

<p><b>Breakfast</b> 1 1/2 c oat bran flakes 6 oz skim or soy milk</p> <p><b>Snack</b> 8 oz soy or skim milk</p> <p><b>Lunch</b> 1 1/2 c <b>BHL Chili</b> 6 oz nonfat yogurt fresh cilantro 1 whole grain roll <i>Salad:</i> 2 c mixed greens 1 c chopped carrots, broccoli, onions, peppers 2 egg whites 1 T pumpkin seeds 2 T olive oil 2 T balsamic vinegar</p> <p><b>Snack</b> 1 English muffin 1 oz low-fat cheese 2 T diced tomatoes</p> <p><b>Dinner</b> 2 <b>BHL Greens</b> 6 oz halibut with salsa 1/2 acorn squash 2/3 c wild rice 1 tsp non-hydrogenated margarine with 1T brown sugar and cinnamon</p> <p><b>Snack/Dessert</b> 4 oz nonfat plain yogurt 1 c berries</p>	<p><b>Breakfast</b> 2 slices whole grain bread 8 oz nonfat plain yogurt</p> <p><b>Snack</b> 1/2 c nonfat cottage cheese 3 c popcorn</p> <p><b>Lunch</b> 1 c tomato basil soup 2 slices whole grain bread 4 oz grilled tuna 1 c spinach leaves 1 T LF salad dressing</p> <p><b>Snack</b> 1 c oatmeal 8 oz skim or soy milk</p> <p><b>Dinner</b> <b>BHL Salad</b> 1 c <b>Basic Black Beans</b> 2/3 c brown rice 1/4 c salsa 3 oz. chicken breast</p> <p><b>Snack/Dessert</b> 4 oz <b>BHL Smoothie</b></p>	<p><b>Breakfast</b> <b>Apple Spiced Oatmeal</b></p> <p><b>Snack</b> 8 oz plain nonfat yogurt 1/4 c low fat granola</p> <p><b>Lunch</b> <b>Mexican Chicken Tostadas</b> [5 oz chicken] 1 oz baked tortilla chips 1/4 c salsa</p> <p><b>Snack</b> 1 c chopped carrots, zucchini, jicama 8 oz plain nonfat yogurt + 1 tsp veggie dip mix 1/2 c soy beans</p> <p><b>Dinner</b> 2 <b>Thai Peanut Tofu</b> 1 c brown rice</p> <p><b>Snack/Dessert</b> <b>BHL Muffin</b></p>	<p><b>Breakfast</b> <b>BHL Muffin</b> 8 oz skim or soy milk</p> <p><b>Snack</b> 1/4 c edamame [fresh soybeans] 1/4 c NF cottage cheese</p> <p><b>Lunch</b> <b>Turkey Sandwich:</b> 4 oz turkey, 2 slices whole grain bread, mustard, lettuce, tomato 1 c brussel sprouts 1 c green beans</p> <p><b>Snack</b> 8 oz nonfat plain yogurt 1/2 c <b>BHL Snack Mix</b></p> <p><b>Dinner</b> <i>Chinese Take out:</i> [ask for steamed and lightly add sauce] Seafood, tofu or chicken and vegetables with garlic sauce 2/3 c steamed rice</p> <p><b>Snack/Dessert</b> 8 oz nonfat plain yogurt 1 1/2 oz. whole wheat pretzels</p>	<p><b>Breakfast</b> 1 c oatmeal 1/2 banana 8 oz skim or soy milk</p> <p><b>Snack</b> 1 whole wheat bread 2 tsp peanut butter 8 oz skim or soy milk</p> <p><b>Lunch</b> 1 <b>Vegetarian Taco</b> 1 <b>Chicken Taco</b> 10 baked tortilla chips 1/4 c <b>BHL guacamole</b> with nonfat cottage cheese</p> <p><b>Snack</b> 8 oz yogurt 1/2 whole wheat pita</p> <p><b>Dinner</b> 1 c spinach 1 c chopped carrots, radish, broccoli 2 T reduced calorie salad dressing 6 oz poached salmon 1 c wild rice</p> <p><b>Snack/Dessert</b> 10 peanuts</p>	<p><b>Breakfast</b> <b>BHL Smoothie</b></p> <p><b>Snack</b> 1 c oatmeal 8 oz soy or skim milk</p> <p><b>Lunch</b> 2 servings <b>Quick Chick Curry</b> 1 wheat pita 1/2 c lentil soup 1 c spinach leaves 1 tsp olive oil &amp; 1 T balsamic vinegar 1 1/2 oz low fat whole grain crackers</p> <p><b>Snack</b> 8 oz nonfat yogurt 1 tsp curry powder 10 baby carrots</p> <p><b>Dinner</b> 2 c spinach 1 T LF salad dressing 2 T parmesan cheese <b>Mushroom &amp; Spinach Lasagna</b></p> <p><b>Snack/Dessert</b> 1/2 c nonfat granola</p>	<p><b>Breakfast</b> <b>Breakfast Scramble</b> 1/4 c salsa 6 oz diced potatoes</p> <p><b>Snack</b> 8 oz nonfat yogurt 1/2 c LF granola</p> <p><b>Lunch</b> 1 3/4 c spinach 1 c chopped carrots, mushrooms, tomatoes 2 T reduced calorie salad dressing 2 slices <b>California Pizza</b> 3 gingersnaps</p> <p><b>Snack</b> 3/4 c nonfat cottage cheese 1 medium pear 4 pecan halves</p> <p><b>Dinner</b> 5 oz grilled chicken 2/3 c basmati rice 1 c <b>Roasted vegetables</b> 1 c nonfat milk</p> <p><b>Snack/Dessert</b> 8 oz nonfat plain yogurt</p>
