













Week 3 - 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 whole eggs 3 strips turkey bacon 1 orange	<u>Breakfast</u> Protein shake	<u>Breakfast</u> 3 whole eggs, with peppers & onions 1 slice bread, toasted	<u>Breakfast</u> 2 strips turkey bacon 2 whole eggs 1 banana 	<u>Breakfast</u> 1 cup oatmeal Protein shake	<u>Breakfast</u> 3 egg whites 1 yolk, pepper & onions	<u>Breakfast</u> Protein shake
<u>Snack</u> 30 almonds	<u>Snack</u> 30 almonds	<u>Snack</u> 1 grapefruit 	<u>Snack</u> 2 wide celery stalks 1 tbsp peanut butter	<u>Snack</u> 2 wide celery stalks 1 tbsp peanut butter	<u>Snack</u> 1 orange	<u>Snack</u> 1 orange
<u>Lunch</u> Chicken breast Asparagus 	<u>Lunch</u> Chicken breast 2 strips turkey bacon	<u>Lunch</u> Protein bar 1 apple	<u>Lunch</u> Chicken salad 8 crackers	<u>Lunch</u> Chicken salad 1/2 sweet potato 	<u>Lunch</u> Tuna salad  1/2 sweet potato 	<u>Lunch</u> Tuna salad  1/2 sweet potato 
<u>Snack</u> 30 almonds	<u>Snack</u> 30 almonds	<u>Snack</u> 2 cups popcorn	<u>Snack</u> 2 cups popcorn	<u>Snack</u> 2 cups popcorn	<u>Snack</u> 30 almonds	<u>Snack</u> 30 almonds
<u>Dinner</u> 1 cup cabbage 1 cup spinach 1 baked pork chop 	<u>Dinner</u> 20 almonds 1/2 cup pineapple  1 cup cottage cheese	<u>Dinner</u> 1 cup green beans 1 baked pork chop 	<u>Dinner</u> 1 cup cottage cheese 1/2 cup pineapple 	<u>Dinner</u> Protein shake	<u>Dinner</u> Protein shake	<u>Dinner</u> Protein shake

Grocery Bag

Dairy

Cottage Cheese: 2 cups
Eggs: 10



Meat & Fish

Chicken Breast: 2
Chicken Salad: 2
Pork Chops: 2
Tuna Salad: 2 cans
Turkey Bacon: 5 strips



Fruit

Banana: 1
Grapefruit: 1
Oranges: 3
Pineapple: 1 cup



Vegetables

Asparagus
Cabbage: 1 cup
Celery: 4 stalks
Green Beans: 1 cup
Onions
Peppers
Spinach: 1 cup
Sweet Potatoes: 1 1/2 cups



Miscellaneous

Almonds
Bread, 1 slice whole wheat
Crackers: 8
Oatmeal: 1 cup
Peanut Butter
Popcorn
Protein Bar: 1
Protein Shakes: 3

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.

Place foil wrapped sweet potatoes in crock pot, add 1/4 cup water, and cook on low for 4-6 hours.

Drinking hot green tea helps make our tummies feel full.

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

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.
- We purchase boneless pork fillets and freeze for future use.
- Albacore tuna is tastier and will keep in fridge without turning color for days!
- **Prepare (2) Tuna Salads and (2) Chicken Salads this week.**
- When making chicken and tuna salad; we add chopped celery, low fat mayonnaise, and sometimes mustard.
- We eat 1/2 sweet potato with dinners that include protein shakes this week.