the basis of being fairly quick and easy to fix. Frozen vegetables were used in the grocery shopping list because they are faster and easier to fix than fresh vegetables. If fresh vegetables are available and preferable to you, by all means substitute fresh vegetables over frozen.

If you are using fresh vegetables, prepare a large amount. Refrigerate them and then you can quickly and easily microwave them when ready to eat.

Most of the recipes are for four to six servings. If you are living alone, or if you are cook-

ing for just one other person, make the full amount and eat the rest of the meal as leftovers. Or if you prefer, freeze the meal for a later date and take it out when you are in a hurry or when you don't feel like cooking that night. Another option is to use last night's dinner for lunch the next day. If you work at home, there is no problem with doing that. If you work away from home and have access to a microwave, this is a good way to have a hearty lunch. If you don't have access to a microwave, then a hot food thermos will keep it warm.

The fat content of all recipes is 20 percent or lower. (This percentage does not include the addition of the recommended three to four servings of good fat per day such coconut oil and nuts. Calories from these healthful sources don't count).

Each daily set of menus averages around 1500 calories. This is a good amount for women to start at. If men are eating these recipes too, they will want to eat about 1/3 more than is listed, or at least 500 calories more.

We can't emphasize enough eating until you are satisfied and getting enough calories each day. It may seem like a lot of food as you begin this program if you were previously eating 1000 calories or less each day. Do your best to get plenty of fresh fruit and vegetables each day. We have attempted to keep whole grain dishes in proportion with vegetable and fruit servings each day

Desert Recipes Listed

Dessert recipes are listed in the recipe section. We have emphasized using recipes that don't contain any sugar. The dessert recipes were not calculated in the weekly totals. If you want to use one of these recipes, then be sure to add the ingredients to your shopping list to assure you have all the food items available for baking.

Every meal is listed for the first three weeks. Starting the fourth week, two meals were removed. This will give you an opportunity to choose what you would like or to use these meals for eating leftovers.

If you choose a recipe be sure to add the ingredients to your fourth week shopping list. In the fifth week, four meals were removed. Again, this gives you an opportunity to repeat favorite meals or to have leftovers.

Whenever choosing a recipe, be sure to add the ingredients to your fifth week shopping list. In the sixth week, six meals were removed, and so on with each week having two more meals removed.

Eating healthy can be fun and can taste good too. Healthy eating in the past meant eating "weird" foods, but we think you will find that this isn't so.

Take these lifestyle changes as a challenge and focus on feeding yourself and your family well and healthily. Bon appetit!!

SPECIAL GUIDELINES

ACCEPTABLE COLD CEREALS (Listed in grams (g) by the amount of sucrose or other added sugars:

Grape Nuts - 0	Kix - 3 g
Shredded Wheat - 0	Rice Chex - 2 g
Shredded Wheat 'n Bran - 0 S	Total Corn Flakes - 2 g
Spoon Size Shredded Wheat - 0	Post Crispy Critters - 3 g
Cheerios - 1 g	Product 19 - 3 g
Kellogg's Corn Flakes - 2 g	Rice Krispies - 3 g S
Nutri Grain Wheat Cereal - 2g	Special K - 3 g
Post Corn Flakes - 2g	Wheat Chex - 3 g
Corn Chex - 3 g	Wheaties - 3 g
Crispix - 3 g	Whole Wheat Total - 3 g

ACCEPTABLE COOKED CEREALS (No sugar added)

Cream of Rice
Cream of Wheat
Grits
Malt-o-Meal
Oat Bran - plain - all brands
Oatmeal - plain - all brands - Quick or old fashioned Uncle Sam
Wheat Hearts
Wheatena
Zoom

EATING LUNCH OUT

Fast Food Restaurants:

1. Occasionally order a hamburger without mayonnaise or special sauce and no salt.
2. Chicken salad - low-calorie, no-oil dressings are available at many fast food restaurants. Salad Bars - Be careful with the salad dressing.
3. Baked potatoes with chili or cottage cheese,
4. Deli or subway sandwiches - order turkey on whole wheat bun or rye bread with no mayonnaise and no oil and vinegar,
5. Roast chicken sandwich with no mayonnaise.
6. Bean burritos with hot sauce.

(It is recommended that you print out each of the 12 meal plan charts)

MEAL PLAN WEEK 1							
	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
B R E A K F A S T	Oatmeal Waffles* Apple Syrup* Fresh orange	Breakfast Shake* Whole wheat toast Orange juice No Sugar fruit spread	Breakfast potatoes* Baked apple* Orange juice	Nutri-Grain Corn Flakes Fat free milk Sliced banana	Fruit yogurt* Whole wheat English muffin No sugar fruit spread Orange juice	Oatmeal* Whole wheat bread Sliced banana Milk No sugar fruit spread Orange juice	Whole wheat pan-cakes* Citrus fruit sauce* Orange juice
L U N C H	Burrito* Tossed salad w/lo-cal dressing Banana Milk	Sliced turkey sandwich on rye bread Lettuce, tomatoes Melon	Chicken spread* sandwich on whole wheat bread Lettuce Sliced cucumber Tomato Grapes Milk	Quick vegetable beef soup* Tossed salad Lo-cal dressing Slice whole wheat bread No sugar fruit spread	Chicken tostada* Carrot & celery sticks Pear	Ham & cheese sandwich Cabbage pineapple salad* Milk	Bacon, lettuce tomato sandwich on whole wheat bread Carrot & celery sticks Grapes Milk
D I N N E R	Chicken ala King* Brown rice Squash Green beans Milk	Lemon basil chicken* Baked potato (bake extra for breakfast) Milk Tossed salad wit lo-cal dressing Broccoli	Enchilada casserole* Tossed salad Lo-cal dressing Peas Milk	Halibut paprika* Small new potatoes Cooked carrots Cooked spinach Milk	Spaghetti sauce on whole wheat spaghetti* French bread Tossed salad w/lo-cal dressing Cooked zucchini S Milk	Bean stew* Tossed salad/w lo-cal dressing Apple-carrot muffins* Milk	Hen on the Nest* Brown rice Cooked carrots Tossed salad Lo-cal dressing Milk
S N A C K S	Popcorn	Baked apple* (Bake extra for breakfast)	1/2 grapefruit	Grapes	Apple	Orange	Banana