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2000 Calorie Diet (275 g carbohydrate; 125 g protein; 44 g fat w/ < 11 g from saturated/trans fats)

- 9 points - grain/starch
- 9 points - vegetable
- 1 points - fruit
- 3 points - dairy
- 10 points - protein
- 5 points - fat

<p><b>Breakfast</b> Veggie Omelet: 1/2 c egg substitute 1 c peppers, onion, tomatoes 2 oz spinach 1 oz low fat cheese 1 slice whole grain bread 1 c melon balls</p>	<p><b>Breakfast</b> <b>BHL Smoothie</b></p> <hr/> <p><b>Snack</b> 8 oz nonfat plain yogurt</p>	<p><b>Breakfast</b> 2 servings <b>Tropical Oats</b></p> <hr/> <p><b>Snack</b> 1/4 c low fat granola</p>	<p><b>Breakfast</b> 1 1/2c Oat bran flakes 8 oz skim or soy milk</p> <hr/> <p><b>Snack</b> apple 4 tsp peanut butter</p>	<p><b>Breakfast</b> <b>Apple Spiced Oatmeal</b> 2 slices whole grain bread</p> <hr/> <p><b>Snack</b> 1/4 c nonfat cottage cheese</p>	<p><b>Breakfast</b> <b>BHL Muffin</b> 8 oz nonfat plain yogurt</p> <hr/> <p><b>Snack</b> 1/2 c <b>BHL Snack Mix</b> 8 oz skim milk</p>	<p><b>Breakfast</b> 1 1/2 c oatmeal 2 T ground flax seeds 8 oz skim or soy milk</p> <hr/> <p><b>Snack</b> 1/2 slice of whole grain bagel 2 tsp peanut butter 3/4 c pineapple</p>
<p><b>Snack</b> 1 c <b>BHL Snack mix</b> 8 soy or skim milk 8 walnut halves</p> <hr/> <p><b>Lunch</b> 2 c <b>BHL Chili</b> 6 oz baked potato 1 oz low fat cheese 6 oz nonfat plain yogurt 1 c steamed broccoli 1/4 c salsa 8 olives</p>	<p><b>Lunch</b> 1 <b>Fish [4 oz] Taco</b> 1 <b>Vegetarian Taco</b> 1/2 c black beans 2/3 c rice 1/4 c salsa 1 oz baked tortilla chips</p> <hr/> <p><b>Snack</b> <b>BHL Muffin</b></p>	<p><b>Lunch</b> Wheat Pita stuffed with <b>Quick Chick [5 oz] Curry</b> 1 1/2 c lentil soup 3/4 oz whole grain pretzels 1 c cooked cabbage</p> <hr/> <p><b>Snack</b> 8 oz nonfat plain yogurt 1/2 c NF granola</p>	<p><b>Lunch</b> <b>Black Bean Burrito:</b> 1 wheat tortilla 1 c black beans 1 oz low fat cheese 1 c grilled vegetables 2/3 c rice 1/4 c <b>BHL Guacamole</b> 1/4 c salsa</p> <hr/> <p><b>Snack</b> 1 whole grain bagel 1/4 hummus</p>	<p><b>Lunch</b> <b>BHL Salad</b> 1 T lite salad dressing Grilled chicken sandwich: 5 oz chicken, 2 slices whole wheat bread, lettuce, tomato 2 servings <b>Sweet Potato Fries</b> 1/2 c broccoli</p> <hr/> <p><b>Snack</b> 8 oz nonfat plain yogurt 2/3 c berries 1/4 c soy nuts</p>	<p><b>Lunch</b> 1 c spinach 1 c chopped vegetables: carrots, onion, broccoli 2 T NF salad dressing <b>California Tuna Salad</b> 2 slices whole grain bread</p> <hr/> <p><b>Snack</b> 3/4 c nonfat cottage cheese 1/2 c pineapple 3/4 oz. whole wheat pretzels</p>	<p><b>Lunch</b> 1 Garden of Soy Burger 1 whole grain bun 1 oz low-fat cheese mustard, lettuce, tomato, 1/4 avocado 1 c <b>Fiesta Pasta Salad</b> 1 c green beans</p> <hr/> <p><b>Snack</b> 8 oz vanilla soy or skim milk</p>
<p><b>Snack</b> 2 oz baked tortilla chips 1/4 c <b>BHL Guacamole</b> made with nonfat cottage cheese</p> <hr/> <p><b>Dinner</b> 1 1/2 c <b>BHL Greens</b> 1 c chopped carrots, broccoli, mushrooms 4 oz grilled chicken with apricot sauce 2/3 c wild rice</p>	<p><b>Dinner</b> 3 c mixed greens 1 tsp olive oil &amp; 1 T balsamic vinegar 3 slices <b>California Pizza</b> with 4 oz grilled chicken</p> <hr/> <p><b>Snack/Dessert</b> 6 c popcorn</p>	<p><b>Dinner</b> <b>BHL Salad</b> Garlic Bread: 2 slice whole grain bread 2 tsp olive oil, crushed garlic and 2T parmesan cheese <b>Mushroom &amp; Spinach Lasagna</b></p>	<p><b>Dinner</b> 1 1/2 servings <b>Braised Kale with Tomatoes and Corn</b> 6 oz <b>Steamed Halibut</b> 1 c wild rice with 8 pecan halves</p> <hr/> <p><b>Snack/Dessert</b> 3/4 c fresh blackberries 1 c nonfat yogurt</p>	<p><b>Dinner</b> 2 c spinach 2 T NF salad dressing <b>Indian Curried Chickpeas and Vegetables</b> 1 c basmati rice <b>Raita</b></p> <hr/> <p><b>Snack/Dessert</b> 1 c frozen yogurt</p>	<p><b>Dinner</b> <b>BHL Salad</b> 4 oz grilled salmon 6 oz roasted potatoes 2 c <b>Roasted Vegetables [no oil]</b></p> <hr/> <p><b>Snack/Dessert</b> 6 c popcorn 1 c nonfat milk</p>	<p><b>Dinner</b> 2 c <b>Asian stir-fry</b> with 4 oz chicken 1 c brown rice 1 c nonfat milk</p> <hr/> <p><b>Snack/ Dessert</b> 3/4 oz. whole wheat pretzels 6 baby carrots</p>

