advice women can trust

## 5 Day Low-Fat Diet Menu

Meals in the following menu have fewer than 25 percent of calories from fat. Choose one of each meal and two snacks every day.

## Breakfasts

|  | Food (s) | Cal. | Fat <br> (g) | $\begin{aligned} & \text { Fat } \\ & \text { (\%) } \end{aligned}$ | Protein <br> (g) | Carbs (g) | Special Instructions |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Breakfast 1 | - $1 / 2$ cup steel cut oats <br> - 2 tablespoons raisins <br> - $1 / 4$ cup skim milk <br> - 8 ounces orange juice | 522 | 7 g | 7 \% | 12 g | 121 g | - 1/2 cup of oats before cooking <br> - Simmer oats in water with a little cinnamon. <br> - Add Stevia if you desire sweetness <br> - For vegetarian/vegan, replace skim milk with fat-free soy milk |
| Breakfast 2 | Fruit and chia smoothie made from: <br> - 1 cup skim milk (or $1 / 2$ cup nonfat soy milk) <br> - $1 / 2$ banana <br> - 2 tablespoons chia seeds <br> - $1 / 2$ teaspoon cinnamon <br> - 1 cup frozen berries <br> - 2 tablespoons unsweetened cocoa powder <br> - Stevia to taste | 346 | 8.5 g | 14.3 \% | 17 g | 75 g | - Soak chia seeds in milk for about 10 minutes. <br> - Pour into a blender and add remaining ingredients. Process until smooth. |
| Breakfast 3 | Green smoothie made from: <br> - 1 cup spinach <br> - 1 cup romaine lettuce <br> - 1 banana <br> - 1 apple, peeled and cored <br> - 1 cup orange juice <br> - $1 / 2$ cup fat-free yogurt or fat-free non dairy yogurt, plain | 354 | 2 g | 5 \% | 25 g | 88 g | Combine all ingredients in a blender, scraping down sides frequently. Blend until smooth. |
| Breakfast 4 | - 1/2 cup low-fat granola <br> - 1 cup fat free plain yogurt | 512 | 5 g | $9 \%$ | 16 g | 104 g |  |


|  | Food (s) | Cal. | Fat <br> (g) | $\begin{array}{\|l} \hline \text { Fat } \\ \text { (\%) } \end{array}$ | Protein <br> (g) | Carbs (g) | Special Instructions |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | - 1 cup blueberries <br> - 12 oz acai juice |  |  |  |  |  |  |
| Breakfast 5 | Breakfast sandwich made with: <br> - 1 turkey sausage breakfast patty <br> - 1 whole wheat English muffin <br> - 3 egg whites, scrambled <br> - 1 slice tomato <br> - 1 slice fat-free cheese 1 pear <br> 8 ounces apple juice | 487 | 6.5 | 12 \% | 30 g | 85 g |  |

## Lunches

|  | Food (s) | Cal. | Fat (g) | $\begin{array}{\|l\|} \hline \text { Fat } \\ \text { (\%) } \end{array}$ | Protein (g) | Carbs (g) | Special Instructions |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Lunch 1 | Southwest chopped chicken salad made with: <br> - 3 ounces cubed skinless chicken breast <br> - 1 whole tomato, seeded and chopped <br> - 1/2 red pepper, chopped <br> - 1/2 green pepper, chopped <br> - 4 scallions, chopped <br> - 3 tablespoon chopped fresh cilantro <br> - 1/2 jalapeno, seeded and chopped into small pieces (optional) <br> - 1/4 small avocado, cubed <br> - $1 / 4$ cup plain non-fat yogurt mixed with 2 tablespoons prepared salsa and juice of $1 / 2$ lime | 420 | 11 g | 23\% | 35 g | 102 g | For vegetarian, substitute 3 ounces chopped low-fat tofu for chicken and non-fat soy yogurt for non-fat yogurt. |


|  | Food (s) | Cal. | Fat (g) | $\begin{aligned} & \text { Fat } \\ & \text { (\%) } \end{aligned}$ | Protein (g) | Carbs (g) | Special Instructions |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | 1 ounce baked tortilla chips |  |  |  |  |  |  |
| Lunch 2 | Spicy Asian turkey wrap made with: <br> - 1 whole wheat tortilla <br> - 3 ounces deli turkey breast <br> - 1/2 jicama, peeled and julienned <br> - 1 carrot, peeled and julienned <br> - 2 tablespoons grated ginger <br> - 3 scallions, cut into strips <br> - 2 tablespoons fat free mayo mixed with 1/4 teaspoon Sriracha and 1 teaspoon soy sauce <br> 1 cup grapes | 406 | 3.5 g | 7.8 \% | 25.5 g | 82 g | 1. Mix mayo dressing. <br> 2. Spread on a whole wheat tortilla. For vegan/vegetarian, replace with 2 ounces of tempeh. <br> 3. Place turkey on tortilla. <br> 4. Toss jicama, carrot, scallions, and ginger. <br> 5. Place over turkey and wrap tortilla. |
| Lunch 3 | Quinoa black bean salad made with: <br> - $1 / 2$ cup cooked quinoa <br> - 1/2 cup cooked black beans, drained and cooled <br> - $1 / 2$ red pepper, chopped <br> - $1 / 2$ green pepper, chopped <br> - 1 cup raw broccoli, chopped <br> - 1 tomato, seeded and chopped <br> - Juice of $1 / 2$ lime, mixed with $1 / 4$ teaspoon cumin and 1 teaspoon olive oil <br> - Sea salt and fresh cracked pepper to taste <br> 1 orange | 378 | 7 g | 14 \% | 17 g | 67 g | 1. Whisk together lime juice, cumin, salt, and pepper and set aside. <br> 2. Mix all remaining ingredients. <br> 3. Mix dressing and salad together just before eating. |
| Lunch 4 | Turkey club sandwich made with: <br> - 2 slices whole wheat bread <br> - 1 teaspoon Dijon | 400 | 4 g | $9 \%$ | 29 g | 49 g |  |


