

1,500-Calorie Menu: Day One

Menu created by James O. Hill, Ph.D.

Food	Amount
Breakfast:	
Coffee, black or with skim milk	1 cup
Whole wheat toast	2 slices
Low-fat fruit yogurt	1 8-oz container
Snack:	
Apple	1 medium
String Cheese	1 oz
Low-fat crackers (Triscuit, Wheat Thins)	5 crackers
Lunch:	
Tossed salad	1 cup
Low-fat salad dressing	1 tablespoon
Meal Replacement Shake	1 can
Snack:	
Meal Replacement Bar	1 bar
Dinner:	
Lemon Salmon Steaks (recipe) w/ lemon juice	4 oz
Baked potato	1 medium
W/ low fat sour cream	1 tablespoon
And butter or margarine	1 teaspoon
Steamed mixed vegetables	1 cup
Ice tea, water or non-caloric beverage	
Snack:	
Low-fat popcorn	2 cups
Skim milk	1 cup

****Please remember to drink 64 oz of water each day****