2400 Calorie Diet (330 g carbohydrate; 150 g protein; 53 g fat w/ < 13 g from saturated/trans fats)

- 10 points - grain/starch
- 11 points - vegetable
- 2 points - fruit
- 3 points - dairy
- 11 points - protein
- 6 points - fat

<p><b>Breakfast</b>            3 slices whole wheat bread            3 T peanut butter            1/2 c nonfat cottage cheese</p>	<p><b>Breakfast</b>            1 1/2 c shredded wheat            8 oz skim or soy milk            2 T ground flax seeds</p>	<p><b>Breakfast</b>            1 1/2 c oatmeal            1 banana            1 tsp cinnamon            2 T ground flaxseeds            8 oz skim/soy milk</p>	<p><b>Breakfast</b>            1/2 c egg beaters scrambled            1/4 c salsa            1 oz low fat cheese            2 slices rye bread            8 oz skim or soy milk</p>	<p><b>Breakfast</b>            2 slices whole grain bread            4 tsp peanut butter            2 T all-fruit jam            8 oz skim or soy milk</p>	<p><b>Breakfast</b>            2 c Oat bran flakes            2 T ground flax seeds            8 oz skim or soy milk</p>	<p><b>Breakfast</b>            1 c <b>Breakfast Scramble</b> plus 2 egg whites            2 slices whole grain bread            8 oz skim or soy milk</p>
<p><b>Snack</b>            8 oz soy or skim milk</p>	<p><b>Snack</b>            Smoothie: 12 oz vanilla soy milk            2/3 c blackberries, banana            1 T honey</p>	<p><b>Snack</b>            1 c melon balls            8 oz NF plain yogurt            1/4 c Grapenuts</p>	<p><b>Snack</b>            Smoothie: 8 oz skim or soy milk, 2 tsp peanut butter, 1 banana</p>	<p><b>Snack</b>            1 c sliced melon            2 oz NF plain yogurt            1 c NF granola</p>	<p><b>Snack</b>            1 peach            1 bagel</p>	<p><b>Snack</b>            1/2 c nonfat cottage cheese            1 c chopped melon            1/2 c Grapenuts</p>
<p><b>Lunch</b>            2 Garden or Soy burgers            1 whole grain bun            1/4 avocado            mustard, lettuce leaf, tomato            1 c <b>Fiesta Pasta salad</b> with NF cheese, add another            1/2 c steamed broccoli</p>	<p><b>Lunch</b>            French onion soup made with 1 slice bread, 1 oz low-fat cheese            Turkey sandwich:            2 slices bread, 5 oz turkey, mustard, lettuce leaf, tomato            1/8 avocado            1/2 c broccoli</p>	<p><b>Lunch</b>            Greek Salmon Salad:            2 c spinach, 6 oz salmon, 1/2 sliced purple onion, 1 oz basil-feta cheese, 4 crushed walnuts, 2 T reduced fat vinaigrette dressing            3 oz Whole grain roll</p>	<p><b>Lunch</b>            Japanese Lunch:            1 c miso soup            1 1/2 c steamed spinach with peanut sauce            1 c steamed brown rice            4 oz teriyaki fish or chicken</p>	<p><b>Lunch</b>            1 1/2 c cream of tomato soup made with skim milk            1 1/2 oz whole grain crackers  <b>California Tuna [5 oz]</b>  <b>Salad</b> in a wheat pita            10 baby carrots</p>	<p><b>Lunch</b>            1 1/4 c <b>Black Bean Soup</b> with 8 oz NF plain yogurt            1 [3 oz] <b>Fish Taco</b>            1/4 c salsa            1 <b>Vegetarian Taco</b></p>	<p><b>Lunch</b>            Grilled Chicken Sandwich:            5 oz chicken, 1/8 avocado, mustard, lettuce leaf, tomato            Whole Grain or Sourdough Bun            2 servings <b>Sweet Potato Fries</b>            1 c mixed veggies</p>
