

Body Transformers©

2-Day Menu

**DAY 1:
BREAKFAST**

1 Egg & 1 Toast with topping

Or

1 cup low fat yogurt with ½ cup cereal (your choice of cereal)

Or

1 cup Egg Substitute Omelet (or 3 Egg white omelet) & 1 Toast with topping

Or

1 cup low fat cottage cheese & 1 Toast with topping

Or

Breakfast Drink made with skim or 1% milk

SNACK

1 Low fat Carbo Snack (snack list available under “Program Info”)

OR

1 Serving Low fat Dairy---if “intolerant” to dairy try soy & tofu based products

LUNCH

Tuna (1/2 –1 can, packed in water) with low fat mayo (2 teaspoons), Pita pocket OR Whole Wheat bread (2) OR Potato Bread (2), 1 Serving Fruit (Your choice of fruit)

OR

Turkey Sandwich (3-4 oz meat) on Pita or Soft Tortilla Wrap, 1 Teaspoon low fat mayo or regular mustard, 1 Serving Fruit (Your Choice)

OR

Large Baked Potato with vegetables and small amount of cheese, Small tossed salad with 2 TBS. of low fat dressing & 1 Serving Fruit

DINNER

5 OZ. CHICKEN OR PORK OR FISH OR VEGGIE PATTY OR 1 CUP BEANS

½ Cup Rice

Carrots or Tomato salad with 2 TBS. Low fat dressing or Tossed salad

with 2 TBS. Low fat dressing

SNACK: 1 Serving Low fat Dairy ---if intolerant try “soy” or “tofu” based items---

as in “ice creams” or “milks”

****MAKE SURE YOU ARE AT LEAST CONSUMING 5-7

GLASSES OF WATER PER DAY ...

DAY 2:

BREAKFAST

1 Cup cereal (your choice of cereal)

OR

1 Cereal Bar

OR

1 cup Oatmeal

1 Serving Fruit

SNACK

1 Low fat dairy (yogurt, low fat chocolate milk, low fat cottage cheese etc), (1 Cup)

LUNCH

2 Tacos and 1 serving of Fruit

OR

Tuna Or Turkey Sandwich on a Pita or Soft Tortilla Wrap

1 Serving of Fruit

SNACK

4 Peanut Butter Crackers Or 1 Handful Peanuts Or 2 cups Popcorn

OR

1 Low fat Carbo Snack

DINNER

Large Caesar salad with 4-5 oz. grilled chicken with 2 TBS low fat dressing

OR

Large Spinach Salad with 1 Hardboiled Egg, 2 TBS Imitation Bacon Bits, Fresh

Sliced Mushrooms, and a “sprinkle” of low fat shredded mozzarella cheese

SNACK

1 Serving Low fat Dairy---if “intolerant” to dairy try soy & tofu based products

If you have “health issues”, consult your physician before doing any program.....