



WEIGHT ★ NO ★ MORE DIET CENTER SM



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THANKSGIVING DAY 2008

1-1/2 P, 6 V, 3 FR, 1-1/2 M, 3-1/2 G, 1 FT

BREAKFAST

1 slice lite whole wheat toast, spritzed with *I Can't Believe It's Not Butter!* spray ½ G
1 egg omelette (or 2-3 egg whites) with ½ cup mushrooms ½ P, 1 V
coffee (black, or a "splash" of fat-free milk) or tea (with lemon)

MID-MORNING

1 orange 1 FR
4 oz. (45 calories) snack pack Dannon Light 'N Fit Yogurt ½ M

LUNCH

1-1/2 chopped greens + ½ cup chopped tomatoes and cucumbers) 2 V
Use only fat-free/calorie dressings; minimal calorie salad spritzers; or balsamic vinegar & lemon

DINNER

3 oz. **Herb Roasted Turkey** (without skin) + 3 TBS **Herb Roasted Gravy** 1 P, ½ FT
1 cup **Red & White Salad** 1 V, ½ FT
1 cup **Green Bean Casserole** 2 V, ½ M
4 TBS **Gingered Cranberry-Raspberry Relish** 1 FR
½ cup **Maple-Roasted Sweet Potatoes** 1 G
½ cup **Bread Stuffing** 1 G
4 oz. white or red wine 1 FR

DESSERT: (Choose One)

1 **Pumpkin Popover** 1 G
2 **Chilly Chocolate Cheesecake Nuggets** ½ M
coffee (black, or a "splash" of fat-free milk) or tea (with lemon)

Notes

- Recipes provided are OK for all clients, regardless of Lifestyle. Go back to your regular Lifestyle program after Thanksgiving.
- Drink 3-4 glasses of water at each meal, at least 10-12 over the course of the day..
- If you don't *need* gravy, don't have it! Consider using fat-free Thousand Island dressing on your turkey instead.
- If you don't have the wine, do not replace it with another fruit.
- If you don't have one or the other of Maple-Roasted Sweet Potatoes or Bread Stuffing, do not double up on either.
- If you're having a later dinner (5 or 6 o'clock), it's OK to add one more vegetable serving as a mid-afternoon snack.
- For those on a 3-4 protein program, DO add another protein serving to your day, but DO NOT have 3 proteins at dinner.
- 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 holiday eating as possible.
- Speak to your counselor about whether to do 1 or 2 days of Cleansing after the holiday.