<p><b>Snack</b>            1 cream of tomato soup made with skim milk            1 whole grain roll</p>	<p><b>Snack</b>            Vegetable Medley: 2 c sliced carrots, zucchini, jicama, or bell peppers            1/2 c hummus            1 whole wheat pita</p>	<p><b>Snack</b>  <b>BHL muffin</b>            1 c nonfat milk</p>	<p><b>Snack</b>            1/4 c nonfat cottage cheese            1 c Grapenuts</p>	<p><b>Snack</b>            1 c NF yogurt            1/4 c chopped apricots</p>	<p><b>Snack</b>            8 oz NF plain yogurt            banana, 1/2 c NF granola            1 T sunflower seeds</p>	<p><b>Snack</b>            Tropical Smoothie: 12 oz skim or soy milk, 3/4 c frozen mangos            3/4 oz. whole wheat pretzels</p>
<p><b>Dinner</b>            1 c spinach            1 c chopped vegetables            2 T NF salad dressing            6 oz halibut with mango salsa            12 stems steamed asparagus            1 c wild rice</p>	<p><b>Dinner</b>            Take out Thai:            1 c lemongrass soup            Tofu, seafood, or chicken stir-fry            1 c jasmine rice            Or at home:            1 c miso soup            1/2 c steamed spinach            1 c <b>Thai Peanut Tofu</b>            1 c jasmine rice</p>	<p><b>Dinner</b>            2 <b>Braised Kale with Tomatoes and Corn</b>            4 oz grilled chicken breast            1 c brown rice</p>	<p><b>Dinner</b>            2 c mixed greens            Garlic Bread:            2 slice whole grain bread            2 tsp olive oil, crushed garlic and 2T parmesan cheese  <b>Mushroom &amp; Spinach Lasagna</b></p>	<p><b>Dinner</b>            2 c spinach leaves            1 chopped mushrooms, bell pepper, artichoke heart            2 T NF dressing            1 c Black Beans            2/3 c basmati rice            1/4 c <b>BHL guacamole</b>            2 T parmesan cheese</p>	<p><b>Dinner</b>  <b>BHL Salad</b>            2 c whole wheat pasta noodles            1 c marinara sauce            5 1/2 oz ground turkey            1 c mushrooms, zucchini            2 T fresh parmesan</p>	<p><b>Dinner</b>            2 c mixed greens            1 c chopped carrots, onions, bell pepper, beets, 2 T fennel            1 T NF salad dressing            3 slices <b>California Pizza</b></p>
<p><b>Snack/Dessert</b>            1 1/4 c strawberries            1 c nonfat yogurt</p>	<p><b>Snack/Dessert</b>            12 oz NF plain yogurt            2/3 c berries</p>	<p><b>Snack/Dessert</b>            1 c nonfat yogurt</p>	<p><b>Snack/Dessert</b>            8 oz NF plain yogurt</p>	<p><b>Snack/Dessert</b>            3/4 c nonfat cottage cheese</p>	<p><b>Snack/Dessert</b>            1 c nonfat milk</p>	<p><b>Snack/Dessert</b>            12 oz nonfat plain yogurt</p>

2800 Calorie Diet (420 g carbohydrate; 140 g protein; 62 g fat w/ < 15 g from saturated/trans fats)

- 13 points - grain/starch
- 11 points - vegetable
- 2 points - fruit
- 4 points - dairy
- 13 points - protein
- 6 points - fat

<p><b>Breakfast</b>  <b>BHL Smoothie</b>            2 slices whole wheat bread            1/2 c egg substitute</p> <p><b>Snack</b>            8 oz nonfat plain yogurt            3/4 c NF granola</p> <p><b>Lunch</b>            1 <b>Fish [4 oz] Taco</b>            1 <b>Vegetarian Taco</b>            2 oz. baked tortilla chips            3 gingersnaps</p> <p><b>Snack</b>            8 oz nonfat plain yogurt  <b>BHL Muffin</b></p> <p><b>Dinner</b>            3 slices <b>California Pizza</b> with 4 oz grilled chicken            1 c green beans</p> <p><b>Snack/ Dessert</b>            8 oz skim or soy