*Recipe included in study guide

WEEK 1 SHOPPING LIST

Canned Goods	Frozen	Produce
2 - 8-oz. pineapple juice	2 - 12-oz. apple juice concentrate	1 container alfalfa sprouts
1 - 16-oz. lemon juice	5 - 12 oz. orange juice	1 butternut squash
1 - 6-oz. water-pack tuna	1 - 12 oz. pineapple juice	5 lb. carrots
1- 16 oz. refried beans	1- 20-oz. broccoli	3 lb. celery
Smucker's Simply Fruit -	12 - 20-oz. green beans	1 cucumber
1 - 32-oz. safflower oil	1-20 oz. mixed vegetables	1 bulb fresh garlic
1 - 32-oz. calorie mayonnaise	2 - 20 oz. peas	4 heads lettuce
lo-calorie oil salad dressing	1 - 20 oz. spinach	10 large mushrooms
2 - 16-oz. whole tomatoes		7 onions
1 - 28-oz. whole tomatoes	Dairy	1 bunch green onions
3 - 6-oz. tomato paste	1 dozen eggs	1 bunch parsley
1 - 8-oz. tomato sauce	1 pkg cheddar cheese	4 green peppers
1 - 16-oz. tomato sauce	1 lb. Mozzarella cheese	1 lb. small new potatoes
1 - 2-oz. pimento	2 gallons milk	4 large tomatoes
1 - 10-oz. low salt chicken broth	1 quart buttermilk	1 lb. zucchini
1 - 10-oz. Cream of Chicken soup	2 - 32 oz. plain yogurt	
Grocery Items	Meat	Other Spices
1 pkg. whole wheat Pita bread	4 lb. ground turkey/chicken	baking powder
q loaf French bread	15 chicken breasts	baking soda
1 pkg. English muffins	2 cups crab meat	basil bay leaf
1 loaf rye bread	3-oz sliced turkey breast	beef bouillon granules
2 loaves whole wheat bread	1/2/lb. lean beef	black pepper
1 pkg. whole wheat tortillas	2 lb. halibut steaks	chicken bouillon granules
12 - oz. wheat germ		chili powder
10 lb. whole wheat flour	Produce	cinnamon
5 lb. popcorn	16 apples	cornstarch
1 lb. dried mix beans	6 bananas	curry powder
10 lb. brown rice	1 large grapefruit	oregano
4.5 lb. rolled oats	2 lb. grapes	paprika
1 lb. whole wheat noodles	1 lemon	parsley flakes
2 lb. whole wheat spaghetti	1 favorite melon	prepared mustard
Grapenuts	4 oranges	tabasco sauce
Nutri-Grain corn cereal	2 pears	1 pkg. taco seasoning mix
1 - 9.6-oz. box milk	1 cup strawberries	thyme

MEAL PLAN WEEK 2

	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
B R E A K F A S T	Apple pancakes* Apple syrup* Orange juice	Cheerios Blueberries Milk 1/2 grapefruit	Banana Waffle* Citrus fruit sauce* Orange juice	Grapenuts Sliced banana Milk Crunchy banana muffin* Orange juice	Corn flakes Blueberries Milk Crunchy banana muffin* Orange juice	Apricot oatmeal* Milk Orange	Hot wheat cereal Sliced banana 1T raisins Milk Orange juice
L U N C H	Ham & Swiss cheese sandwich on whole wheat bread Apple V-8 Juice	Quick chili burger on multi-grain bun* Raw vegetables Milk	Tropical fruit & pasta salad* Crunchy banana muffin* Milk	Quick individual pizza* Tossed salad Lo-cal dressing Milk	Chicken salad sandwich on whole wheat pita bread* Apple Orange juice	Cottage cheese and pineapple Apple oatmeal muffin*	Ambrosia fruit cup* Apple oatmeal muffin* Raw vegetables
D I N N E R	Spaghetti pie* Tossed salad w/lo-cal dressing Peas Italian bread Banana Milk	Peerless poultry* Cauliflower Green beans Tossed salad w/lo-cal dressing	Chili Con Carne* Tossed salad w/lo-cal dressing Baked hush puppies* Milk	Dilled chicken fricassee* Cooked carrots Grapes Milk	Halibut steaks* Brown rice Yam Spinach Milk	Chicken parmigiana* Whole wheat spaghetti Tossed salad w/lo-cal dressing	Southern beans & rice* Tossed salad w/lo-cal dressing Cooked carrots Milk
S N A C K S	Popcorn Milk	Orange	Apple	1/2 grapefruit	Banana	Whole wheat bread with sugar-free fruit spread Milk	Apple

