






Week 6 - 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 orange or apple 1 whole egg	<u>Breakfast</u> 1 orange 1 apple 1 whole egg	<u>Breakfast</u> 2 whole eggs 1 apple	<u>Breakfast</u> 2 whole eggs 1 apple	<u>Breakfast</u> 1 cup milk  1 orange 2 strips turkey bacon	<u>Breakfast</u> 1 cup milk  2 boiled eggs	<u>Breakfast</u> 1 orange 1 apple
<u>Snack</u> 2 tbsp peanut butter	<u>Snack</u> 3 slices cheese	<u>Snack</u>  30 grapes	<u>Snack</u> 1 orange or apple	<u>Snack</u> 2 wide celery stalks 1 tbsp peanut butter	<u>Snack</u> Low fat yogurt	<u>Snack</u> 1 apple
<u>Lunch</u> Chicken breast 2 strips turkey bacon	<u>Lunch</u> Tuna salad 10 crackers	<u>Lunch</u> Chicken salad 10 crackers	<u>Lunch</u> Chicken salad 10 crackers	<u>Lunch</u>  3 oz ham 1 small salad	<u>Lunch</u> Tuna salad 1 orange	<u>Lunch</u> Tuna salad 1 orange
<u>Snack</u> Low fat yogurt	<u>Snack</u> 20 almonds	<u>Snack</u> Low fat yogurt	<u>Snack</u> Low fat yogurt	<u>Snack</u> 3 rice cakes	<u>Snack</u>  30 grapes	<u>Snack</u> Low fat yogurt
<u>Dinner</u> Protein shake	<u>Dinner</u> 3 egg whites 2 strips turkey bacon	<u>Dinner</u> 3 egg whites 2 strips turkey bacon	<u>Dinner</u> 3 egg whites 2 strips turkey bacon	<u>Dinner</u> Chicken breast 1 small salad	<u>Dinner</u> Chicken breast 1 small salad	<u>Dinner</u> Grilled fish 1 cup spinach

Grocery Bag

Dairy

Eggs: 17
Cheese: 3 slices
Milk: 2 cups
Yogurt: 5 cups low fat



Meat & Fish

Chicken Breast: 3
Chicken Salad: 2
Fish: grilled
Ham: 3 oz
Tuna Salad: 3 cans
Turkey Bacon: 10 strips



Fruit

Apples: 1 - 7
Grapes: 60
Oranges: 1 - 7



Need a combined total of 14 oranges & apples this week.

Vegetables

Celery: 2 stalks
Small **Salads**: 3 with Lettuce & Fixings such as: Broccoli, Cucumbers, Mushrooms, Radishes
Spinach: 1 cup

Miscellaneous

Almonds
Crackers: 30
Peanut Butter
Protein Shake: 1
Rice Cakes: 3

Dianne's Suggestions

- We use Kraft's "Fat Free Zesty Italian" salad dressing.
- We enjoy making omelets or scrambling eggs for variety at breakfasts.
- 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.

Dianne's Notes

Sprinkle chicken with Cavendar's Greek Seasoning and grill 15 - 20 minutes. Can freeze for future use.

We buy large bags of frozen Tilapia from Sam's or Costco and use as needed. See cooking info below.

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

We use only fresh or frozen plain vegetables.

Drinking hot green tea helps make our tummies feel full.

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