

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 (g)	Fat (%)	Protein (g)	Carbs (g)	Special Instructions	
Breakfast 1	 1/2 cup steel cut oats 2 tablespoons raisins 1/4 cup skim milk 8 ounces orange juice 	522	7 g	7 %	12 g	121 g	 1/2 cup of oats before cooking Simmer oats in water with a little cinnamon. Add Stevia if you desire sweetness For vegetarian/vegan, replace skim milk with fat-free soy milk 	
Breakfast 2	Fruit and chia smoothie made from: 1 cup skim milk (or 1/2 cup nonfat soy milk) 1/2 banana 2 tablespoons chia seeds 1/2 teaspoon cinnamon 1 cup frozen berries 2 tablespoons unsweetened cocoa powder Stevia to taste		8.5 g	14.3 %	17 g	75 g	 Soak chia seeds in milk for about 10 minutes. Pour into a blender and add remaining ingredients. Process until smooth. 	
Breakfast 3	Green smoothie made from: 1 cup spinach 1 cup romaine lettuce 1 banana 1 apple, peeled and cored 1 cup orange juice 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 granola1 cup fat free plain yogurt	512	5 g	9 %	16 g	104 g		

	Food (s)	Cal.	Fat (g)	Fat (%)	Protein (g)	Carbs (g)	Special Instructions
	1 cup blueberries12 oz acai juice						
Breakfast 5	Breakfast sandwich made with: • 1 turkey sausage breakfast patty • 1 whole wheat English muffin • 3 egg whites, scrambled • 1 slice tomato • 1 slice fat-free cheese 1 pear 8 ounces apple juice	487	6.5	12 %	30 g	85 g	

Lunches

	Food (s)	Cal.	Fat (g)	Fat (%)	Protein (g)	Carbs (g)	Special Instructions
Lunch 1	Southwest chopped chicken salad made with: • 3 ounces cubed skinless chicken breast • 1 whole tomato, seeded and chopped • 1/2 red pepper, chopped • 1/2 green pepper, chopped • 4 scallions, chopped • 3 tablespoon chopped fresh cilantro • 1/2 jalapeno, seeded and chopped into small pieces (optional) • 1/4 small avocado, cubed • 1/4 cup plain non-fat yogurt mixed with 2 tablespoons prepared salsa and juice of 1/2 lime		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)	Fat (%)	Protein (g)	Carbs (g)	Special Instructions
	1 ounce baked tortilla chips						
Lunch 2	Spicy Asian turkey wrap made with: 1 whole wheat tortilla 3 ounces deli turkey breast 1/2 jicama, peeled and julienned 1 carrot, peeled and julienned 2 tablespoons grated ginger 3 scallions, cut into strips 2 tablespoons fat free mayo mixed with 1/4 teaspoon Sriracha and 1 teaspoon soy sauce	406	3.5 g	7.8 %	25.5 g	82 g	 Mix mayo dressing. Spread on a whole wheat tortilla. For vegan/vegetarian, replace with 2 ounces of tempeh. Place turkey on tortilla. Toss jicama, carrot, scallions, and ginger. Place over turkey and wrap tortilla.
	1 cup grapes						
Lunch 3	Quinoa black bean salad made with: • 1/2 cup cooked quinoa • 1/2 cup cooked black beans, drained and cooled • 1/2 red pepper, chopped • 1/2 green pepper, chopped • 1 cup raw broccoli, chopped • 1 tomato, seeded and chopped • Juice of 1/2 lime, mixed with 1/4 teaspoon cumin and 1 teaspoon olive oil • Sea salt and fresh cracked pepper to taste			14 %	17 g	67 g	 Whisk together lime juice, cumin, salt, and pepper and set aside. Mix all remaining ingredients. Mix dressing and salad together just before eating.
Lunch 4	Turkey club sandwich made with:	400	4 g	9 %	29 g	49 g	
	2 slices whole wheat bread1 teaspoon Dijon						

	Food (s)	Cal.	Fat (g)	Fat (%)	Protein (g)	Carbs (g)	Special Instructions
	mustard 1 tablespoon fat-free mayonnaise 3 ounces deli turkey breast 2 slices extra-lean turkey bacon 2 slices tomato 1/4 cup arugula 10 baby carrots 2 tablespoons fat-free ranch dressing						
Lunch 5	Fast food lunch: • Wendy's ultimate chicken grill sandwich • Apple slices • 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)	Fat (%)	Protein (g)	Carbs (g)	Special Instructions
Dinner 1	Pork tenderloin and apple slaw made with: • 3 ounces grilled pork tenderloin • 1 apple, peeled and julienned • 1 stalk fennel, sliced thinly • 2 scallions, chopped thinly • 1/2 cup thinly sliced cabbage • 1 tablespoon grated fresh ginger • 3 tablespoons fat-free plain yogurt • 1 tablespoon	380	4 g	10 %	29 g	55 g	 Grill pork tenderloin and let rest for 20 minutes, tented with foil Meanwhile, whisk together yogurt, vinegar, Stevia, ginger, salt, and pepper Toss vegetables and fruit and top with dressing. Serve on top of sliced pork tenderloin.

	Food (s)	Cal.	Fat (g)	Fat (%)	Protein (g)	Carbs (g)	Special Instructions
	apple cider vinegar 1/2 packet powdered Stevia Salt and fresh cracked pepper to taste 1/2 cup steamed brown rice 1 cup steamed broccoli						
Dinner 2	"Naked burrito" made with: 1 cup brown rice 1/2 cup cooked black beans 1 ounce shredded low-fat cheddar (optional for vegan or vegetarian) 3 tablespoons cilantro 2 tablespoons prepared salsa 2 tablespoons fat-free sour cream 2 chopped scallions 1/4 avocado, cubed 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: 3 ounces 95 percent lean ground beef 1 whole wheat bun Spread made with 2	428	8 g	13 %	32 g	59 g	 Broil or grill hamburger patty to minimize fat. Toast bun and spread with spread. Top with veggies and burger.

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

Food (s)	Cal.	Fat (g)	Fat (%)	Protein (g)	Carbs (g)	Special Instructions
Juice of 1/2 lemon 1 baked sweet potato 1 cup steamed sugar snap pea 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