

My Baggy Pants Diet - My Introduction

You'll find the free and simple low fat diet menus for this 6-week fat burning program on our web site to help you lose weight and feel great. I've listed the name brands of our preferred items, suggestions for cooking and serving, plus where we've found the best prices. *Here's to your health! Dianne*

We've posted the program menus on our website, with updates and more information!

<http://www.mybaggypantsdiet.com/>

MISCELLANEOUS

Almonds (Sam's has the best priced 48 oz. container. Can substitute cashews or peanuts.)

Crackers ("Nabisco Fat Free Saltine Crackers")

Peanut Butter ("Naturally More Peanut Butter" from Wal-Mart)


Protein Bar ("Think Thin Chunky Peanut Butter" from Ingles)

Protein Shake ("Six Star Professional Strength Whey Protein" from Wal-Mart)

Tea ("Uncle Lee's 100% Organic Green Tea" from Wal-Mart)

- We believe whole wheat bread is a healthier choice than white bread.
- Keep bread in freezer and thaw out slices as needed.
- We believe drinking hot green tea helps make our tummies feel full.
- It was suggested we add banana or peanut butter to protein shake in blender for variety.
- We have cheated on this program, specifically every Friday night when we visit the Chinese buffet, but we get back on the program the next day and continue to lose weight.
- During the weeks we have large amount of protein drinks on menu, we eat 1/2 sweet potato with protein shake for suppers, or we switch and have the lighter protein shake for lunch.

MEAT & FISH

Fish (Sam's or Costco's Tilapia) 

Ham (Aldi's Deli Virginia Baked or Roasted)

Tuna ("Starkist Very Low Sodium Chunk White Albacore Tuna" from Wal-Mart)

Turkey Bacon ("Jennie-O Extra Lean Turkey Bacon") 

- When making chicken & tuna salad, we add chopped celery & low fat mayonnaise.
- Albacore tuna tastes better and will keep in fridge without turning color for days!
- We sprinkle chicken with Cavendar's Greek Seasoning & grill 15 - 20 minutes.
- Make batch of ground beef patties and freeze for future use.
- For steak nights, Mary mixes tomato sauce with ground beef and stores for future use.
- Mix ground turkey with tomato sauce, make patties & cook in non-stick pan.
- Make large batch of ground turkey patties mixed with tomato sauce for future weeks.
- When making chicken tortillas, we add cumin to tomato sauce and cottage cheese.
- We cook, shred and freeze chicken for future use with chicken tortillas.
- To eliminate fishy taste, we sprinkle Tilapia fish with lemon pepper and broil for 10 min.
- We purchase boneless pork fillets and freeze for future use.



DAIRY

Butter (Smart Squeeze 'Margarine')

Cheese ("Veggie Slices Cheese," any flavor, from Wal-Mart)

Cottage Cheese (Low Fat Cottage Cheese from Aldi's)

Eggs ("Egg Beaters" or "Fit & Active Egg Substitute" from Aldi's)

Egg Whites (We sub "Egg Beaters")

Yogurt (Low Fat Vanilla Yogurt from Aldi's)

- We make omelets or scramble eggs for variety at breakfasts.

FRUIT

Apples, Oranges, and Grapefruit
(from Sam's & Costco)

Lemons, Grapes & Sweet Potatoes
(from Aldi's)

Pineapple ("Dole's Pineapple Chunks in its Own Juice," no sugar added)

- We put lemon in blender, add a little fructose, and make lemonade.
- We store our vegetables and fruits in those 'green' plastic bags, which actually help them stay fresher longer.



VEGETABLES

Popped Corn (No salt, no butter. Tastes like eating crumpled bits of cardboard at first, but over time we now enjoy because we know we're eating ZERO fat and it's healthier for us.)

- We use Kraft's "Fat Free Zesty Italian" salad dressing.
- We use only fresh or frozen vegetables.
- For delicious no-fuss sweet potatoes, we wrap them in foil, place in crockpot, add 1/4 cup water and cook on low for about 6 hours. Tastes like a dessert!
- Vegetables and fruits stored in 'green' plastic bags keep longer.
- We make coleslaw by adding low fat mayonnaise and a little fructose or pineapple juice to shredded cabbage for variety.

Disclaimer: Please note that I am not a qualified medical doctor nor expert on dieting. I am sharing what my husband and I have personally done to lose weight and feel great. We will not be held responsible for any injuries or problems that may occur due to the use of this information contained within. If you do follow this program, you do so at your own risk and specifically waive any right to make any claim against me or anyone connected to this web site as the result of using this information. You should contact a qualified medical, dietary, fitness or other appropriate professional before beginning this or any other nutrition, weight loss, or exercise program to be sure it is appropriate for you.