WEEK 2 SHOPPING LIST

Canned Goods	Frozen	Produce
2 - 16 oz. crushed pineapple	1 dozen eggs	8 small new potatoes
1 - 14-oz. pizza sauce	1 lb. cottage cheese	2 large tomatoes
1 - 6-oz. tomato paste	1 lb part skim Mozzarella cheese	1 yam
1- 30 oz. tomato puree	1- 8 oz. Parmesan cheese	
1 - 8 oz. no salt tomato puree	1 gallon milk	Frozen
1 - 15-oz. kidney beans	1 - 8 oz. yogurt	3 - 12-oz. apple juice concentrate
1 - 16-oz. no salt green beans	1 cube butter	1 - 6- oz. orange juice concentrate
1 - 6 oz. water pack tuna		1 - 12-oz. pineapple juice
1 - 10-oz. low salt chicken broth	Meat	6 - 12-oz. orange juice
1 - quart lo salt V-8 juice	2 lbs. ground turkey/chicken	1 - 12-oz. pineapple/banana juice
	18 chicken breasts	1 - 16 oz. blueberries
Grocery Items	1/4 lb. turkey/chicken ham	2 - 20-oz. green beans
1 loaf French bread	2 lb. halibut steaks	1- 20-oz. peas
1 pkg. English muffins		1 - 20-oz. spinach
8 whole wheat hamburger buns	Produce	
1 pkg. whole wheat pita bread	7 apples	
1 loaf whole wheat bread	10 bananas	
Cheerios	1 large grapefruits	
2 1/2 lbs. whole wheat spaghetti	1 lb. grapes	
1 lb. fusilli whole wheat pasta	2 kiwi fruit	
1 pkg. dried onion soup mix	1 lemon	
1 lb. dried red beans	1 mango	
	5 oranges	
Spices	7 onions	
celery seed	1 pineapple	
dill weed	1 cup strawberries	
dry minced onions	1 container alfalfa sprouts	
ground ginger	4 lb. carrots	
red pepper	1 head cauliflower	
tarragon	2 lb. celery	
	1 bulb fresh garlic	
Specialty	2 heads lettuce	
1 lb. dates	16 mushrooms	
1 lb. raisins	4 onions	

MEAL PLAN WEEK 3

	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
B R E A K F A S T	3 grain waffle* Citrus fruit sauce* Orange juice	Cinnamon French style toast* Sugar-free fruit spread 1/2 grapefruit spread	Granola* Milk Sliced strawberries Pumpkin raisin muffin* Orange juice	Oat bran 1 T raisins Blueberries Milk Whole wheat toast Orange juice	Whole wheat pancakes (3)* Fruit pancake topping* 1/2 grapefruit	Shredded Wheat Sliced banana Milk Orange juice	Cream of rice cereal 1 T raisins Grated apple Cinnamon Milk orange juice
L U N C H	Sliced turkey sandwich on whole wheat bread Lettuce, tomato, sprouts Unsalted pretzels Banana	Minestrone soup* Unsalted pretzels Pumpkin-raisin muffin* Melon Milk	Shrimp rolls* Raw vegetables Banana	Chicken & corn soup* Raw vegetables Pineapple-carrot muffin* Grapes	Fruited rice salad* Raw vegetables Pineapple-carrot muffin* Milk	Tuna spread on whole wheat bread* Unsalted pretzel Apple Raw vegetable	Cottage cheese & peach halves Blueberry muffin (2)*
D I N N E R	Easy goulash* Cooked carrots Tossed salad w/lo-cal dressing Peas Milk	Chicken and Rice* Tossed salad w/lo-cal dressing Whole wheat bread No-sugar fruit spread Milk	Chili Skillet Supper* Tossed salad w/lo-cal dressing Green beans Melon Milk	Spaghetti Pie* Peas Tossed salad w/lo-cal dressing Sourdough bread Milk Melon	Chicken and Noodles* Spinach Sliced tomato Sourdough bread Milk	Delicious 15-bean soup* Tossed salad w/o-cal dressing Blueberry muffin* Orange Milk	Tuna-vegetable pilaf* Cabbage slaw* Whole wheat bread No-sugar fruit spread Banana Milk
S N A C K S	Apple Popcorn	Banana	Grapes	Popcorn	Banana	Whole wheat bagel with sugar-free fruit spread	Pineapple slices

WEEK 3 SHOPPING LIST

Canned Goods	Frozen	Produce
2 - 8 oz. crushed pineapple	2 - 12 oz. apple juice	3 apples
1 - 16 oz. crushed pineapple	6 - 12 oz. orange juice	5 bananas
1 - 16 oz. peach halves	6 - 12 oz. pineapple-orange juice	2 large grapefruit
1 - 8 oz. pineapple slices	1 - 16 oz. blueberries	3 lb. grapes
1 - 16 oz. sugar-free applesauce	1 - 20 oz. green beans	1 favorite melon
Smucker's Simply fruit - any type	3 - 20 oz. peas	2 oranges
1 - 16 oz. pumpkin	1 - 20 oz. spinach	2 pears
1 - 16 oz. creamed corn		1 cup strawberries
1 - 8 oz. tomato sauce	Dairy	1 container alfalfa sprouts
1 - 16 oz. tomato sauce	2 dozen eggs	1 head cabbage
2 - 28 oz. whole tomatoes	1 - 32 oz. cottage cheese	3 lbs. carrots
2 - 16 whole potatoes	2 gallons milk	1 lb celery
1 - 16 oz. no salt green beans	1 quart buttermilk	3 heads lettuce
1 - 15 oz. kidney beans	1 - 32 oz. plain yogurt	6 onions
1 - 15 oz. garbanzo beans		1 bunch green onions
1 - 6 oz. water pack tuna	Meat	1 bunch parsley
1 - 12 oz. water pack tuna	1/4 lb. turkey/chicken ham	4 green peppers
2 - 10 oz. low salt chicken broth	6 oz. sliced turkey breast	1 lb. potatoes
	3 lb. ground turkey/chicken	3 large tomatoes
Grocery Items	1/4 lb. cooked shrimp	
1 loaf sourdough French bread	2 chicken breasts	
2 loaves whole wheat bread		
2 whole wheat bagels	Other Spices	
2 whole wheat Hoagie buns	almond extract	
2 lbs. rolled wheat	dried parsley	
2 lbs. rolled oats (not quick)	ground cloves	
1 lb. barley	ground fennel	
1 lb. cornmeal	Worcestershire sauce	
1 lb. whole grain spaghetti		
1 lb. whole wheat noodles	Specialty	
Oat bran cereal	1/2 lb. raw sunflower seeds	
Cream of Rice cereal	1 cup slivered almonds	
1 lb. Hurst 15-bean Soup Mix	1 lb. unsalted pretzels	

