

STAGE 1:

THE RAPID START PLAN:

14 DAYS OF SAMPLE MENUS

The Rapid Start menus supply an average of 1,100 to 1,200 calories a day, with approximately 30 percent of those calories from protein, 45 percent from carbohydrates, and 25 percent from fat. On average, the menus furnish 30 grams of fiber a day. These menus are also low in sugar, sodium, saturated fat, and cholesterol.

Day 1

Breakfast

- 1 serving high-fiber cereal (e.g., All-Bran, Bran Buds, Fruit & Fibre, or Fiber One)
- 1 cup low-fat, skim, or soy milk
- 1 egg, scrambled (or two egg whites, scrambled)
- Strawberries (or other seasonal fruit)
- Coffee or tea

Snack

- Pear

Lunch

- Water-packed tuna with one sliced tomato served on a generous bed of lettuce, chopped green peppers, radishes, and other salad vegetables
- 2 tablespoons low-calorie Italian salad dressing

Snack

1 cup low-fat, sugar free plain yogurt mixed with
1 tablespoon sugar-free apricot preserves

Dinner

Roasted chicken breast
Asparagus spears, steamed or boiled
Summer squash (crookneck), steamed or boiled

Day 2

Breakfast

Turkey breakfast sausage, 2 links
Oat bran cereal, cooked
½ grapefruit
Coffee or tea

Snack

Banana smoothie: 1 frozen banana blended with 1 cup low-fat milk or soy milk and artificial sweetener (optional)

Lunch

Mediterranean salad: ½ cup garbanzo beans on generous bed of mixed greens and chopped salad vegetables
1 tablespoon olive oil mixed with balsamic vinegar to taste

Snack

1 cup low-fat, sugar-free yogurt (any flavor)

Dinner

Grilled salmon
Broccoli, steamed or boiled
Carrots, cooked

Day 3

Breakfast

Fat-free ham, 2 slices

Low-fat granola mixed with 1 cup low-fat, sugar-free yogurt
(any flavor)

Orange

Coffee or tea

Snack

Apple

Lunch

Chicken Caesar salad: cubed grilled chicken breast,
shredded Romaine lettuce, with an assortment of other
chopped salad vegetables, 2 tablespoons reduced-fat
Caesar salad dressing

Snack

½ cup low-fat cottage cheese, with baby carrots and other
cut-up raw vegetables

Dinner

Beef tenderloin

Green peas, boiled

Cauliflower, steamed or boiled

Day 4

Breakfast

1 egg, scrambled

Oatmeal, cooked

1 cup low-fat, skim, or soy milk

Cantaloupe (or other seasonal fruit)

Coffee or tea

Snack

Fresh berries

Lunch

Black bean chili: ½ cup cooked black beans, 2 tablespoons salsa, 2 tablespoons chopped onions, ½ cup stewed tomatoes

Snack

1 cup low-fat, sugar-free yogurt (any flavor)

Dinner

Roasted turkey breast

Brussels sprouts, steamed or boiled

Tossed salad

2 tablespoons low-fat French salad dressing

Day 5

Breakfast

2 egg whites, scrambled

1 serving high-fiber cereal

1 cup low-fat, skim, or soy milk

Raspberries (or other seasonal fruit)

Coffee or tea

Snack

Cut up assorted raw vegetables

1 ounce reduced-fat Swiss cheese

Lunch

Grilled chicken breast

Shredded cabbage tossed with 2 tablespoons low-fat cole slaw dressing

Snack

Pear

Dinner

Baked Cornish game hen

Carrots, cooked

Kale, cooked

Day 6

Breakfast

Turkey bacon, 2 slices

Oat bran cereal, cooked

Nectarine or peach

Coffee or tea

Snack

1 cup low-fat, sugar-free yogurt

Lunch

Broiled hamburger patty, extra lean

Tossed salad

2 tablespoons low-fat salad dressing

1 cup raw grapes

Snack

½ cup low-fat cottage cheese with cut-up raw vegetables

Dinner

Baked cod or other whitefish

French-style green beans, boiled

Yellow squash, steamed or boiled

Day 7

Breakfast

1 egg, scrambled
Corn grits, cooked
Honeydew melon
Coffee or tea

Snack

Apple

Lunch

Cooked eggplant topped with $\frac{1}{2}$ cup tomato sauce, $\frac{1}{2}$ cup cubed tofu, and 1 ounce of grated fat-free Mozzarella cheese
Tossed salad with 1 tablespoon olive oil and balsamic vinegar

