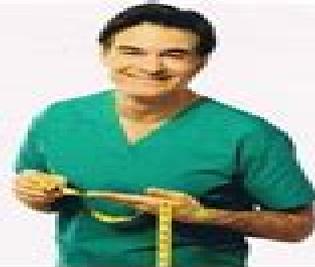


Dr. Oz's Superfast Slim-Down Plan

Shed pounds—and fight belly fat—with this Mediterranean-style menu. It provides three meals plus two hunger-banishing snacks per day, for a total of 1,450 calories (300 calories for breakfast, 400 for lunch, 500 for dinner, and 125 for each snack). Feel free to swap meals within each category (one breakfast for another breakfast, say) and to have the snacks whenever you want. The plan is packed with nutrients, but you'll still need to pop 500 mg of calcium daily to meet your needs.



DAY 1
DAY 2
DAY 3
DAY 4
DAY 5
DAY 6
DAY 7

BREAKFAST

DAY 1 ½ c. oatmeal made with water, topped with ½ c. dried cherries, 2 Tbsp. sliced almonds, and 1 tsp. honey

DAY 2 ½ c. Kashi GoLean topped with 1 small apple, diced; 1 tsp. sesame seeds; 1 c. fat-free milk; and a dash of cinnamon

DAY 3 1 container Minute Ready to Serve Brown Rice mixed with 1 Tbsp. golden raisins, 2 tsp. sliced almonds, and 1 tsp. agave nectar

DAY 4 2 whole-grain waffles topped with 2 Tbsp. part-skim ricotta, 3 chopped dates, and 1 tsp. honey

DAY 5 Toast one 100% Whole Wheat Thomas' Bagel Thin; spread with 2 oz. reduced-fat cream cheese, 1 oz.lox, 4 tomato slices

DAY 6 Scramble 1 egg with ¼ c. baby spinach, cooked, and 1 Tbsp. feta. Serve with 1 whole wheat English muffin and 2 tsp. light spread

DAY 7 Spread 1 Tbsp. peanut butter on 1 slice whole wheat toast. Top with ½ green apple, sliced. Serve with other ½ apple

SNACK

1 hard-cooked egg served with 6 oz. low-sodium vegetable juice



2 Whole Grain Fig Newtons

1 Kashi TLC Fruit & Grain Bar in Dark Chocolate Coconut



1 Deep Chocolate VitaTop muffin top with ¼ c. raspberries

1 small pear, halved, spread with 1 wedge The Laughing Cow Light Blue Cheese

½ c. canned pineapple chunks in juice topped with 2 tsp. each chopped walnuts and unsweetened shredded coconut

LUNCH

Microwavable meal 1 Amy's Light & Lean Spinach Lasagna, served with salad of 2 c. mixed greens; 4 grape tomatoes; ¼ avocado, sliced; 1 Tbsp. Parmesan; and 2 Tbsp. reduced-fat vinaigrette

Deli Twist Spread 1 Tbsp. red pepper hummus in 1 medium whole wheat pita and stuff with 2 oz. lean deli turkey breast, 1 red onion slice, and ¼ c. each chopped pepper and cucumber. Dessert: 1 c. strawberries topped with ½ c. nonfat Greek yogurt, 1 tsp. sunflower seeds, and 1 tsp. agave nectar

Greek Tuna 2 c. romaine topped with ¼ c. garbanzo beans, rinsed; 2 oz. water-packed tuna; ¼ cucumber, chopped; 6 grape tomatoes; 1 Tbsp. crumbled feta; and 2 Tbsp. reduced-fat vinaigrette. Serve with 1 mini whole wheat pita. Dessert: 1 c. blueberries with 2 Tbsp. fat-free whipped topping

Burger Day Cook one veggie burger (about 100 calories). Spread 1 whole wheat hamburger bun with 1 tsp. ketchup and 1 tsp. mustard; layer on burger, one 1-oz. slice reduced-fat Cheddar, 2 red onion slices, 1 tomato slice, and 1 romaine lettuce leaf. Dessert: ½ mango, chunked

Pita Pizza Split one whole wheat pita. On each half, spread 2 Tbsp. pesto sauce. Top with ¼ c. frozen chopped broccoli, cooked; 2 black olives, chopped; and ¼ c. part-skim mozzarella. Broil until cheese melts

Cheesy Chili Cook 1 pouch Tabatchnick Vegetarian Chili according to package directions. Sprinkle with 3 Tbsp. reduced-fat Cheddar. Serve with 1 oz. baked tortilla chips and 2 Tbsp. guacamole

Supermarket sushi & salad bar 1 brown-rice California roll plus 2 c. mixed salad greens; 4 mandarin orange segments; ¼ c. shredded carrots; ¼ c. edamame; and 5 cashews, chopped. Top with 2 Tbsp. reduced-fat Asian-style dressing

DINNER

Pomegranate-Glazed Salmon* served with ½ c. bulgur and 1 c. sugar snap peas, steamed

Warm French Lentil Salad* served with ½ c. cooked brown rice topped with 1½ Tbsp. toasted pine nuts

Roasted Shrimp Scampi* served with ½ c. steamed broccoli



Greek Chicken Pitas* Dessert: Microwave "Baked" Apple*

Cod Livanese with Couscous* plus 10 asparagus spears topped with 1 tsp. toasted almonds, 2 Tbsp. Parmesan, 1 tsp. lemon zest

Turkey with White Bean Ragù*



Dine out or order in For great restaurant and takeout options, see page 220

SNACK

15 grapes and 1 reduced-fat Cheddar cheese stick



One 100-calorie bag of popcorn sprinkled with 2 tsp. Parmesan

6 oz. nonfat plain Greek yogurt mixed with 1 tsp. honey and a dash of pumpkin pie spice

1 nonfat latte (12 oz.) with 1 Dark Chocolate Hershey's Kiss



1 Kind Mini Fruit & Nut Delight with 5 grapes

½ c. light vanilla ice cream topped with 4 strawberries, sliced

½ c. low-fat cottage cheese with ½ c. cantaloupe chunks, plus 1 Ak-Mak cracker

* For easy, delicious recipes, see page 203

Dr Dans Super Weight Loss Plan

Albert A Gayle



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