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BALANCED - WEIGHT LOSS DIET

(ABOUT 1500 CALORIES) for a healthy individual.

If you have any medical conditions, check with your doctor before implementing.

Interchange one breakfast, one lunch, one dinner and three snacks per day.

BREAKFASTS

- 1 **hard boiled egg** • 80 calories
 - 1 **wheat toast** with • 70 calories
 - 1 teaspoon cream cheese • 25 calories
 - 1 (8 oz.) glass of orange juice • 110 calories
 - 1 (8 oz) cup of coffee or tea with splash of cream and 2 teaspoons of sugar • 45 calories

Total 330 calories
- 1 serving **high fiber cereal** • 110 calories
 - with 1 cup of low fat milk • 145 calories
 - 1/2 medium sliced **banana** • 55 calories
 - 1 (8 oz.) cup of coffee or tea with cream and sugar • 45 calories

Total 355 calories
- 1 serving of regular **oatmeal** or cream of wheat • 145 calories
 - with 1 cup of low fat milk and 1 teaspoon vanilla • 145 calories
 - 1 tablespoon of **raisins** • 80 calories
 - 1 (8 oz.) cup of coffee or tea with cream and sugar • 45 calories

Total 415 calories
- 2 **egg white omelet** scrambled with 1 cup of **spinach** • 30 calories
 - in light canola spray • 45 calories
 - 1 wheat toast • 70 calories
 - with 1 teaspoon cream cheese • 25 calories
 - 1 (8 oz.) cup coffee or tea with cream and sugar • 45 calories

Total 215 calories
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1 pancake (wheat or buttermilk) fried with canola oil spray	• 45 calories	
1 tablespoon maple syrup	• 60 calories	
1 teaspoon whipped butter	• 25 calories	
1 cup strawberries	• 45 calories	
1 (8 oz.) cup of coffee or tea with cream and sugar	• 45 calories	
		Total 215 calories
6.		
1/2 cup plain low fat yogurt with 1 teaspoon vanilla	• 65 calories	
1 tablespoon blueberries	• 20 calories	
1/2 wheat bagel	• 100 calories	
with 1 teaspoon whipped butter	• 25 calories	
1 (8 oz.) cup coffee or tea with cream and sugar	• 45 calories	
		Total 255 calories
7.		
Fruit salad made with 1/2 sliced cantaloupe	• 95 calories	
1 medium sliced apple	• 80 calories	
1 cup of grapes with	• 40 calories	
1 cup 1% cottage cheese	• 60 calories	
1 cup of coffee or tea with cream and sugar	• 45 calories	
		Total 320 calories

LUNCHES

1.		
Walnut Salad made with 1/4 head romaine lettuce	• 5 calories	
1 tablespoon shelled walnuts	• 60 calories	
with 1 tablespoon olive oil and balsamic vinegar	• 130 calories	
1 oz. feta cheese	• 75 calories	
1 (8 oz.) glass of water or tea	• 0 calories	
		Total 270 calories
2.		
6 oz. lean turkey on	• 180 calories	
on 2 slices wheat bread	• 140 calories	
with 1 tablespoon mustard	• 15 calories	
1 medium dill pickle	• 5 calories	
1 sliced tomato	• 20 calories	
1 glass water or tea	• 0 calories	
		Total 360 calories
3.		
1 baked medium potato	• 145 calories	
with 1 teaspoon butter	• 145 calories	
and 1 teaspoon sour cream	• 10 calories	
1 cup of vegetable soup	• 80 calories	
water or tea	• 0 calories	
		Total 345 calories
4.		
4 oz. albacore tuna in water	• 140 calories	
1 tablespoon of canola mayonnaise	• 45 calories	
on 2 slices wheat bread	• 140 calories	
1/2 cup chopped onions	• 55 calories	
1 tablespoon jalapeno's (optional)	• 5 calories	
		Total 385 calories

5.

Smoothie made with 4 oz. of orange juice
 1/2 medium banana
 4 oz. plain low fat yogurt
 1/2 cup strawberries several ice cubes blended
 water or tea

- 55 calories
- 55 calories
- 75 calories
- 40 calories
- 0 calories

Total 225 calories

6.

