Sample Menu Phase Two Carb Load-Vegetarian

Daily Food Log	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Protein Drink Blueberries	Scrambled Tofu Onions Peppers Sesame Seeds	Cantaloupe Strawberries Buckwheat Pancakes	Low Sodium Cheddar Cheese Tofu Curd Scrambled Grapefruit	Oatmeal Strawberries Soy Milk	Raspberries Vanilla Soy Milk	Waffle Strawberries Whipped Cream Walnuts
Snack	Soy Nuts	Watermelon	Celery & Peanut Butter	Soy Nuts	Almonds	Plum	Soy Nuts
Lunch	Coleslaw Whole-wheat Bread Tofu Burger Salad Orange	Tomato Sauce Whole Grain Pasta Salad Low-sodium Dressing	Low-fat Cheese Salad Low Sodium Dressing	Protein Shake (soy or Whey) Ice Chips Fresh Fruit	Cabbage Salad Tofu Burger Pumpernickel Bread	Spinach Salad Chickpeas Low Sodium Dressing	Pizza Cheesecake or Ice Cram breaded Fried Veggies (all types) Frozen Yogurt
Snack	Celery Cucumbers	Banana	Raisins	Grapes	Apple Slices	Cantaloupe	Mango
Dinner	Whole Grain Pasta with Stir Fry Tofu Vegetables	All Veggie Protein Patty Spinach Salad	Rice Black Beans (home cooked) Broccoli Green Beans	Rice Beet Greens Lentils Carrots	Green Beans Baked Potato Black Beans	Soy Burger Sweet Potato Asparagus	Salad Low fat Cheese Low Sodium Dressing
Snack	Grapes	Cherries	Low fat Yogurt	Air-popped Corn	Yogurt	Grapefruit	Orange
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_X_ No__	Yes___No__	Yes__ No__	Yes__ No__	Yes__ No__	Yes__ No__	Yes__ No___