MEAL PLAN WEEK 4

	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
B R E A K F A S T	3 grain waffle* Citrus fruit sauce* Orange juice	Breakfast Shake* Whole wheat toast Sugar-free fruit spread Orange juice	YOUR CHOICE	Oat bran 1 T raisins Blueberries Milk	Whole wheat pancakes (3)*s Fruit pancake topping* 1/2 grapefruit	Shredded Wheat Sliced banana Milk Orange juice	Cream of rice cereal 1 T raisins Grated apple Cinnamon Milk
L U N C H	Sliced turkey sandwich on whole-wheat bread Lettuce, tomato, sprouts Unsalted pretzels Banana	Minestrone soup* Unsalted pretzels Pumpkin-raisin muffin* Melon Milk	Shrimp rolls* Raw vegetables Banana	Chicken & corn-soup* Raw vegetables Pineapple-carrot-muffin* Grapes	YOUR CHOICE	Tuna spread on whole wheat bread* Unsalted pretzel Apple Raw vegetable	Cottage cheese & peach halves Blueberry muffin (2)*
D I N N E R	Easy goulash* Cooked carrots Tossed salad w/lo-cal dressing Peas Milk	Chicken and Rice* Tossed salad w/lo-cal dressing Whole wheat bread No-sugar fruit spread Milk	Chili Skillet Supper* Tossed salad/w lo-cal dressing Green beans Melon Milk	Spaghetti Pie* Peas Tossed salad/w lo-cal dressing Sourdough Italian bread Milk	Chicken and Noodles* Spinach Sliced tomato Sourdough Italian bread Milk	Delicious 15-bean soup* Tossed salad w/lo-cal dressing Blueberry muffin* Orange Milk	Tuna-vegetable pilaf* Cabbage slaw* Whole wheat bread No-sugar fruit spread
S N A C K S	Apple Popcorn	Banana	Grapes	Popcorn	Banana	Whole wheat bagel with sugar-free fruit spread	Pineapple slices

WEEK 4 SHOPPING LIST

Canned Goods	Dairy
2 - 12 oz. evaporated milk	1 dozen eggs
1 - 8 oz. crushed pineapple	1 lb. Mozzarella cheese
2 - 28 oz. whole tomatoes	1 gallon milk
1 - 8 oz. tomato sauce	1 quart buttermilk
1 - 16 oz. tomato sauce	1 - 32 oz. plain yogurt
3 - 6 oz. tomato paste	
1 - 15 oz. pinto beans	
1 - 16 oz. refried beans	Meat
1 - 6 oz. water pack tuna	11 chicken breasts
1 - 10 oz. low salt chicken broth	5 lb. ground turkey/chicken
1 - 10 oz. Cream of Chicken soup	6 oz. sliced turkey breasts
	2 lb. halibut steak
Grocery Items	Produce
1 loaf sourdough French bread	12 apples
1 pkg. whole wheat Pita bread	3 bananas
2 loaf whole wheat bread	2 large grapefruit
1 pkg. English muffins	3 lb. grapes
1 pkg. wheat hamburger buns	1 lemon
2 pkg. corn tortillas	2 oranges
1 pkg. whole wheat tortillas	2 pears
1 lb. dry mixed beans	1 container alfalfa sprouts
1 lb. whole wheat noodles	1 butternut squash
1 lb. whole wheat spaghetti	4 lb. carrots
Spices	1 lb. celery
1 pkg. taco seasoning	1 cucumber
	3 heads lettuce
Frozen	5 onions
2 -12 oz. apple juice	1 bunch green onions
3 - 12 oz. orange juice	3 green peppers
1 - 12 oz. pineapple juice	14 potatoes
1 - 20 oz. broccoli	3 tomatoes
1 - 20 oz. mixed vegetables	1 bunch parsley
3 - 20 oz. peas	1 bulb garlic

MEAL PLAN WEEK 5

	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
B R E A K F A S T	Hot wheat cereal IT raisins Sliced banana Milk	YOUR CHOICE	Grapenuts & sliced banana Milk Orange juice	Fruit yogurt* Whole wheat toast Sugar-free fruit spread Orange Juice	YOUR CHOICE	Banana waffles* Citrus fruit sauce* 1/2 grapefruit	Nutri-Grain corn cereal Sliced banana Milk 1/2 grapefruit
L U N C H	Ambrosia fruit cup* Apple-oatmeal muffin* Raw vegetables	Chicken salad in whole wheat pita bread* Orange Milk	Tuna & sprouts sandwich on whole wheat bread* Grapes V-8 Juice	YOUR CHOICE	Quick chili burger on multi-grain bun Banana Milk Raw Vegetables	Cottage cheese Crushed pineapple Apple oatmeal muffins* Raw vegetables Milk	Open face crab sandwich* Cabbage-pineapple salad*
D I N N E R	Chicken ala king* Brown rice Green bean Squash Milk	Spaghetti Pie* Tossed salad w/lo- cal dressing Peas Milk	Peerless poultry* Cauliflower Broccoli Tossed salad w/lo- cal dressing Milk	Halibut Steaks* Brown rice Yam Spinach Milk	Chicken Parmigiana Whole wheat spaghetti Tossed salad w/lo- cal dressing Milk	YOUR CHOICE	Chicken & corn soup* Apple-oatmeal muffins* Tossed salad w/lo- cal dressing Milk
S N A C K S	Popcorn	Apple	Orange	Popcorn	Orange	Apple	Orange