Vegetable wrap made with 1/4 cup sliced mushrooms
 1 tablespoon chopped onions
 2 oz. sliced peppers
 sautéed in 1 tablespoon olive oil
 1/4 sliced avocado wrapped in
 1 small wheat tortilla
 with 1 tablespoon salsa
 water or tea

- 10 calories
- 20 calories
- 20 calories
- 125 calories
- 75 calories
- 80 calories
- 15 calories
- 0 calories

Total 345 calories

7.

1/2 cup hummus
 1 pita pocket
 water or tea

- 210 calories
- 165 calories
- 0 calories

Total 375 calories

DINNERS

1.

3 oz. skinless shredded chicken breast
 1 tbl spoon ea. sauteed pimento olives, garlic, capers and chopped onions
 in 1 tablespoon olive oil
 mixed with 1/2 cup tomato sauce
 over 1/2 cup steamed brown rice
 water or tea

- 140 calories
- 100 calories
- 125 calories
- 75 calories
- 115 calories
- 0 calories

Total 555 calories

2.

3 oz. baked salmon doused in lemon, spread with crushed garlic and drizzled
 with olive oil
 1/2 cup steamed carrots and
 1/2 cup steamed green beans
 with salt and drizzled with 1 tablespoon whipped butter
 water or tea

- 230 calories
- 35 calories
- 25 calories
- 80 calories
- 0 calories

Total 370 calories

3.

1/2 cup pasta mixed with
 3 oz. shrimp and scallops
 sauteed in 1 tablespoon olive oil and garlic
 topped with 1/2 cup tomato sauce
 and 1/2 cup steamed broccoli
 sprinkled with 1 oz. romano cheese
 water or tea

- 100 calories
- 85 calories
- 125 calories
- 75 calories
- 40 calories
- 110 calories
- 0 calories

Total 535 calories

4.

3 oz. ground **turkey** mixed with
 1/4 cup sauteed chopped onions and garlic in 1 tablespoon olive oil
 mixed with 1/4 cup tomato sauce
 topped with 1 oz. shredded light cheeses
 split between 2 hard **taco** shells
 water or tea

- 160 calories
- 125 calories
- 35 calories
- 70 calories
- 90 calories
- 0 calories

Total 480 calories

5.

1 cup cooked **lentil** soup
 with 1/4 cup tomato sauce
 and 1/2 cup onions
 and 1 cup **spinach**
 salt and pepper
 and 1 slice of **wheat** bread
 water or tea

- 220 calories
- 35 calories
- 60 calories
- 45 calories
- 0 calories
- 70 calories
- 0 calories

Total 430 calories

6.

3 oz. sauteed **shrimp** in
 1 tablespoon olive oil and chopped garlic
 with 1/4 cup sliced **mushrooms** and **broccoli**
 over 1/2 cup steamed **brown** rice
 water or tea

- 85 calories
- 125 calories
- 60 calories
- 115 calories
- 0 calories

Total 385 calories

7.

Chicken salad made with 1/4 head **romaine** lettuce
 3 oz. skinless **chicken** breast
 1/2 sliced cucumber
 1/4 cup chopped onions
 1/2 large sliced tomato
 1/4 cup shredded carrots
 1 oz. shredded mozzarella cheese
 1 tablespoon favorite light dressing
 water or tea

- 5 calories
- 140 calories
- 5 calories
- 15 calories
- 20 calories
- 5 calories
- 70 calories
- 50 calories
- 0 calories

Total 310 calories

SNACKS

Between meals eat 1 small snack - The days you eat higher calorie meals,
 eat lower calorie snacks to keep your daily calories closer to 1500.

1.	1/4 cup pistachio nuts	85 calories
2.	1/4 cup peanuts	80 calories
3.	1 medium fruit	
	apple	80 calories
	banana	105 calories
	1/2 cantaloupe	95 calories
	1 cup blueberries	80 calories
	1 cup cherries	105 calories
	1 cup grapes	40 calories
	orange	60 calories
	peach	50 calories
	pear	100 calories
	1 cup strawberries	40 calories
4.	1 cup raw carrots	30 calories

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|----|--|--------------|
| 5. | 1 (8 oz.) glass low fat milk | 130 calories |
| 6. | 1/2 cup low fat yogurt | 65 calories |
| 7. | 1 tablespoon cream cheese spread over 4 wheat crackers | 170 calories |
| 8. | 1/2 peanut butter (1 teaspoon) and jelly sandwich on wheat bread | 110 calories |

Click here for a [PRINTABLE PDF](#) version of the menu

For address and info. on signing up please email: yolicaponera@aol.com