

Type I Female

CHO = carbohydrates in grams

Add lemon to water daily

	Day 1: 625 kcal	Day 2: 650 kcal	Day 3: 553 kcal	Day 4: 604 kcal	Day 5: 627 kcal	Day 6: 613 kcal	Day 7: 692 kcal
Breakfast	1 medium scrambled egg with 1 TB each of chopped peppers and onions (CHO: 3.041)	Oatmeal: ½ cup cooked steel cut oats with ½ TB hemp seeds, 2 egg whites, & 1/8 cup blueberries (CHO: 22.543)	Smoothie: ¾ cup spinach, 1/8 cup blueberries, 1 TB PB2, 1 TS unsweetened cocoa powder, 1 cup unsweetened almond milk, & ½ packet stevia (CHO: 9.734)	Southwestern breakfast bowl: ½ cup spinach, ¼ cup black beans, 1 medium scrambled egg, 1/8 cup chopped tomato, 1/8 Haas avocado, & 1 TB plain nonfat Greek yogurt (CHO: 15.786)	¾ cup cheerios, 1/8 cup blueberries, & ½ cup unsweetened almond milk + 1 hard boiled medium egg (CHO: 19.958)	1 frozen whole wheat waffle + 1 TB PB2 mixed with water + ½ TB light pancake syrup (CHO: 18.972)	Breakfast hash: 1/3 cup boiled potatoes, 1 sausage link, 1 medium scrambled egg, ¼ cup steamed broccoli, & 1 TB fat free cheddar cheese (CHO: 15.221)
Snack	1 melba toast with 1 TS peanut butter (CHO: 5.032)	1 stick fat free cheddar cheese + ¼ cup air-popped popcorn (CHO: 4.873)	10 slices peeled cucumber + 1 TB humus (CHO: 4.474)	10 dry roasted almonds + 5 celery sticks (CHO: 3.301)	10 celery sticks + 1 TB PB2 mixed with water (CHO: 3.688)	1 fat free cheddar cheese stick + 10 celery sticks (CHO: 4.505)	1 melba toasts with 1 TS peanut butter (CHO: 5.032)

Lunch	Salad: 1 cup romaine lettuce + ½ cup spinach + 4 cherry tomatoes + 2 TB red onion + ¼ 5 OZ can of water packed, light tuna with ½ TS balsamic vinegar + 1 TS olive oil + dash black pepper & dried oregano (CHO: 6.767)	Pizza: Joseph's Flax Oat Bran & Whole Wheat Pita topped with ½ TB pesto sauce, 2 green olives, 1 TB each sautéed peppers and onions, and 1 TB shredded cheddar cheese (then baked at 350 until cheese melts – about 10 minutes) + ½ cup steamed broccoli (CHO: 17.134)	Homemade chicken soup made from: roasted chicken, ½ large carrot, ½ celery stalk, 1/8 yellow onion, salt & pepper (CHO: 5.747)	Chicken pita sandwich: Joseph's Flax Oat Bran & Whole Wheat Pita filled with 1 TB humus, ½ medium baked skinless chicken breast, ½ cup shredded romaine lettuce, & 1 slice tomato (CHO: 12.513)	Taco Salad: ½ cup shredded iceberg lettuce, ½ cup shredded romaine lettuce, 3 OZ stir fried lean ground beef with ½ TS taco seasoning, ¼ cup chopped tomato, 1 TB fat free cheddar cheese, & 1 TB plain nonfat Greek yogurt (CHO: 5.782)	Egg salad lettuce wraps: 2 butterhead lettuce leaves filled with 1 medium hard-boiled egg, 1 medium hard-boiled egg white, ¼ cup chopped celery, ¼ cup chopped onion, & 1 TB plain nonfat Greek yogurt (CHO: 6.129)	Salad: 1 cup romaine lettuce, ½ cup spinach, ¼ cup tomato, ¼ cup red onion, 1 medium hard-boiled egg with 1 TS olive oil, ½ TS balsamic vinegar, 1 dash black pepper, & ½ TS dried oregano (CHO: 8.932)
Snack	5 pretzel sticks + 1 fat free cheddar cheese stick (CHO: 5.327)	5 celery sticks with 1 TB PB2 mixed with water (CHO: 5.025)	1 Dannon Light & Fit Carb & Sugar Control Yogurt (CHO: 5.306)	10 peeled cucumber slices + 1 slice of turkey (CHO: 1.721)	10 bell pepper strips + 1 TB humus (CHO: 4.59)	1 Dannon Light & Fit Carb & Sugar Control Yogurt (CHO: 5.306)	1/2 cup air-popped popcorn + 1 slice ham (CHO: 3.321)
Dinner	1 small chicken breast baked coated in 1 TB bread crumbs, 1	4 OZ tilapia baked coated in ¾ TB lemon juice, 1 TS	3 OZ salmon baked inside parchment paper with 1 TS	Zoodles with marinara & turkey meatballs:	Sausage pizza: Joseph's Flax Oat Bran & Whole Wheat	4 OZ salmon baked inside parchment paper with 1 TS	Pork chops & mashed cauliflower: 3 OZ pork loin

	TB parmesan, 1 small clove garlic, & ½ TB olive oil + ½ cup steamed broccoli (CHO: 14.451)	butter, ½ clove garlic, 1 TS black pepper, & 1 TS dried parsley + ½ cup cooked green beans & ½ cup cooked carrots (CHO: 12.959)	olive oil, salt & black pepper, ½ TB capers, & 2 lemon slices + 15 spears of asparagus & ½ cup cooked mushrooms (CHO: 14.953)	“noodles” made from 1 medium zucchini + ¼ cup spaghetti sauce + 1 TB nonfat parmesan cheese + 2 small turkey meatballs (CHO: 16.417)	Pita topped with ½ TB pesto sauce, 1 chopped link beef sausage, 1/8 cup bell peppers, & 2 TB fat free cheddar cheese + ½ cup steamed broccoli (CHO: 16.972)	butter, ¼ TS garlic powder, ¼ TS dried basil, salt and pepper, 1 TS lemon juice, & 10 asparagus spears (CHO: 5.547)	baked with ½ TS olive oil, 1 TS Dijon mustard, 1 TS apple cider vinegar, 1 dash black pepper & salt + 1 cup boiled cauliflower in food processor with ½ TS garlic powder, ½ TS onion powder, 1 TS butter, 1 TB nonfat parmesan cheese + splash of almond milk if needed (CHO: 10.61)
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*Take a multivitamin each day

*If blood sugar is 85-100, you do not need to eat a snack

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