WEEK 5 SHOPPING LIST

Canned Goods	Dairy
1 - 8 oz. crushed pineapple	1 dozen eggs
2 - 16 oz. crushed pineapple	1 lb. Mozzarella cheese
Smucker's Simply Fruit	1 gallon milk
1 - 30 oz. tomato puree	2 - 8 oz. plain yogurt
1 - 8 oz. tomato puree	
3 - 6 oz. tomato paste	
1 - 16 oz. no salt green beans	
1 - 16 oz. creamed corn	Meat
1 - 15 oz. kidney beans	21 chicken breasts
1 - 2 oz. pimento	1 lb. ground turkey/chicken
1 - quart low salt V8 juice. oup	2 cups crabmeat
	2 lb. halibut steak
Grocery Items	Produce
1 box dried onion soup mix	7 apples
1 pkg. whole wheat Pita bread	8 bananas
1 loaf whole wheat bread	3 large grapefruit
1 pkg. English muffins	1 lb. grapes
1 pkg. whole wheat hamburger buns	1 lemon
CHECK your Grapenuts supply	5 oranges
CHECK your brown rice supply (9 cups)	1 cup strawberries
1 lb. whole wheat spaghetti	1 1/2 lbs. banana squash
	1 head cabbage
Spices	4 lb. carrots
CHECK bouillon granule supply	2 lb. celery
CHECK lemon juice supply	18 mushrooms
	3 heads lettuce
Frozen	3 onions
2 - 12 oz. apple juice concentrate	1 bunch green onions
4 - 12 oz. orange juice concentrate	4 green peppers
1 - 12 oz. pineapple juice	3 tomatoes
1 - 20 oz. broccoli	1 bunch parsley
1 - 20 oz. mixed vegetables	1 yam
3 - 20 oz. peas	1 bulb garlic

MEAL PLAN WEEK 6

	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
B R E A K F A S T	YOUR CHOICE	Granola* Milk Sliced banana 1/2 grapefruit Orange juice	Cinnamon French style toast* Sugar-free fruit spread Milk 1/2 grapefruit	YOUR CHOICE	Apricot oatmeal* Milk Orange	Nutri-Grain corn cereal Milk Blueberries Orange juice	Whole wheat Pancakes* Citrus fruit sauce** Milk Orange juice
L U N C H	Tropical fruit & pasta salad* Crunchy banana muffin*	Cottage cheese & pear halves Crunchy banana muffin*	YOUR CHOICE	Delicious 15-bean soup* Apple-carrot muffin Raw vegetables Milk	Sliced turkey sand- wich on rye bread Lettuce, tomato sprouts Raw vegetables Milk	YOUR CHOICE	Tuna spread in whole wheat pit bread* Raw vegetables
D I N N E R	Dilled chicken- fricassee* Cooked carrots Milk	YOUR CHOICE	Delicious 15-Bean soup* Tossed salad Lo-cal dressing Pineapple-carrot- muffin* Milk	Chicken & Rice* Tossed salad Lo- cal dressing Milk	YOUR CHOICE	Tuna-vegetable Pilaf* Cabbage-carrot slaw* Whole wheat bread Sugar-free fruit spread Milk	Easy goulash* Cooked carrots Tossed salad Lo-cal dressing Milk
S N A C K S	Crunchy banana muffin* Milk	Orange	Popcorn	Grapes	Unsalted pretzels	Sugar-free granola bar	Orange

WEEK 6 SHOPPING LIST

Canned Goods

- 1 - 16-oz. pear halves
- 1 - 8-oz. crushed pineapple
- 1 - 16-oz. tomato sauce
- 1 - 28-oz. whole tomatoes
- 1 - 6-oz. water-pack tuna
- 1 - 12-oz. water-pack tuna

- 3 - 10-oz. low salt chicken broth

Grocery Items

- 1 loaf whole wheat bread
- 1 loaf rye bread
- 1 pkg. whole wheat Pita Bread
- 1 lb. whole wheat noodles
- 1 loaf whole wheat bread
- 1 lb. unsalted pretzels
- 1 lb. whole wheat fusilli
- 1 box dried onion soup mix
- Grapenuts
- 2 lb. brown rice
- 1 lb. Hursts 15-Bean Soup Mix
- 2 lb. brown rice
- 5 lb. whole wheat flour
- 1 lb. wheat germ

Frozen

- 2 - 12-oz. apple juice concentrate
- 4 - 12-oz. orange juice
- 1 - 12-oz. pineapple juice
- 1 - 20-oz. broccoli
- 1 - 20-oz. green beans
- 1 - 20-oz. peas
- 1 - 20-oz. spinach

Dairy

- 1 dozen eggs
- 1 lb. cottage cheese
- 1 gallon milk
- 1 - 32 oz. plain yogurt

Meat

- 8 chicken breasts
- 1/4 lb. turkey/chicken ham
- 1 lb. ground turkey/chicken
- 6 oz. sliced turkey breast