milk            3 c popcorn</p>	<p><b>Breakfast</b>            2 servings <b>Tropical Oats</b>            1 c nonfat milk            1/2 c nonfat cottage cheese</p> <p><b>Snack</b>            8 oz yogurt            3/4 c low fat granola            6 walnut halves</p> <p><b>Lunch</b>            Wheat Pita stuffed with <b>Quick Chick [4 oz] Curry</b>            1 c lentil soup            1 1/2 oz whole grain pretzels</p> <p><b>Snack</b>            8 oz nonfat plain yogurt            1/2 c Grapenuts</p> <p><b>Dinner</b>  <b>BHL Salad</b>            2 slices wheat bagette            3 servings <b>Mushroom &amp; Spinach Lasagna</b></p> <p><b>Snack/Dessert</b>            2 whole wheat tortilla            2 oz. low-fat cheese</p>	<p><b>Breakfast</b>            1 1/2 c Oat bran flakes            8 oz skim or soy milk            1 banana</p> <p><b>Snack</b>            2 oz whole grain bread            8 oz NF plain yogurt            4 tsp almond butter</p> <p><b>Lunch</b>  <b>Black Bean Burrito:</b>            1 wheat tortilla            1 c black beans            2 oz NF cheese            1 c grilled vegetables            1/3 c rice            1/4 c <b>BHL Guacamole</b>            1/4 c salsa</p> <p><b>Snack</b>            1 whole grain bagel            1/4 c hummus            1 c nonfat milk</p> <p><b>Dinner</b>            2 <b>Braised Kale with Tomatoes and Corn</b>            7 oz <b>Steamed Halibut</b> with mango salsa            1 1/3 c wild rice with 8 pecans</p> <p><b>Snack/Dessert</b>            3/4 c fresh blackberries            2 rice cakes            1 c nonfat yogurt</p>	<p><b>Breakfast</b>            2 <b>Apple Spiced Oatmeal</b></p> <p><b>Snack</b>            1/4 c nonfat cottage cheese  <b>BHL Muffin</b></p> <p><b>Lunch</b>  <b>BHL Salad</b>            1 T lite salad dressing            Grilled Tuna sandwich: 5 oz chicken, 2 slices bread,            1/4 avocado            Lettuce, tomato            2 serv. <b>Sweet potato fries</b></p> <p><b>Snack</b>            8 oz nonfat plain yogurt            1/4 c soy nuts</p> <p><b>Dinner</b>            2 pieces of Naan or 1 pita pocket  <b>Indian Curried Chick peas and Vegetables</b> with 5 oz chicken            1 c basmati rice  <b>Raita</b>            2 c zucchini</p> <p><b>Snack/Dessert</b>            3 c popcorn</p>	<p><b>Breakfast</b>  <b>BHL Muffin</b>            1 T honey            12 oz nonfat plain yogurt            3/4 c berries            1 banana</p> <p><b>Snack</b>            1 c NF granola            4 walnuts            8 oz NF Plain yogurt</p> <p><b>Lunch</b>            1 c spinach            1 c chopped vegetables: carrots, onion, broccoli            2 T reduced fat salad dressing  <b>California Tuna Salad</b>            2 slices whole grain bread</p> <p><b>Snack</b>            1 c nonfat cottage cheese            1 c pineapple            2 slices whole wheat bread</p> <p><b>Dinner</b>  <b>BHL Salad</b>            5 oz grilled salmon            6 oz roasted potatoes            2 c <b>Roasted Vegetables</b>  <i>[no oil]</i></p> <p><b>Snack/Dessert</b>            1 1/2 oz. whole wheat pretzels</p>	<p><b>Breakfast</b>            1 1/2 c oatmeal            2 T ground flax seeds            8 oz skim or soy milk</p> <p><b>Snack</b>            1 medium apple            2 T peanut butter            2 oz whole grain bread</p> <p><b>Lunch</b>            1 Turkey Burger [4 oz.]            1 whole grain bun            1 oz low-fat cheese            mustard, lettuce, tomato  <b>Fiesta Pasta Salad</b>            2 oz whole grain pretzels</p> <p><b>Snack</b>            16 oz vanilla soy or skim milk            1 egg</p> <p><b>Dinner</b>            2 c <b>Asian stir-fry</b> with 6 oz chicken            1/3 c brown rice            1 c water