



WEIGHT ★ NO ★ MORE DIET CENTERSM



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PASSOVER (Sephardi) 2008

BREAKFAST

1 -1/3 cups **Orange-Kiwi Salad**..... 1 V, ½ FR

LUNCH

2 cups mixed leafy greens only (radicchio, romaine, spinach, broccoli, etc.) 2 V
(Use only fat-free salad dressing—sparingly; or, unlimited vinegar, lemon/lime juice, artificial sweetener)

SEDER

4 oz. Passover wine..... 1 FR
½ board of matzo ½ G
1 hard boiled egg ½ P
2 TBS **Charoses**..... 1 FR, ½ FT
½ cup **Fresh Tomato-and-Pepper Salad**..... ½ V
¼ cup **Chopped Eggplant Relish** ½ V
½ cup **Sweet Carrot Salad**..... ½ V
1 cup **Passover Vegetable Soup** 2 V
1 serving **Chicken with Prune Sauce and Braised Turnips** 1 P, 1 V, 1 FR
½ cup **Rice**..... 1 G

DESSERT

Coated Apple..... 1 FR, ½ FT

TOTAL SERVINGS FOR THE ABOVE: 1-1/2 PR, 7-1/2 V, 4-1/2 FR, 1-1/2 GR, 1 FT

- ✓ NO alcohol • NO dairy • ONLY fat-free dressing (unlimited vinegar, lemon/lime juice, artificial sweetener)
- ✓ Try to use white Passover wine instead of red. Dilute with ice chips. Divide a 4-oz. glass of wine for the four traditional glasses of wine (1 oz. each). **It is NOT required that you have 4 full glasses of wine!!!**
- ✓ Dip the egg in water salted with either a salt substitute or Morton's "lite" Salt (50% less sodium) only!!!
- ✓ 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 Passover eating as possible. And ... if you don't *have* to eat everything ... *DON'T*.
- ✓ Do 2 full days of Cleansing following the seder or go back to your regular Lifestyle program.
- ✓ **Drink lots of water throughout the day!!**