









Week 5 - 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 tbsp peanut butter  1/2 cup pineapple 1 cup blueberries 	<u>Breakfast</u> 3 egg whites 1 slice cheese 2 strips turkey bacon	<u>Breakfast</u> 3 egg whites 1 slice cheese 2 strips turkey bacon	<u>Breakfast</u> 1 cup oatmeal 3 strips turkey bacon	<u>Breakfast</u>  1 cup milk 1 cup cereal, no sugar	<u>Breakfast</u> 3 whole eggs 1 lemon 	<u>Breakfast</u> 3 whole eggs 1 lemon 
<u>Snack</u> Low fat yogurt	<u>Snack</u> Low fat yogurt	<u>Snack</u> Low fat yogurt	<u>Snack</u> Low fat yogurt	<u>Snack</u> Low fat yogurt	<u>Snack</u> Low fat yogurt	<u>Snack</u> Low fat yogurt
<u>Lunch</u>  1 can tuna 1 small salad	<u>Lunch</u>  1 can tuna 1 small salad	<u>Lunch</u> Chicken breast 1 cup cabbage	<u>Lunch</u> Protein shake	<u>Lunch</u> Protein shake	<u>Lunch</u> Protein shake	<u>Lunch</u> Protein shake
<u>Snack</u> none	<u>Snack</u> none	<u>Snack</u> none	<u>Snack</u> none	<u>Snack</u> none	<u>Snack</u> none	<u>Snack</u> none
<u>Dinner</u>  6 oz steak 1 cup green beans	<u>Dinner</u> 6 oz chicken breast 1 small salad	<u>Dinner</u> Protein shake	<u>Dinner</u>  6 oz steak 1 cup broccoli	<u>Dinner</u> Protein shake	<u>Dinner</u> Protein shake	<u>Dinner</u> Protein shake

Grocery Bag

Dairy

Cheese: 2 slices
 Eggs: 12
Milk: 1 cup
Yogurt: 7 cups low fat



Meat & Fish

Beef: 2 steaks, 6 oz each
 Chicken Breast: 2
Tuna: 2 cans
 Turkey Bacon: 7 strips



Fruit

Blueberries: 1 cup
Lemons: 2
Pineapple: 1/2 cup

Vegetables

Broccoli: 1 cup
 Green beans: 1 cup
Cabbage: 1 cup
 Small **Salads:** 3
 with Lettuce &
 Fixings such as:
 Brocoli,
 Cucumbers,
 Mushrooms,
 Radishes

Miscellaneous

Cereal: 1 cup, no sugar
 Oatmeal: 1 cup
 Peanut Butter
 Protein Shakes: 7

Dianne's Suggestions

- We use Kraft's "Fat Free Zesty Italian" salad dressing.
- We enjoy making breakfast omelets this week with **cheese** and turkey bacon.
- Albacore tuna is tastier and will keep in fridge without turning color for days!
- Prepare coleslaw for Day 3 by adding little fructose, mayonnaise, and pineapple juice to shredded cabbage.

Dianne's Notes

For steak nights, can mix tomato sauce with ground beef.

We use only fresh or frozen plain vegetables.

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

We eat 1/2 sweet potato with dinners that include protein shakes this week.

Drinking hot green tea helps make our tummies feel full.

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