chestnuts            1 c leeks</p> <p><b>Snack/Dessert</b>            8 oz nonfat plain yogurt            1 1/4 c strawberries</p>	<p><b>Breakfast</b>  <b>Veggie Omelet:</b>            1/2 c egg substitute            1 c peppers, onion, tomatoes            2 oz spinach            1 oz low fat cheese            2 oz whole grain bread</p> <p><b>Snack</b>            3/4 c Grapenuts            2 T raisins            8 oz nonfat plain yogurt</p> <p><b>Lunch</b>            1 1/2 c <b>BHL Chili</b>            mustard, lettuce, tomato            6 oz baked potato            1 1/2 oz nonfat cheese            4 nonfat plain yogurt            1/4 c salsa            1 c steamed broccoli</p> <p><b>Snack</b>            2 oz baked tortilla chips            1/4 c <b>BHL guacamole</b>            made with nonfat cottage cheese</p> <p><b>Dinner</b>            2 c <b>BHL greens</b>            5 oz grilled chicken with apricot sauce            1 c wild rice</p> <p><b>Snack/Dessert</b>            3 figs            12 walnut halves            12 oz. nonfat yogurt</p>
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3000 Calorie Diet (450 g carbohydrate; 150 g protein; 67 g fat w/ < 17 g from saturated/trans fats)

- 14 points - grain/starch
- 12 points - vegetable
- 2 points - fruit
- 4 points - dairy
- 14 points - protein
- 7 points - fat

<p><b>Breakfast</b> 4 small Blueberry Oat Pancakes 1c nonfat milk</p>	<p><b>Breakfast</b> 1/2 c egg beaters scrambled 1/2 c salsa 1 oz low fat cheese 3 slices rye bread 8 oz skim or soy milk</p>	<p><b>Breakfast</b> 2 c oatmeal 1 banana 1 tsp cinnamon 2 T ground flaxseeds 8 oz skim/soy milk</p>	<p><b>Breakfast</b> 2 c shredded wheat 8 oz skim or soy milk 1 banana 2 T ground flax seeds 2 slices whole grain bread</p>	<p><b>Breakfast</b> 3 slices whole grain bread 4 tsp peanut butter 8 oz skim or soy milk</p>	<p><b>Breakfast</b> 2 c Oat bran flakes 2T raisins 2 T ground flax seeds 8 oz skim or soy milk 2 oz whole grain bread</p>	<p><b>Breakfast</b> 2 servings <b>Breakfast Scramble</b> 5 oz diced potatoes 3 slices whole grain bread 2 T honey 12 oz skim or soy milk</p>
<p><b>Snack</b> Apple 4 tsp peanut butter 8 oz soy or skim milk</p>	<p><b>Snack</b> <i>Smoothie:</i> 12 oz skim or soy milk, 1 T peanut butter, 1 banana</p>	<p><b>Snack</b> 1 c melon balls 5 grapes 8 oz NF plain yogurt 1 c NF granola</p>	<p><b>Snack</b> <i>Smoothie:</i> 8 oz vanilla soy milk 1 c blackberries 1/2 c nonfat cottage cheese</p>	<p><b>Snack</b> 1 c sliced melon 8 oz NF plain yogurt</p>	<p><b>Snack</b> 1 peach 1 medium bagel</p>	<p><b>Snack</b> 1 c nonfat cottage cheese 1 c chopped melon 3/4 c NF granola</p>
<p><b>Lunch</b> 5 1/2 oz turkey or lean ground round burger 1 whole grain bun 1/4 avocado mustard, lettuce leaf, tomato 2 c <b>Fiesta Pasta salad</b> with NF cheese</p>	<p><b>Lunch</b> <i>Japanese Lunch:</i> 1 c miso soup 1 c steamed spinach with peanut sauce 1 1/3 c steamed brown rice 4 pieces California roll 5 oz teriyaki fish or chicken</p>	<p><b>Lunch</b> <i>Greek Salmon Salad:</i> 1 c spinach, 6 oz salmon, 1 sliced purple onion, 1 oz basil-feta cheese, 2 crushed walnut halves, 2 T <b>Basil Vinaigrette</b> dressing Whole grain roll</p>	<p><b>Lunch</b> French onion soup made with 1 oz low-fat cheese turkey sandwich: 6 oz turkey, 2 slices whole grain bread, mustard, 1/3 avocado, lettuce leaf, tomato</p>	<p><b>Lunch</b> 1 1/2 c Cream of Tomato soup made skim milk 3/4 oz whole grain crackers 2 c mixed greens 2T NF dressing 2 <b>California Tuna salad</b> in a wheat pita 10 baby carrots</p>	<p><b>Lunch</b> 1 1/4 c <b>Black Bean Soup</b> with 4 oz NF plain yogurt 2 [3 oz] <b>Fish Tacos</b> 1/4 c salsa</p>	<p><b>Lunch</b> <i>Grilled Chicken Sandwich:</i> 7 oz chicken, mustard, lettuce leaf, tomato Whole Grain or Sourdough Bun 2 <b>Sweet Potato Fries</b> 1 c broccoli</p>
