

1,500-Calorie Menu: Day One

Menu created by Steven Heymsfield, M.D.

Food	Amount	Calories
Breakfast:		
Aunt Jemima Home-Style Waffles	2 waffles	160
Aunt Jemima Lite Syrup	2 tablespoons	50
Tropicana Orange Juice	8-ounce carton	110
Lunch:		
Tabacknik's New England Potato Soup	1 envelope	120
Weight Watchers Smart Ones Fiesta Chicken	1 serving	210
Bird's Eye Deluxe Asparagus Spears	1 package	80
Dinner:		
Campbells Ready-to-Serve Low Sodium Tomato Soup with Tomato Pieces	1 can	180
Healthy Choice Salisbury Steak in Mushroom Gravy	1 serving	360
Bird's Eye Deluxe Baby Carrots	1 package	120
1 Jell-O Crème Savers Pudding Chocolate and Caramel	1 serving	140
Total Calories		1,530