



# WEIGHT ★ NO ★ MORE DIET CENTER <sup>SM</sup>



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## EASTER - 2009

### BREAKFAST

- 1 slice 40- or 50- calorie whole wheat toast . . . . . ½ G
- I Can't Believe It's Not Butter spray . . . . . free
- 1 sliced hard boiled egg . . . . . ½ P
- coffee (black) or tea (with lemon)

### NOON-ish

- 1 cup mixed greens with balsamic vinegar & lemon (or any fat-free dressing only) . . . . . 1 V
- 1 orange or 2-3 small clementines (OR include a peeled, chopped apple in your salad) . . . . . 1 FR

### DINNER

- 4 oz. wine . . . . . 1 FR
- 1 cup Hearts of Palm Salad With Roasted Shallot Vinaigrette . . . . . 1 V, ½ FT
- 1 small dinner roll . . . . . 1 G
- 6 steamed Raspberry Asparagus Spears . . . . . 1 V
- ½ cup Glazed Julienne Carrots . . . . . 1 V
- ¾ cup Rosemary Potatoes (or 1 small baked or sweet potato) . . . . . 1 G
- Choose 2 of the following (or a combination NOT to exceed 2 proteins. Do NOT eat 2 of the same proteins.)
  - 1 Broiled Salmon Fillet With Sweet-N-Sour Cucumbers . . . . . 1 P, 1 V
  - 5 oz. Rosemary-Ginger Chicken . . . . . 1 P
  - 4 oz. Leg of Lamb with Herbs and Mustard . . . . . 1 P
  - 3 oz. Simple Baked Ham . . . . . 1 P

### DESSERT

- choose one: 1 baked apple OR 1 citrus fruit OR 1 cup mixed fruit (fruit selection as per your Lifestyle Program) . . . . . 1 FR
- coffee (black) or tea with lemon

TOTAL SERVINGS FOR THE ABOVE: 2-1/2 P, 5-6 V, 3 FR, 2-1/2 GR, 1/2 FT

- ✓ NO alcoholic beverages • NO dairy products • NO salt • ONLY use fat-free dressing
- ✓ If possible, use white wine instead of red. Dilute with seltzer or ice chips.
- ✓ This menu is higher in calories than your regular program, so make sure to measure all your food to have as much control over your Easter eating as possible. And ... if you don't *have* to eat everything ... *DON'T*.
- ✓ Do 2 full days of Cleansing following the Easter meal or go back to your regular Lifestyle program. (The Cleansing Days program is printed on the back of this menu.)
- ✓ Drink lots of water throughout the day!!