Produce

- 2 kiwi fruit
- 3 bananas
- 2 large grapefruit
- 2 lb. grapes
- 1 pineapple
- 3 oranges
- 1 cup strawberries
- 1 mango
- 1 container alfalfa sprouts
- 1 head cabbage
- 4 lbs. carrots
- 1 bulb garlic
- 2 heads lettuce
- 2 onions
- 2 bunches green onions
- 2 green peppers
- 10 potatoes
- 3 lbs. celery

MEAL PLAN WEEK 7

	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
B R E A K F A S T	Breakfast Shake* Whole wheat toast Orange juice Sugar-free fruit spread	YOUR CHOICE	Nutri-Grain wheat cereal Milk Sliced banana Orange juice	Cheerios Sliced banana Milk Apple oatmeal muffin* Orange juice	YOUR CHOICE	Oat bran 1T raisins Blueberries Milk Whole wheat toast Orange juice	YOUR CHOICE
L U N C H	YOUR CHOICE	Bean stew* Raw vegetables Slice whole wheat-bread Orange Milk	Ambrosia fruit cup* Apple oatmeal muffin* Raw vegetables	YOUR CHOICE	Quick individual pizzas* Tossed salad w/lo-cal dressing Orange	YOUR CHOICE	Burrito* Tossed saladw/lo-cal dressing Banana
D I N N E R	Bean Stew* Tossed salad Lo-cal dressing Baked hush puppies* Milk	Hen on the Nest* Brown rice Cooked carrots Tossed salad Lo-cal dressing Milk	YOUR CHOICE	Halibut Steaks & lemon* Brown rice Yam Peas Milk	Chicken and Noodles* Spinach Sliced tomato Sourdough French bread Milk	YOUR CHOICE	Chili skillet supper* Tossed salad w/lo-cal dressing Green beans Milk Banana
S N A C K S	Orange	Pineapple slices	Unsalted pretzel	Grapes	Banana	Popcorn	Carrot sticks

WEEK 7 SHOPPING LIST

Canned Goods

- 1 - 8 oz. crushed pineapple
- Smucker's Simply Fruit - any flavor
- 1 - 16 oz. whole tomatoes
- 1 - 6 oz. tomato paste
- 1 - 13 oz. pizza sauce
- 1 - 16 oz. refried beans
- 1 - 12-oz. evaporated milk
- 10-oz. low salt chicken broth
- 1 - 10-oz. Cream of Chicken soup
- 1 - bottle lemon juice
- 1 - bottle reduced calorie salad dressing

Grocery Items

- 1 loaf whole wheat bread
- 1 pkg. whole wheat English muffins
- 1 pkg. whole wheat flour tortillas
- 1 pkg. whole wheat elbow macaroni
- 1 lb. whole wheat or spinach noodles
- 1 lb. dried mix beans
- 1 lb. unsalted pretzels
- 1 lb. dry mixed beans
- 1 lb. whole wheat noodles
- 1 lb. whole wheat spaghetti

Frozen

- 1 - 12-oz. unsweetened apple juice
- 2 - 12-oz. unsweetened orange juice
- 1 - 12-oz. unsweetened pineapple juice
- 1 - lb. blueberries
- 1 - 20-oz. green beans
- 1 - 20-oz. peas
- 1 - 20-oz. spinach

Dairy

- 1 dozen eggs
- 1 lb. cottage cheese
- 1 gallon milk
- 3 - 8-oz. plain yogurt
- 1 - 32 oz. plain yogurt 1 lb.
- Mozzarella cheese

Meat

- 7 chicken breasts
- 2 lb. ground turkey/chicken
- 2 lb. halibut steaks

Produce

- 4 apples
- 6 bananas
- 1 large grapefruit
- 1 lb. grapes
- 1 lemon
- 4 oranges
- 4 lb. carrots
- 2 lb. celery
- 3 heads lettuce
- 1/4 lb. mushrooms
- 3 onions
- 11 bunch green onions
- 3 heads lettuce
- 5 onions
- 1 bunch green onions
- 3 green peppers
- 2 large potatoes
- 3 tomatoes
- 10 dates

MEAL PLAN WEEK 8

	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
B R E A K F A S T	Your Choice	Grapenuts Sliced banana Milk Crunchy banana muffin* 1/2 grapefruit	Your Choice	Fruit yogurt* Whole wheat English muffin Sugar-free fruit spread Orange juice	Your Choice	Breakfast potatoes* Pumpkin-raisin muffin* 1/2 grapefruit	Your Choice
L U N C H	Chicken spread in whole wheat pita Lettuce Sliced cucumber Tomato Grapes Milk	Your Choice	Sliced turkey bread on rye bread Lettuce, tomato sprouts Raw vegetable Milk	Your Choice	Minestrone soup* Unsalted pretzels Pumpkin-raisin muffin* Melon Milk	Your Choice	Cottage cheese & peach halves Blueberry muffin (2)*
D I N N E R	Spaghetti sauce on whole wheat spaghetti* French bread Tossed salad/w/lo-cal dressing Cooked zucchini Milk	Enchilada casserole* Tossed salad w/lo-cal dressing Peas Milk	Your Choice	Your Choice	Lemon basis chicken* Baked potato (bake extra for breakfast) Tossed salad w/lo-cal dressing Broccoli Milk	Chili Con Carne* Tossed salad w/ lo-cal dressing Baked hush puppies* Milk	Your Choice
S N A C K S	Grapes	Popcorn	Orange	Your Choice	Orange	Unsalted pretzels	1/2 grapefruit

