
















Week 4 - 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> 1 whole egg 1 slice bread, toasted	<u>Breakfast</u> 1 cup skim milk  1 orange 1 apple	<u>Breakfast</u> 2 whole eggs 2 strips turkey bacon 1 tbsp peanut butter	<u>Breakfast</u> 1 cup oatmeal 2 whole eggs	<u>Breakfast</u> 1 egg 1 grapefruit  2 strips turkey bacon	<u>Breakfast</u> 1 grapefruit 	<u>Breakfast</u> 1 grapefruit 
<u>Snack</u> 30 grapes 	<u>Snack</u> grapes  or 30 almonds	<u>Snack</u> Protein bar	<u>Snack</u> 1 apple or orange	<u>Snack</u> 2 wide celery stalks 1 tbsp peanut butter	<u>Snack</u> 20 almonds	<u>Snack</u> 20 almonds
<u>Lunch</u>  5 oz. turkey 1 cup green beans 1/2 cup pineapple 	<u>Lunch</u> Chicken salad 1 cup cooked cabbage	<u>Lunch</u> Protein shake	<u>Lunch</u> Chicken breast 1 cup cabbage	<u>Lunch</u> Chicken breast 1 cup broccoli 1 lemon 	<u>Lunch</u> Chicken breast 1 cup broccoli	<u>Lunch</u>  Tuna salad 8 crackers
<u>Snack</u> 1 tbsp peanut butter	<u>Snack</u> 30 grapes 	<u>Snack</u> 30 almonds	<u>Snack</u> 1 grapefruit 	<u>Snack</u> 1 grapefruit 	<u>Snack</u> Low fat yogurt	<u>Snack</u> Low fat yogurt
<u>Dinner</u> Chicken breast 1 orange	<u>Dinner</u> Grilled fish  1 lemon  1 cup cabbage	<u>Dinner</u> Protein shake	<u>Dinner</u> 1 cup green beans 1 cup broccoli	<u>Dinner</u> Protein shake	<u>Dinner</u> Protein shake	<u>Dinner</u> Protein shake

Grocery Bag



Dairy

Eggs: 5
Milk: 1 cup skim
Yogurt: 2 cups low fat

Meat & Fish



Chicken breast: 4
Chicken Salad: 1
Fish: 1 grilled or broiled
Tuna Salad: 1 can
Turkey: 5 oz
Turkey Bacon: 4 slices



Fruit

Apples: 1 - 2
Grapefruit: 5
Grapes: 60 - 90
Lemons: 2
Oranges: 2 - 3
Pineapple: 1/2 cup

Need a combined total of 4 oranges & apples this week.

Vegetables

Broccoli: 3 cups
Cabbage: 3 cups
Celery: 2 stalks
Green Beans: 2 cups

Miscellaneous

Almonds
Bread: 1 slice whole wheat
Crackers: 8
Oatmeal: 1 cup
Peanut Butter
Protein Bar: 1
Protein Shakes: 5

Dianne's Notes

Keep bread in freezer and thaw out slices as needed.

Put lemon in blender, add a little fructose, and make lemonade.

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

To eliminate fishy taste, sprinkle Tilapia fish with lemon pepper and broil for 10 minutes.

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.
- Albacore tuna is tastier and will keep in fridge without turning color for days!
- When making chicken and tuna salad, we add chopped celery, low fat mayonnaise and mustard.
- We buy large bags of frozen Tilapia from Sam's or Costco and use as needed. See "Dianne's Suggestions" for cooking info.
- Prepare coleslaw this week by adding little fructose, mayonnaise, and pineapple juice to shredded cabbage.