|  | Food (s) | Cal. | Fat (g) | $\begin{aligned} & \text { Fat } \\ & \text { (\%) } \end{aligned}$ | Protein (g) | Carbs (g) | Special Instructions |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | mustard <br> - 1 tablespoon fat-free mayonnaise <br> - 3 ounces deli turkey breast <br> - 2 slices extra-lean turkey bacon <br> - 2 slices tomato <br> - 1/4 cup arugula <br> 10 baby carrots 2 tablespoons fat-free ranch dressing |  |  |  |  |  |  |
| Lunch 5 | Fast food lunch: <br> - Wendy's ultimate chicken grill sandwich <br> - Apple slices <br> - Bottled water | 360 | 7 g | 12 \% | 28 g | 45 g | There are healthy choices at restaurants. Stick with grilled sandwiches made from white meat poultry, pile on the veggies, leave off the mayo and cheese, and have fruit or a salad without dressing for a side. |

## Dinner

|  | Food (s) | Cal. | Fat (g) | $\begin{aligned} & \text { Fat } \\ & \text { (\%) } \end{aligned}$ | Protein <br> (g) | Carbs (g) | Special Instructions |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Dinner 1 | Pork tenderloin and apple slaw made with: <br> - 3 ounces grilled pork tenderloin <br> - 1 apple, peeled and julienned <br> - 1 stalk fennel, sliced thinly <br> - 2 scallions, chopped thinly $1 / 2$ cup thinly sliced cabbage 1 tablespoon grated fresh ginger <br> - 3 tablespoons fat-free plain yogurt <br> - 1 tablespoon | 380 | 4 g | 10 \% | 29 g | 55 g | 1. Grill pork tenderloin and let rest for 20 minutes, tented with foil <br> 2. Meanwhile, whisk together yogurt, vinegar Stevia, ginger, salt, and pepper <br> 3. Toss vegetables and fruit and top with dressing. <br> 4. Serve on top of sliced pork tenderloin. |


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| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  |  |  |  |
| Dinner 2 | "Naked burrito" made with: <br> - 1 cup brown rice <br> - $1 / 2$ cup cooked black beans <br> - 1 ounce shredded lowfat cheddar (optional for vegan or vegetarian) <br> - 3 tablespoons cilantro <br> - 2 tablespoons prepared salsa <br> - 2 tablespoons fat-free sour cream <br> - 2 chopped scallions <br> - 1/4 avocado, cubed <br> - Juice of $1 / 2$ lime | 490 | 11 g | 20 \% | 21 g | 51 g | Combine all ingredients in a bowl and squeeze lime juice over the top |
| Dinner 3 | Hamburger made with: <br> - 3 ounces 95 percent lean ground beef <br> - 1 whole wheat bun <br> - Spread made with 2 | 428 | 8 g | 13 \% | 32 g | 59 g | - Broil or grill hamburger patty to minimize fat. <br> - Toast bun and spread with spread. <br> - Top with veggies and burger. |


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| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | $\quad$ tablespoons fat free mayonnaise, $1 / 2$ teaspoon Worcestershire $1 / 2$ teaspoon soy sauce, $1 / 2$ teaspoon brown sugar, and $1 / 4$ teaspoon $\quad$ Louisiana hot sauce - 1 slice onion - 1 slice tomato - $\quad$ Lettuce leaves 2 2 cups baby spinach dressed with 2 tablespoons balsamic vinegar 1 apple, sliced |  |  |  |  |  |  |
| Dinner 4 | Stuffed baked potato made with: <br> - 1 medium potato, baked <br> - 1/2 cup kidney beans <br> - $1 / 2$ green pepper and 3 chopped scallions sauteed in 1 teaspoon oil <br> - $1 / 4$ cup prepared salsa <br> - 2 tablespoons fat-free sour cream (choose non-dairy alternative for vegan) <br> - 2 tablespoons guacamole <br> 8 spears steamed asparagus | 376 | 6 g | 14 \% | 15 g | 71 g |  |
| Dinner 5 | 6 ounces grilled halibut | 382 | 6 g | 15 \% | 64 g | 30 g |  |


|  | Food (s) | Cal. | Fat (g) | Fat <br> $\mathbf{( \% )}$ | Protein <br> $\mathbf{( g )}$ | Carbs (g) | Special Instructions |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
|  | Juice of 1/2 lemon <br> 1 baked sweet <br> potato <br> 1 cup steamed <br> sugar snap pea <br> pods |  |  |  |  |  |  |

## Low-fat Snacks

Choose two to three low-fat snacks each day. The best snacks are raw fruits and veggies, but when you want something more, consider some of the following low-fat snacks.

- One ounce hard pretzels - 110 calories, 1 g fat
- One container fat-free yogurt - 100 calories, 0 g fat
- 2 tablespoons prepared hummus with cut up veggies -150 calories, 4 g fat
- 3 cups air-popped popcorn - 93 calories, 1 g fat
- Veggies in 2 tablespoons fat-free ranch - varies
- Small baked potato with $1 / 4$ cup fat-free cottage cheese -200 calories, 1 g fat
- 1/4 cup oatmeal with 2 tablespoons raisins - 120 calories, 1 g fat
- $1 / 3$ cup dried fruit, such as Craisins - 130 calories, 0 g fat
- 1/4 cup wasabi peas - 140 calories, 3 g fat