Snack

1 cup plain low-fat, sugar-free yogurt with 1 tablespoon sugar-free strawberry preserves

Dinner

Roasted pork tenderloin
Cabbage, boiled
Okra slices, boiled

Day 8

Breakfast

Turkey sausage, 2 links
1 serving high-fiber cereal

1 cup low-fat, skim, or soy milk

½ grapefruit

Coffee or tea

Snack

Sliced cucumbers dipped in ½ cup low-fat cottage
cheese

Lunch

Vegetarian lunch: ½ cup kidney beans topped with
2 tablespoons salsa

Artichoke, steamed, leaves dipped in 2 tablespoons low-fat
Italian dressing

Raw baby carrots

Snack

Pear

Dinner

Eye of the round

Tomatoes, stewed

Cauliflower, steamed or boiled

Day 9

Breakfast

Turkey bacon, 2 slices

Smoothie: Blend 1 cup low-fat, skim, or soy milk with
berries

Coffee or tea

Snack

Apple

Lunch

Broiled hamburger patty, extra lean

Spinach salad: chopped fresh spinach, $\frac{1}{2}$ cup white beans, 2 tablespoons chopped onion, 2 tablespoons chopped red pepper, and 1 tablespoon olive oil with balsamic vinegar to taste

Snack

1 cup low-fat, sugar-free yogurt (any flavor)

Dinner

Baked chicken breast

Yellow snap beans, boiled

Fresh tomato, sliced

Day 10

Breakfast

2 egg whites, scrambled

Shredded Wheat

1 cup low-fat, skim, or soy milk

Banana, sliced

Coffee or tea

Snack

Plum

Lunch

Three bean salad: $\frac{1}{4}$ cup garbanzo beans, $\frac{1}{4}$ cup kidney beans, $\frac{1}{2}$ cup cooked green beans, 2 tablespoons chopped onion, 2 tablespoons chopped roasted red peppers, and 2 tablespoons low-fat Italian dressing—served on a bed of Romaine lettuce

Snack

1 cup low-fat, sugar-free yogurt (any flavor)

Dinner

Steamed Alaskan king crab

Mixed vegetables, steamed (broccoli, zucchini, yellow squash)

Day 11

Breakfast

1 egg, poached

Oatmeal, cooked

Orange

Coffee or tea

Snack

Fruit smoothie: 1 cup low-fat, skim, or soy milk blended with berries, with artificial sweetener (optional)

Lunch

Ground turkey, lean, broiled or grilled

Grilled portabella mushroom

Fresh tomato, sliced, topped with 1 ounce reduced-fat feta cheese

Snack

Cut-up raw vegetables

Dinner

Grilled salmon

Broccoli and cauliflower medley, steamed

Tossed salad with 1 tablespoon olive oil

Day 12

Breakfast

Turkey sausage, 2 links
1 serving high-fiber cereal
1 cup low-fat, skim, or soy milk
Raspberries (or other seasonal fruit)
Coffee or tea

Snack

Pear

Lunch

Spinach and shrimp salad: cooked shrimp, 2 tablespoons chopped onion, 1 sliced tomato, raw spinach, and 2 tablespoons low-fat mayonnaise

Snack

Cut-up raw vegetables dipped in $\frac{1}{2}$ cup low-fat cottage cheese

Dinner

Grilled sirloin steak
Broccoli, steamed
Yellow squash, steamed or boiled

Day 13

Breakfast

2 egg whites, scrambled
Cream of Wheat cereal
1 cup melon balls (or other seasonal fruit)
Coffee or tea

Snack

Orange

Lunch

Low-fat chef salad: 2 slices reduced-fat ham, 1 ounce low-fat/low-sodium cheddar cheese, chopped lettuce and assorted cut-up salad vegetables, 2 tablespoons low-fat French dressing

Snack

1 cup low-fat, sugar-free yogurt (any flavor)

Dinner

Grilled tuna steak
Yellow snap beans, steamed or boiled
Asparagus, steamed or boiled

Day 14

Breakfast

Turkey sausage, 2 links
1 serving high-fiber cereal
1 cup low-fat, skim, or soy milk
Sliced peaches
Coffee or tea

Snack

1 cup low-fat, sugar-free yogurt (any flavor)

Lunch

Grilled chicken breast
French-style green beans, boiled
Baked potato, medium

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Snack

Banana

Dinner

Roast beef

Stewed tomatoes

Tossed salad with 2 tablespoons low-fat blue cheese
dressing