<p><b>Snack</b> 1 cream of tomato soup made with skim milk 2 oz whole grain bread 8 oz skim or soy milk</p>	<p><b>Snack</b> 3/4 c nonfat cottage cheese 3/4 c Grapenuts 12 almonds</p>	<p><b>Snack</b> <b>BHL muffin</b> 8 oz chocolate skim or soy milk</p>	<p><b>Snack</b> <i>Vegetable Medley:</i> 2 c sliced carrots, zucchini, jicama, or bell peppers, 6 rice cakes 1/4 c hummus</p>	<p><b>Snack</b> 1 1/2 c NF granola 10 oz NF yogurt</p>	<p><b>Snack</b> 8 oz NF plain yogurt 20 peanuts</p>	<p><b>Snack</b> <i>Tropical Smoothie:</i> 12 oz skim or soy milk, 3/4 c frozen mangos</p>
<p><b>Dinner</b> 2 c spinach 2 chopped vegetables 4 T NF salad dressing 7 oz halibut with mango salsa 12 stems steamed asparagus 1 2/3 c wild rice</p>	<p><b>Dinner</b> 2 servings <b>Mushroom &amp; Spinach Lasagna</b> <b>BHL Salad</b></p>	<p><b>Dinner</b> 3 servings <b>Braised Kale with Tomatoes and Corn</b> 2 oz whole grain roll 7 oz grilled chicken breast with apricot sauce 1 c brown rice</p>	<p><b>Dinner</b> <i>Take out Thai:</i> 2 c lemongrass soup Tofu, seafood, or chicken stir-fry 2/3 c jasmine rice</p>	<p><b>Dinner</b> 2 c spinach leaves w/ 2 egg whites 1 c chopped mushrooms, bell pepper, artichoke heart 2 T NF dressing 2 c <b>Basic Black Beans</b> 1 c basmati rice 1/4 c <b>BHL guacamole</b></p>	<p><b>Dinner</b> 2 c whole wheat pasta noodles 2 c marinara sauce 4 oz ground turkey 1/2 c mushrooms, zucchini 2 T fresh parmesan</p>	<p><b>Dinner</b> 2 c mixed greens w/ 2 egg whites 1 c chopped carrots, onions, bell pepper, beets, 2 T fennel 2 T nonfat salad dressing 3 slices <b>California Pizza</b></p>
<p><b>Snack/Dessert</b> 1 c berries 6 c popcorn</p>	<p><b>Snack/Dessert</b> 12 oz NF plain yogurt 2T NF chocolate syrup</p>	<p><b>Snack/Dessert</b> 1 c nonfat milk 12 pecan halves</p>	<p><b>Snack/ Dessert</b> 12 oz nonfat plain yogurt 1 c berries</p>	<p><b>Snack/Dessert</b> 1 c soybeans 1 apple 6 c popcorn</p>	<p><b>Snack/Dessert</b> 10 nonfat wheat crackers 1 c nonfat milk</p>	<p><b>Snack/Dessert</b> 1 1/2 oz whole wheat pretzels</p>

3600 Calorie Diet (540 g carbohydrate; 180 g protein; 80 g fat w/ < 20 g from saturated/trans fats)

- 17 points - grain/starch
- 13 points - vegetable
- 3 points - fruit
- 4 points - dairy
- 17 points - protein
- 9 points - fat

<p><b>Breakfast</b>          2 c Oatbran flakes          8 oz skim or soy milk          1 1/4 c strawberries          2 T ground flax seeds</p>	<p><b>Breakfast</b>          2 slices whole grain bread          2 tsp natural peanut butter          1 T honey          3/4 c blueberries          8 oz nonfat plain yogurt</p>	<p><b>Breakfast</b>  <b>Apple Spiced Oatmeal</b>          1 T honey</p>	<p><b>Breakfast</b>  <b>BHL Muffin</b>          1 T all fruit jam          8 oz skim or soy milk</p>	<p><b>Breakfast</b>          1 c oatmeal          1/2 banana          8 oz skim or soy milk</p>	<p><b>Breakfast</b>  <b>BHL Smoothie</b></p>	<p><b>Breakfast</b>  <b>Breakfast Scramble</b>          1/4 c salsa          3 oz diced potatoes          1 small banana</p>
<p><b>Snack</b>  <i>Smoothie:</i>          8 oz soy or skim milk blended with          1 banana, 1 T honey</p>	<p><b>Snack</b>          1 c nonfat cottage cheese          1 pineapple</p>	<p><b>Snack</b>          8 oz plain nonfat yogurt          1/2 c low fat granola          6 almonds          1 peach</p>	<p><b>Snack</b>          1/4 c edamame [fresh soybeans]          1/4 c NF cottage cheese</p>	<p><b>Snack</b>          1 medium apple          2 T peanut butter          8 oz skim or soy milk</p>	<p><b>Snack</b>          1 c oatmeal          8 oz soy or skim milk          2 T ground flax seeds</p>	<p><b>Snack</b>          8 oz nonfat yogurt          1/2 c low fat granola          1 c berries</p>
