

















Week 1 - My Baggy Pants Diet

For more information: <http://www.mybaggypantsdiet.com/>

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<u>Breakfast</u> 2 eggs 1 cup oatmeal 1 apple	<u>Breakfast</u> 2 eggs 1 cup oatmeal 1 orange	<u>Breakfast</u> 2 large eggs 1 slice wheat bread 1 apple	<u>Breakfast</u> 2 large eggs 1 cup oatmeal 1 small banana 	<u>Breakfast</u> 2 large eggs 1 grapefruit 	<u>Breakfast</u> 2 large eggs 1 grapefruit 	<u>Breakfast</u> 2 large eggs 1 grapefruit 
<u>Snack</u> 30 almonds	<u>Snack</u>  1 banana 1 tbsp peanut butter	<u>Snack</u> 1 apple	<u>Snack</u> Low fat yogurt	<u>Snack</u> 30 almonds	<u>Snack</u> 1 orange	<u>Snack</u> 1 orange
<u>Lunch</u> 1/2 sweet potato  Tuna with mustard & onions  1 orange	<u>Lunch</u> Shredded chicken wrapped in a  whole wheat tortilla ; add low fat cottage cheese & 1 tbsp tomato sauce	<u>Lunch</u> 1/2 sweet potato  Tuna with mustard & onions 	<u>Lunch</u>  5 oz ground turkey with tomato sauce 1 slice cheese on whole wheat bread	<u>Lunch</u>  5 oz ground turkey with tomato sauce 1 slice cheese on whole wheat bread	<u>Lunch</u>  5 oz Tuna salad 8 crackers 1 small orange	<u>Lunch</u>  5 oz Tuna salad 8 crackers
<u>Snack</u> 20 almonds	<u>Snack</u> 2 tbsp peanut butter	<u>Snack</u> Low fat yogurt	<u>Snack</u> 30 almonds	<u>Snack</u> Low fat yogurt	<u>Snack</u> 1 small apple 1/2 cup cottage cheese	<u>Snack</u> 1 small apple 1/2 cup cottage cheese
<u>Dinner</u> Chicken breast Lettuce & tomato  with vinegar	<u>Dinner</u> Protein shake	<u>Dinner</u> Chicken breast 1 whole lemon  1 cup green beans	<u>Dinner</u> Protein shake	<u>Dinner</u> Protein shake	<u>Dinner</u> Chicken breast Small salad with vinegar	<u>Dinner</u> Chicken breast Small salad with vinegar

Grocery Bag

Dairy

Eggs: 14
Cheese: 2 slices
Cottage Cheese: 1 1/2 cups
Yogurt: 3 cups low fat

Meat & Fish

 Chicken Breast: 5
 **Tuna**: 2 cans
 **Tuna Salad**: 2 cans
 **Turkey**: 10 oz ground

Fruit


 Apples: 5
 **Bananas**: 2
 Grapefruit: 3
 **Lemons**: 1
Oranges: 5

Vegetables

Cucumbers, sweet
Green Beans: 1 cup
Small **Salads**: 2
with **Lettuce** &
Fixings such as:
Broccoli,
Cucumbers,
Mushrooms,
Radishes
Tomato

 **Tomato**: 1 small
Onions & Peppers
 **Sweet Potatoes**: 1

Miscellaneous

Almonds
Bread: 3 whole wheat slices
Crackers: 16
Mustard
Oatmeal: 3 cups
Peanut Butter
Protein Shakes: 2
Tomato Sauce
 **Tortilla**: 1 whole wheat
Vinegar

Dianne's Suggestions

- We enjoy making omelets or scrambling eggs for variety at breakfast.
- 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.
- **Prepare (2) Tuna Salads this week.**
- We use Kraft's "Fat Free Zesty Italian" salad dressing.
- Albacore tuna tastes better and will keep in fridge without turning color for days!
- When making chicken and tuna salad; we add chopped celery, low fat mayonnaise, and sometimes mustard.
- When making chicken tortillas, we add cumin to tomato sauce & cottage cheese.

Dianne's Notes

Keep bread in freezer and thaw out slices as needed.

Sprinkle chicken with Cavendar's Greek Seasoning and grill 15 - 20 minutes.

Make large batch of ground turkey patties mixed with tomato sauce to freeze for future weeks.

We use only fresh or frozen plain vegetables.

Drinking hot green tea helps make our tummies feel full.

Please read "Disclaimer" on "My Intro" page.