WEEK 8 SHOPPING LIST

Canned Goods

- 1 - 8 oz. crushed pineapple
- 1 - 16 oz. crushed pineapple
- 1 - 16 oz. pumpkin
- 1 - 16-oz. whole tomatoes
- 2 - 28-oz. whole tomatoes
- 1 - 8-oz. tomato sauce
- 1 - 16-oz. tomato sauce
- 2 - 6-oz. tomato paste
- 2 - 15-oz. pinto beans
- 1 - 15-oz. kidney beans
- 1 - 15-oz. garbanzo beans
- 1 - 16-oz. no salt green beans
- 1 - 12-oz. evaporated milk

Grocery Items

- Sour dough French bread
- 1 loaf whole wheat bread
- 1 pkg. whole wheat Pita bread
- 1 pkg. com tortillas
- 1 lb. whole wheat spaghetti
- 1 lb. whole wheat macaroni
- 1 lb. unsalted pretzels
- 5 lb. whole wheat flour
- 1 cylinder rolled oats
- Grapenuts

Frozen

- 1 - 12-oz. unsweetened apple juice
- 2 - 12-oz. unsweetened orange juice
- 1 - 12-oz. unsweetened pineapple juice
- 1 - 20-oz. peas
- 1 - 20-oz. spinach
- 3 - 20 oz. peas

Dairy

- 1 dozen eggs
- 1 lb. cottage cheese
- 1 gallon milk
- 2 - 8-oz. plain yogurt

Meat

- 6 oz. sliced turkey
- 2 chicken breasts
- 1 lb. ground turkey/chicken

Produce

- 1 apple
- 5 bananas
- 3 large grapefruit
- 1 lb. grapes
- 1 cup strawberries
- 4 lb. carrots
- 2 lb. celery
- 3 heads lettuce
- 1/4 lb. mushrooms
- 1 container alfalfa sprouts
- 1 head cabbage
- 2 lb. carrots
- 2 lb. celery
- 1 bulb garlic
- 3 heads lettuce
- 6 onions
- 1 bunch green onions
- 2 green peppers
- 6 potatoes
- 1 large tomato
- 10 dates
- 1 sprig garlic

MEAL PLAN WEEK 9

	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
B R E A K F A S T	Your Choice	Apple pancakes* Apple syrup* Orange juice	Your Choice	Grapenuts Sliced banana Milk Crunchy banana muffin* Orange juice	Your Choice	Shredded Wheat Sliced banana Milk Orange juice	Your Choice
L U N C H	Your Choice	Your Choice	Tropical fruit & pasta salad* Crunchy banana muffin*	Your Choice	Fruited rice salad* Raw vegetables Pineapple-carrot muffin* Milk	Your Choice	Cottage cheese & peach halves Blueberry muffin (2)*
D I N N E R	Easy goulash* Cooked carrots Tossed salad w/lo- cal dressing Peas Milk	Your Choice	Your Choice	Delicious 15-bean soup* Tossed salad w/ lo-cal dressing Blueberry muffin* Orange	Your Choice	Chicken and Noodles* Spinach Sliced tomato Sourdough French bread Milk	Your Choice
S N A C K S	Apple Popcorn	Banana	Your Choice	Popcorn	Your Choice	Whole wheat bagel with sugar-free fruit spread	Pineapple slices

WEEK 9 SHOPPING LIST

Canned Goods

Smucker's Simply Fruit - any flavor
1 - 16-oz. creamed com
1 - 30-oz. tomato puree
1 - 6-oz. tomato paste
1 - 16-oz. no salt green beans
1 - 6-oz. water-pack tuna
5 - 10-oz. low salt chicken broth

Grocery Items

1 loaf whole wheat bread
1 lb. whole wheat spaghetti
1 pkg. whole wheat Pita bread
1 pkg. com tortillas
1 lb. whole wheat fusilli

Frozen

1 - 12-oz. unsweetened apple juice
2 - 12-oz. unsweetened orange juice
1 - 20-oz. broccoli
1 - 20-oz. green beans
1 - 20-oz. peas

Dairy

1 dozen eggs
1 gallon milk
2 - 8-oz. plain yogurt
1 - 20-oz. spinach
3 - 20 oz. peas

Meat

9 chicken breasts
2 lb. halibut

Produce

4 apples
5 bananas
2 kiwi fruit
1 mango
2 oranges
1 pineapple
1 cup strawberries
1 container alfalfa sprouts
3 lb. carrots
1 lb. celery
1 bulb garlic
1 head lettuce
1/4 lb. mushrooms
1 onion
1 green pepper
4 potatoes
11 lb. small new potatoes

10 dates
1 sprig garlic

MEAL PLAN WEEK 10

	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
B R E A K F A S T	Your Choice	Cinnamon French style toast* Sugar-free fruit spread 1/2 grapefruit	Your Choice	Your Choice	Your Choice	Apricot oatmeal* Milk Orange juice	Your Choice
L U N C H	Fruited rice salad* Raw vegetables Pineapple-carrot-muffin* Milk	Your Choice	Chicken & corn-soup* Raw vegetables Pineapple-carrot-muffin*	Your Choice	Sliced turkey breast on rye bread Lettuce, tomato sprouts Raw vegetable Milk	Your Choice	Cottage cheese & peach halves Blueberry muffin (2)*
D I N N E R	Your Choice	Your Choice	Your Choice	Spaghetti Pie* Peas Tossed salad w/local dressing Sourdough French bread Milk	Your Choice	Chicken and Rice* Tossed salad w/local dressing Whole wheat bread No-sugar fruit spread Milk	Your Choice
S N A C K S	Popcorn	Your Choice	Orange	Your Choice	Banana	Your Choice	Pineapple slices

