

## STAGE 1: THE RAPID START PLAN:

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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

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**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 ½ cup tomato sauce, ½ 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

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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, ½ 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: ¼ cup garbanzo beans, ¼ cup kidney  
beans, ½ 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)