



## SAMPLE 2-DAY EATING PLAN (2,000 Calories)

### Day One

#### Breakfast:

Spicy breakfast burrito (tortilla, scrambled egg, black beans and salsa)

1 cup orange juice

1 cup fat-free milk

#### Lunch:

A "deli special" roast beef or chicken sandwich on whole-grain bread (with lettuce, sauteed mushrooms, part-skim mozzarella, and yellow mustard)

3/4 cup baked potato wedges

#### Dinner:

5-ounce broiled salmon (stuffed with bread crumbs, celery, and onions) served with rice and slivered almonds

1/2 cup steamed broccoli

1 cup fat-free milk

#### Snacks:

1 cup cantaloupe

### Day Two

#### Breakfast:

Cold cereal with raisins and fat-free milk

1 small banana

Slice of whole-wheat toast with margarine and jelly

#### Lunch:

Smoked turkey sandwich on whole-wheat pita bread (with romaine lettuce, tomato slices, salad dressing and mustard)

1/2 cup apple slices

1 cup tomato juice

#### Dinner:

5-ounce grilled top loin steak

3/4 cup mashed potatoes

1/2 cup steamed carrots with honey

Whole-wheat dinner roll

1 cup fat-free milk

#### Snacks:

1 cup low-fat yogurt with fruit