



50 g Carbohydrate Diet

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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	½ c egg substitute 2 tsp margarine* 2 strips turkey bacon	Omelette: ½ c egg substitute & fat free cheese	½ c eggbeaters	½ c egg substitute prepared w/2 tsp margarine* 2 slices turkey bacon	Western omelette: ½ c Eggbeaters, green pepper, onion, tomato 2 tsp margarine*	½ c Eggbeaters prepared w/2tsp margarine* 3 slices Canadian bacon	Western omelette: ½ c Eggbeaters, green pepper, onion, tomato
Lunch	2 grilled chicken breasts 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) 1c cauliflower Salad* 1 Tbsp oil/vinegar 2 tsp margarine*	1c cottage cheese 1 whole tomato sliced Salad* 1 Tbsp oil/vinegar	6 oz sliced turkey breast 1c cooked spinach 2 tsp margarine* Salad* 1 Tbsp olive oil/vinegar	Tunafish salad on lettuce leaf w/1 tomato quartered: 1c tuna 2 Tbsp mayonnaise chopped celery & onion	5 oz extra lean ground beef pattie 1 whole tomato sliced Lettuce leaf 1 Tbsp mayonnaise ½ c cottage cheese
Snack	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
Dinner	6 oz broiled Salmon 1 Tbsp margarine* (used in preparation) 1c zucchini & yellow squash sautéed in 1 Tbsp olive oil Salad* 1 Tbsp olive oil/vinegar	Baked skinless chicken (2 thighs & 1 leg) 1c cooked spinach 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	Broiled Orange Roughly w/1 Tbsp margarine* 1c brussel sprouts 2 tsp margarine* Salad* 2 Tbsp Italian salad dressing	Stir fry: 6 oz Round steak 3 onions (spring) ¼ c pea pods ½ red pepper ½ c mushrooms Salad* 1 Tbsp oil/vinegar	2-3 oz grilled chicken breast 1c green beans 2 tsp margarine* Cole slaw (1c shredded cabbage w/2 Tbsp mayonnaise)	5 oz ham steak 1c cauliflower 1 tsp margarine* Salad* 2 Tbsp French salad dressing
Snacks	2 celery stalks w/4 Tbsp natural peanut butter	¼ c peanuts	20 black olives	2 celery stalks w/4 Tbsp natural peanut putter	¼ c walnuts	2 celery stalks w/4 Tbsp natural peanut putter	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