

## Example Day

Start your day with a 10 ounce glass of water, helps get your GI system going and gets some water in.

### Breakfast

3 egg omelet with tomato, spinach, mushroom, garlic and onions.

1 ½ cup of strawberries

8 ounces tea or if needed coffee black

(1.5 servings protein, category 1 vegetables, 1 serving fruit)

### Morning Snack

2 medium carrots and 3 celery stalks cut into spears

10 ounces water

(1 serving category 2 vegetables, category 1 vegetable)

### Lunch

Green salad with bean sprouts, red peppers, snow peas, cucumbers and 4-6

ounces grilled chicken breast with greek dressing

12 ounces of water with two lemon slices

(category 1 vegetables, 1-1.5 servings of protein, 2 servings oil)

### Afternoon Snack

Apple and 2 hard boiled eggs

8 ounces water

(1 serving fruit, 1 serving protein)

### Dinner

4-6 ounces white fish- see recipe

Grilled or steamed broccoli

1 whole medium baked sweet potato

12 ounces seltzer water

(1-1.5 servings protein, category 1 vegetables, 2 servings category 2 vegetables, oils 2 servings)

### Before Bed

Cup of roiboos, mint or other herbal tea 8-10 ounces

Total Protein: 5-6 servings; Fruit: 2 servings; Category 2 vegetables: 3,; Oils: 4-5 servings; Category 1: Unlimited  
Water Approximately 70 ounces

BE CREATIVE! Breakfast can be dinner and vice versa.