

1,500-Calorie Menu: Day Two

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

Food	Amount
Breakfast:	
High-fiber cereal w/ skim milk	1 cup
Coffee, black or with skim milk	1 cup
Snack:	
Meal Replacement Bar	1 bar
Lunch:	
Meal Replacement Shake	1 can
Orange	1 medium
Snack:	
Grapes	1 cup
Pretzel sticks	1 oz
Dinner:	
Mustard Grilled Chicken (recipe)	4 oz
Tossed salad	1 cup
W/ low-fat dressing	1 tablespoon
Rice, steamed	1/2 cup
Water, Ice tea or other non-caloric beverage	
Snack:	
Apple	1 medium
Low-fat cookies (Snackwell, low-fat oreos)	2 cookies

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