

1,500-Calorie Menu: Day Three

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

Food	Amount
Breakfast:	
Instant oatmeal	1 cup
Whole wheat toast	1 slice
Butter	2 teaspoons
Coffee, black or with skim milk	1 cup
Snack:	
Meal Replacement Bar	1 bar
Lunch:	
Meal Replacement Drink	1 can
Banana	1 medium
Snack:	
V-8 juice	1 can
String cheese	1 oz
Low-fat crackers	5 crackers
Dinner:	
Pasta Marinara	1 cup
cooked pasta	1 cup
marinara sauce	1/2 cup
Mixed vegetables, steamed	1 cup
Tossed salad	1 cup
Low-fat salad dressing	1 tablespoon
French bread	1 slice
Butter or margarine	1 teaspoon
Ice tea, water or other non-caloric beverage	
Snack:	
Low calorie ice cream bar	1 bar

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