



Sample Menu Phase Two-Carb Load

Daily Food Log	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Eggs or Whole Grain Toast	Plain Oatmeal Blueberries Skim or Soy Milk	Eggs Pumpnickel Toast Orange	Cereal Strawberries Skim or Soy Milk	Scrambled eggs, peppers low fat cheese	Skim or Soy Milk Oatmeal Banana Cinnamon	Liquid egg substitute Grapefruit
Snack	Banana	Cantaloupe	Peach	Yogurt	Cantaloupe	Low fat Cheese	Grapes
Lunch	Chicken Breast Salad Low Sodium Dressing	Pasta Salad Chicken Breast	Rice Lean Steak Broccoli	Spinach Salad Boiled Egg	Baked Potato Low fat Sour Cream Butter Sprinkles Broccoli	Mixed Vegetables and Tuna Salad	Pizza or Steak or Fried Foods
Snack	Low Sodium Crackers Tuna Salad	Yogurt	Rice Cake Low fat Peanut Butter	Cucumbers Cherry Tomatoes	Tuna Salad	Grapes	Cheesecake
Dinner	Salad Pasta Tomato Sauce	Grilled Shrimp Green Beans Salad	Protein Shake with Ice Chips	Rice Tuna Steak Carrots Broccoli	Green Salad Grilled Chicken Low Sodium Dressing Tangerine	Red Peppers Green & Red Peppers Onions Mushroom Turkey	Spinach Salad Sliced Almonds Lean Beef
Snack	Plum	Almonds	Air-popped Corn	Air-popped Corn	Low-fat Yogurt	Almonds	Cantaloupe
Water Times	8:00 am	8:15 am	8:00 am	8:20 am	8:00 am	8:00 am	8:20 am
	Noon	Noon	12:15 pm	12:10 pm	Noon	Noon	12:15 pm
	5:30 pm	5:45 pm	5:30 pm	5:30 pm	5:45 pm	5:30 pm	5:15 pm
Vitamin Supplement Checklist	Yes <u>X</u> No__	Yes__No__	Yes__ No__	Yes__ No__	Yes__ No__	Yes__ No__	Yes__ No__