

Dr. Di's Healthy Diet Plan

Breakfast:

Cottage cheese and Fruit or Nuts

Oatmeal with Fruit or Nuts

Oatmeal Egg White Pancakes – (½ cup oats, 4 egg whites, cinnamon and vanilla, walnuts, Stevia or Honey to sweeten) plain or with almond butter

Egg White Omelet or Scrambled –hard boiled eggs -

Protein Shake with fruit or yogurt, soy or organic milk, flax or omegas etc.

Kashi Go Lean High Fiber Cereal with Organic Milk or Soy Milk (Silk Plain)

Snacks: Between main meals

Cheese with Apple

Celery with cream cheese

Celery with almond butter

Apple with almond butter

Protein Shake

Think Thin Chunky Peanut Butter Bar

Raw Veggies with Litehouse ranch dressing

Raw almonds, pumpkin seeds, walnuts etc. (can toast low heat with wheat free tamari)

Avocado with low calorie crackers (melba, wasa rye crisp)

Cottage Cheese with nuts or fruit or avocado

Low fat yogurt (Dannon or Mountain High) Plain yogurt is best

Edamame beans – add a little fresh lime and wheat free tamari

Wild or Brown Rice - organic chicken/beef broth with onion, celery, walnuts, peppers etc.

Waldorf Salad – celery, apple, grapes, walnuts and plain yogurt or mayo

Lunch:

Caesar Salad with Chicken

Chefs Salad

Tuna Salad – use olive oil mayonnaise

Chicken Salad, Egg Salad

Cottage Cheese and Salad or Veggies

Garden Veggie Burger or Boca Burger

Turkey sandwich on whole grain bread (not wheat) open faced

Chicken Breast and Salad

Fish and Veggies or Salad

Dinner:

Lean Protein – Vegetables – Salad – Wild or Brown Rice – Glass of Wine if desired.

Take a heaping tablespoon of soluble fiber in 8 oz. Water each day to keep the bowels moving.

Foods to avoid: or eat sparingly

Bread, Pasta, Crackers, Chips, Fries, Potatoes, Cheese, Sweets, Pop, Caffeine

Drink plenty of clean water between meals!!!