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CHRISTMAS DAY MENU 2008	2-1/2 P, 7 V, 3-4 FR, 2 M, 2 G, 0 FT
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BREAKFAST

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

MID-MORNING

- 2 clementines or 1 orange 1 FR
- 4 oz. Dannon Light 'N Fit Yogurt ½ M

LUNCH

- 1 cup chopped, mixed greens 1 V
- ½ apple, chopped ½ FR
- 1 TBS grated Parmesan cheese 1/4 M
- Balsamic vinegar, lemon juice, chopped fresh garlic, pinch of mustard; or balsamic Wishbone Salad Spritzer

DINNER

- 1 cup Acorn Squash Bisque 2 V
- 1 cup Arugula, Fennel & Parmesan Salad 2 V, 1/4 M
- 1 Baked Pork Chops With Apple Stuffing 1 P, ½ G, ½ FR
- 4 oz. Lemon, Rosemary & Garlic Roast Chicken 1 P
- ½ cup Roasted Tomatoes With Cipollini Onions 1 V
- ½ cup Roasted Broccolini With Balsamic Vinegar 1 V
- ½ cup Roasted Sweet Potatoes 1 G
- 4 oz. white or red wine 1 FR

DESSERT:

- ½ cup Eggnog Ice Cream 1 M
- 1/8 slice Strawberry Cloud Pie 1 FR
- coffee (black, or a "splash" of fat-free milk) or tea (with lemon)

Notes:

- Recipes 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 have the wine, do not add another fruit to replace it.
- For those on a 3-4 protein program, add a protein to your breakfast or lunch but DO NOT have 3 proteins at dinner.
- This menu is higher in calories than your regular program, so measure all your food to have as much control as possible.
- Speak to your counselor about whether to do 1 or 2 days of Cleansing after the holiday.