



## 100 g Carbohydrate Diet

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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Breakfast</b>	½ c egg substitute 2 tsp margarine* 2 strips turkey bacon 1 slice whole grain bread	Omelette: ½ c egg substitute & 2 slices fat free cheese 1 slice whole grain bread 2 tsp margarine*	Cheese toast (1 slice whole wheat bread & 2 slices fat free cheese)	½ c egg substitute 2 slices turkey bacon 1 slice whole grain bread 2 tsp margarine	Western omelette: ½ c Eggbeaters, green pepper, onion, tomato 1 slice whole grain bread 2 tsp margarine*	½ c Eggbeaters 3 slices Canadian bacon 1 slice whole grain bread 2 tsp margarine*	Cheese toast (1 slice whole wheat bread & 2 slices fat free cheese) ½ banana
<b>Lunch</b>	2 grilled chicken breasts ½ c mashed potatoes 1c steamed broccoli 2 tsp margarine* Salad** 2 Tbsp Italian salad dressing	Chef salad: 2 oz sliced turkey 2 oz sliced ham 2 slices fat free cheese 2c lettuce 1c tomato, onions, celery, carrots 4 Tbsp French salad dressing	6 oz grilled Flank steak (marinated in 2 Tbsp oil/vinegar) Vegetable medley 2 tsp margarine* Salad** 2 Tbsp French dressing	1c cottage cheese 1 whole tomato sliced Salad** 2 Tbsp French dressing	6 oz sliced turkey breast 1c cooked spinach 2 tsp margarine* Salad** 1 Tbsp olive oil/vinegar Apple	Tunafish salad on lettuce leaf w/1 tomato quartered: 1c tuna 2 Tbsp mayonnaise chopped celery & onion 1 slice whole grain bread	5 oz extra lean ground beef pattie 1 whole tomato sliced Lettuce leaf 1 tsp mayonnaise ½ c cottage cheese 1 slice whole grain bread
<b>Snack</b>	¼ c (2 oz) almonds	¼ c walnuts	¼ c sunflower seeds	¼ c peanuts	¼ c sunflower seeds	¼ c almonds	20 green olives
<b>Dinner</b>	6 oz broiled Salmon 1 tsp margarine* (used in preparation) 1c zucchini & yellow squash sautéed in 1 tsp olive oil Salad** 1 Tbsp olive oil/vinegar Peach	Baked skinless chicken (2 thighs & 1 leg) 1c cooked carrots 2 tsp margarine* Salad** 2 Tbsp Italian salad dressing	Spinach salad: 2c raw spinach 4 strips turkey bacon ½ c water chestnuts ½ onion sliced 1 egg 4 Tbsp Italian salad dressing Orange	Broiled Orange Roughly w/1 Tbsp margarine* 1c brussel sprouts 2 tsp margarine* Salad** 2 Tbsp Italian dressing 2 plums	Stir fry: 6 oz Round steak ½ c broccoli ½ c cauliflower 3 onions (spring) ¼ c pea pods ½ red pepper ½ c mushrooms Salad** 2 Tbsp French dressing	2-3 oz grilled chicken breast 1c green beans 2 tsp margarine* Cole slaw (1c shredded cabbage w/2 Tbsp mayonnaise) 1c whole strawberries	5 oz ham steak 2 sm red potatoes 1c cauliflower 2 tsp margarine* Salad** 2 Tbsp French salad dressing
<b>Snacks</b>	2 celery stalks w/4 Tbsp natural peanut butter	¼ c peanuts	20 black olives	2 celery stalks w/4 Tbsp natural peanut butter	¼ c walnuts	2 celery stalks w/4 Tbsp natural peanut butter	¼ c sunflower seeds

\* Margarine used should be Benecol or Take Control; in Canada: President's Choice "Too Good To Be True" and Lactantia "Olivina"

\*\* Salad = lettuce, ½ tomato, onions