

Menu Planner - Low Fat - Two Meals per Day

MEAL	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Break-fast (A vital meal!)	Cream of Wheat - Vol. 5 pg. 9 Fresh Fruit 2 Tbsp ground flax on cereal Fortified Soy or Rice Milk	Cornmeal Blueberry Mush - Vol. 5 pg. 8 Fresh Fruit 1/4 cup almonds or walnuts Fortified Soy or Rice Milk	Cracked Wheat Cereal - Vol. 5 pg. 10 Fresh Fruit 2 Tbsp ground flax on cereal Fortified Soy or Rice Milk	Gratenutz - Vol. 5 pg. 20, 21 Fresh Fruit Fortified Soy or Rice Milk Raisin Bread - Vol. 7 pg. 99	Multigrain Cereal - Vol. 5 pg. 23 Fresh Fruit 3 Tbsp sliced almonds Fortified Soy or Rice Milk	Peach Barley Casserole - Vol. 5 pg. 24 Fresh Fruit Fortified Soy or Rice Milk	Multigrain Waffles - Vol. 5 pg. 29 Blackberry Topping - Vol. 5 pg. 43 Instant Easy Tofu Whipped Topping - Vol. 1 pg. 7
Dinner (eat before 3 pm - studies show helps prevent weight gain)	Brown Rice Boston Baked Beans - Vol. 6 pg. 9 Marinated Veggie Salad - Vol. 5 pg. 103 (use low fat dressing to reduce fat)	Italian Potato Salad - Vol. 3 pg. 76 Hummus Vol. 7 pg. 73 on Foccia Bread (or Quick Herb Buns Vol. 7 pg. 28.)	Veggies Dinner Burgers - Vol. 6 pg. 115 baked taco chips - 1 cup or so.	Veggies Basic Chili - Vol. 6 pg. 12 Chapattis Vol. 7 pg. 64	Veggies Beans 'n' Rice Burger - Vol. 6 pg. 85 Served in a whole wheat bun with lettuce & tomato	Harvest Pitas - Vol. 5 pg. 121 (use low fat Italian or other low fat dressing) Thanksgiving Rice - Vol. 2 pg. 94	Scalloped Potatoes Vol. 3 pg. 93 Golden Garbanzo Burgers - Vol. 3 pg. 13 garden salad with low fat dressing
Alternative Breakfasts (or suppers for those "poor starving" persons)	Fresh Fruit Popcorn	No-Bake Blueberry Pie - Vol. 4 pg. 73 Toast and nut butter. (yes, a healthful pie makes a great breakfast or dinner accompaniment)	Fresh Fruit Parfait - Vol. 1 pg. 55 Carob Muffins - Vol. 7 pg. 129	Lemon Pie - Vol. 4 pg. 74 (use low-fat crust) Raspberry Almond Ring - Vol. 7 pg. 97	Fruit Juice Raspberry Muffins - Vol. 7 pg. 127	Fresh Fruit Tarts - Vol. 2 pg. 84 Toast with 1 Tbsp nut butter of your choice	Orange Sweet Buns - Vol. 7 pg. 91 Frozen Fruit Cream - Vol. 2 pg. 50

This menu is designed for those losing weight. The servings of recipes are generally less than 5 grams of fat. If they are higher, they are paired with a lower fat item to keep the total fat intake for the day down to approx. 15 to 20 grams of fat. You may need to supplement with calcium, etc.

Fresh or Canned Fruit Ideas: Apples, oranges, bananas, mangos, peaches, grapes, kiwi, pineapple, pears, plums, strawberries, melon, grapefruit, cantaloupe, apricots, etc. (Can chop fruit into a container and eat like a fruit salad.)

Veggies: Carrots, broccoli, cherry tomatoes, cauliflower, snap peas, cucumber, celery, etc.

Your Notes:

REMEMBER: Water: _____ oz per day; Exercise: 30-60 minutes, 4-6 times per week; Get 30 minutes of Sunshine or bright light per day; & Spiritual food.