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Food Plan

Menu Outline: First 30 Days

Breakfast

Protein 1 selection

Fruit 1 selection

Butter, Margarine, or Oil 1 teaspoon

Lunch

Protein 1 selection

Vegetable 1 selection

Salad/Vegetable 1 selection

Butter, Margarine, or Oil 1 teaspoon

Dinner

Protein 1 selection

Vegetable 1 selection

Salad/Vegetable 2 selections

Salad dressing 2 tablespoons

Butter, Margarine, or Oil 1 teaspoon

Menu Outline: After 30 Days

Breakfast

Protein 1 selection

Grain (optional) 1 selection

Fruit 1 selection

Butter, Margarine, or Oil 1 teaspoon

Lunch

Protein 1 selection

Vegetable 1 selection

Salad/Vegetable 1 selection

Grain ** 1 selection

Butter, Margarine, or Oil 1 teaspoon

** (only if not eaten at breakfast)

Dinner

Protein 1 selection

Salad/Vegetable 2 selections

Grain 1 selection

Salad dressing 2 tablespoons

Butter, Margarine, or Oil 1 teaspoon

Protein Group

1 Protein selection = 4 ounces of:

Beef Fish
Pork Veal
Rabbit Venison
Poultry Sausage
Hot Dogs Cold Cuts
Meat substitutes

1 Protein selection = 8 ounces of:

Tofu dried or pressed Yogurt

1 Protein selection = ½ cup of:

Cottage Cheese
Ricotta Cheese
Farmer Cheese

1 Protein selection =

2 ounces cheese 2 eggs
1 cup legumes 4 slices bacon

Fruit Group

1 Fruit selection =

½ cup Applesauce (sugar-free)
½ cup Blackberries 1 Peach
½ cup Blueberries 1 Pear
½ cup Raspberries 1 Apple
½ cup Mangos 1 Orange
1 cup Boysenberries 1 Guava
1 cup Cranberries 2 Plums
1 cup Rhubarb 2 Figs
1 cup Strawberries 2 Kiwis
½ Cantaloupe 2 Lemons
½ Grapefruit 2 Tangerines
¼ or 1 cup Pineapple 3 Apricots
¼ or 1 cup Honeydew
1½ cups Watermelon

Grain Group

1 Grain selection =

1 oz. Whole grain bread
1 oz. Whole grain cereal (dry)
1 oz. Corn tortilla
1 oz. Rice cake
½ cup Cooked Whole grain cereal
½ cup Cooked Whole grain pasta
½ cup Cooked brown rice, kasha, barley

The selections above must always be whole grain.

Avoid unbleached flour such as wheat, enriched, semolina and durum. These are not whole grain flour. Sugar, honey, etc., must be 5th or lower in the list of ingredients.

Vegetable Group

1 Vegetable selection = ½ cup of:

Beets Pumpkin Parsnips
Water Chestnuts Leeks Onions
Winter Squash Rutabaga Carrots

1 Vegetable selection = 1 cup of:

Alfalfa Sprouts Snow Peas Radishes
Asparagus Lettuce Okra
Artichokes Celery Chilies
Bamboo Shoots Bean Sprouts Broccoli
Bok Choy Bell Peppers Cabbage
Dill Pickles Cauliflower
Cucumbers Eggplant Tomatoes
Turnips Parsley Green Beans
Greens: (Mustard, Spinach, Turnip, Collard)
Summer Squash (zucchini, spaghetti, etc.)

Condiments

½ cup broth (de-fatted) onion soup mix
½ cup gelatin (sugar-free) salsa
½ cup spaghetti sauce spices
½ cup tomato sauce catsup (sugar-free)
lemon juice soy sauce worcestershire
sauce

Notes:
