

1,500-Calorie Menu: Day Two
Menu created by Steven Heymsfield, M.D.

Food	Amount	Calories
Breakfast:		
Aunt Jemima Low-Fat Pancakes	3 pancakes	190
Aunt Jemima Lite Syrup	4 tablespoons	100
Tropicana Orange Juice	8-ounce carton	110
Lunch:		
Lean Cuisine Sweet and Sour Chicken	1 serving	290
Tabachnik's Vegetable Soup	1 envelope	110
Dinner:		
Campbell's Soup (Italian-Style Wedding, Spinach, Meatball in Chicken Broth)	1 serving	220
Amy's Organic Cheese Lasagna	1 serving	330
Haagen Dazs Raspberry Sorbet & Vanilla Yogurt Bar	1 serving	90
Total Calories		1,440