WEEK 10 SHOPPING LIST

Canned Goods

- 2 - 16-oz. crushed pineapple
- 2 - 16-oz. whole tomatoes
- 1 - 6-oz. tomato paste
- 1 - 12-oz. water-pack tuna
- 1 - 2-oz. diced pimento “
- 4 - 10-oz. low salt chicken broth

Grocery Items

- 1 loaf French bread
- 1 loaf whole wheat bread
- 1 loaf rye bread
- 1 pkg. whole wheat English muffins
- 1 lb. whole wheat or vegetable noodle
- 1 lb. whole wheat spaghetti
- 1 lb. unsalted pretzels

Frozen

- 1 - 12-oz. unsweetened apple juice
- 2 - 12-oz. unsweetened orange juice
- 1 - 20-oz. mixed vegetables
- 2 - 20-oz. peas

Dairy

- 1 dozen eggs
- 1 lb. cottage cheese
- 2 - 8-oz. plain yogurt
- 1/2 gallon milk
- 1 - 20-oz. spinach
- 3 - 20 oz. peas

Meat

- 1/2 lb. ground turkey/chicken
- 6 oz. sliced turkey
- 1/2 lb. lean ground beef
- 3 chicken breasts
- 2 cups crab meat

Produce

- 2 bananas
- 1 large grapefruit
- 1 lb. grapes
- 1 favorite melon
- 1 orange
- 1 container alfalfa sprouts
- 2 heads cabbage
- 2 lb. celery
- 1 cucumber
- 1 bulb garlic
- 2 heads lettuce
- 1 onion
- 1 bunch green onions
- 1 green pepper
- 4 tomatoes

- 10 dates
- 1 sprig garlic

MEAL PLAN WEEK 11

	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
B R E A K F A S T	Your Choice	Your Choice	Your Choice	Your Choice	Your Choice	Shredded Wheat Sliced banana Milk Orange juice	Your Choice
L U N C H	Your Choice	Your Choice	Cottage cheese * Peach halves Blueberry muffin*	Your Choice	Your Choice	Your Choice	Sliced turkey sandwich on whole wheat bread Lettuce, tomato, sprouts Unsalted pretzels Banana
D I N N E R	Your Choice	Your Choice	Your Choice	Spaghetti Pie* Peas Tossed salad w/ low-cal dressing Sourdough French bread Milk	Your Choice	Your Choice	Your Choice
S N A C K S	Your Choice	Popcorn	Your Choice	Orange	Your Choice	Your Choice	Pineapple slices

WEEK 11 SHOPPING LIST

Canned Goods

- 2 - 16-oz. crushed pineapple
- 1 - 16-oz. unsweetened peach slices
- Smucker's Simply Fruit - any flavor
- 4 - 10-oz. low salt chicken broth

Grocery Items

- 1 pkg. whole wheat Hoagie buns
- 1 loaf whole wheat bread
- 1 lb. unsalted pretzels

Frozen

- 1 - 12-oz. unsweetened apple juice
- 2 - 12-oz. unsweetened orange juice
- 1 lb. blueberries

Dairy

- 1 dozen eggs
- 1 lb. cottage cheese
- 2 - 8-oz. plain yogurt
- 1/2 gallon milk
- 3 - 20 oz. peas

Meat

- 4 chicken breasts
- 1/4 lb. shrimp

Produce

- 2 bananas
- 1 apple
- 1 orange
- 1 cup strawberries
- 8 carrots
- 1 lb. celery
- 1 head lettuce
- 1 onion
- 1 bunch green onions
- 1 green pepper

- 1 sprig garlic

MEAL PLAN WEEK 12

	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
B R E A K F A S T	Your Choice	Cinnamon French style toast* Sugar-free fruit spread 1/2 grapefruit	Your Choice	Your Choice	Your Choice	Your Choice	Your Choice
L U N C H	Sliced turkey sandwich on whole wheat bread Lettuce, tomato, sprouts Unsalted pretzels	Your Choice	Your Choice	Chicken & corn soup* Raw vegetables Pineapple-carrot muffin* Grapes	Your Choice	Your Choice	Your Choice
D I N N E R	Easy goulash* Cooked carrots Tossed salad w/lo-cal dressing Peas Milk	Your Choice	Your Choice	Your Choice	Enchilada casserole* Tossed salad w/lo-cal dressing Peas Milk	Your Choice	Your Choice
S N A C K S	Orange	Your Choice	Your Choice	Apple	Your Choice	Your Choice	Your Choice

WEEK 12 SHOPPING LIST

Canned Goods

- 2 - 16-oz. crushed pineapple
- 1 - 16-oz. unsweetened applesauce
- 1 - 16-oz. tomato sauce
- 1 - 12-oz. water-pack tuna

Grocery Items

- 1 pkg. whole wheat Pita bread
- 1 loaf whole wheat bread
- 1 pkg. corn tortillas
- 1 lb. unsalted pretzels

Frozen

- 1 - 12-oz. unsweetened apple juice
- 2 - 12-oz. unsweetened orange juice
- 1 - 20-oz. spinach
- 2 - 20-oz. peas

Dairy

- 1 dozen eggs
- 1/2 gallon milk
- 2 - 8-oz. plain yogurt
- 1 - 20-oz. spinach
- 3 - 20 oz. peas

Meat

- 1/2 lb. ground turkey/chicken
- 1 lb. ground turkey/chicken
- 2 lb. halibut steak

Produce

- 1 apple
- 1 lb. grapes
- 1 lemon
- 1 orange
- 1 container alfalfa sprouts
- 2 lb. carrots
- 1 lb. celery
- 1 head lettuce
- 1 onion
- 1 bunch green onions
- 1 green pepper
- 3 tomatoes
- 1 lb. yams
- 10 dates
- 1 sprig garlic