

1,000-Calorie Menu: Day One

Menu created by John Foreyt, Ph.D.

Food	Amount	Calories
Breakfast:		
Meal Replacement Shake	1 serving	220
Small fruit	1 serving	60
Lunch:		
Meal Replacement Shake	1 serving	220
*Salad or Vegetable	1 serving	40
Dinner:		
Frozen Entrée	1 serving	300
*Salad or Vegetable	1 serving	40
Small Dinner roll	1 serving	80
Snack:		
Small fruit	1 serving	60
Total Calories		1,020

*Salads should be prepared with fat-free salad dressing.

*Vegetables to be prepared without added fats.