<p><b>Lunch</b>  <b>2 c BHL Chili</b>          6 oz nonfat yogurt          fresh cilantro          1 whole grain roll  <i>Salad:</i>          2 c mixed greens          1 c chopped carrots, broccoli, onions, peppers          3 egg whites          1 T pumpkin seeds          2 T olive oil &amp; balsamic vinegar</p>	<p><b>Lunch</b>          1 c tomato basil soup          2 slices whole grain bread          5 oz grilled tuna          1 c spinach leaves          1 T low fat salad dressing</p>	<p><b>Lunch</b>          Mexican Chicken Tostadas [6 oz chicken]          1 oz baked tortilla chips          1/4 c salsa          1/4 c guacamole</p>	<p><b>Lunch</b>          Turkey Sandwich:          6 oz turkey, 2 slices whole grain bread,          1 oz nonfat cheese, mustard, lettuce, tomato  <b>Carrot Raisin Salad</b>          orange</p>	<p><b>Lunch</b>  <b>2 Vegetarian Tacos</b>  <b>1 Chicken Taco</b>          10 baked tortilla chips          1/2 c <b>BHL guacamole</b> made with low fat cottage cheese</p>	<p><b>Lunch</b>  <b>Quick Chick Curry</b>          1 wheat pita          1 c lentil soup          1 c spinach leaves          1 tsp olive oil &amp; 1 T balsamic vinegar          1 1/2 oz low fat whole grain crackers          apple</p>	<p><b>Lunch</b>          1 3/4 c spinach          1 c chopped carrots, mushrooms, tomatoes          2 T reduced calorie salad dressing          3 slices <b>California Pizza</b></p>
<p><b>Snack</b>          1 English muffin          2 oz low-fat cheese          2 T diced tomatoes</p>	<p><b>Snack</b>          1 c oatmeal          8 oz skim or soy milk          6 almonds</p>	<p><b>Snack</b>          1 c chopped carrots, zucchini, jicama          8 oz plain nonfat yogurt +          1 tsp veggie dip mix</p>	<p><b>Snack</b>          8 oz nonfat plain yogurt          1 c <b>BHL Snack Mix</b></p>	<p><b>Snack</b>          8 oz yogurt          3/4 c berries          4 walnut halves</p>	<p><b>Snack</b>          8 oz nonfat yogurt          1 tsp curry powder          10 baby carrots          1/2 c broccoli</p>	<p><b>Snack</b>          1/2 c nonfat cottage cheese          1 medium pear</p>
<p><b>Dinner</b>  <b>BHL Greens</b>          6 oz halibut with salsa          1/2 acorn squash          1 tsp non-hydrogenated margarine          1 c wild rice          4 walnuts</p>	<p><b>Dinner</b>  <b>BHL Salad</b>          1 1/2 c <b>Basic Black Beans</b>          1 c brown rice          1/4 c salsa</p>	<p><b>Dinner</b>  <b>2 Thai Peanut Tofu</b>          1 c brown rice</p>	<p><b>Dinner</b>  <i>Chinese Take out:</i>  <i>[ask for steamed and lightly add sauce]</i>          Seafood, tofu or chicken and vegetables with garlic sauce          2/3 c steamed rice</p>	<p><b>Dinner</b>          2 c spinach          1 c chopped carrots, radish, broccoli          2 T reduced calorie salad dressing          6 oz poached salmon          1 c wild rice</p>	<p><b>Dinner</b>          1 c spinach          1 T low fat salad dressing          2 T parmesan cheese  <b>Mushroom &amp; Spinach Lasagna</b></p>	<p><b>Dinner</b>          6 oz grilled chicken          1/3 c basmati rice          1 c <b>Roasted vegetables</b></p>
<p><b>Snack/Dessert</b>          8 oz nonfat plain yogurt          c berries          small banana</p>	<p><b>Snack/Dessert</b>          17 grapes  <b>BHL Muffin</b></p>	<p><b>Snack/Dessert</b>          17 grapes  <b>BHL Muffin</b></p>	<p><b>Snack/Dessert</b>          3/4 c melon balls          8 oz nonfat plain yogurt</p>	<p><b>Snack/Dessert</b>          1 1/4 c strawberries          1/2 c NF ice cream</p>	<p><b>Snack/Dessert</b>          8 oz nonfat fruit yogurt          1/2 c nonfat granola</p>	<p><b>Snack/Dessert</b>          8 oz nonfat plain yogurt          2 T NF chocolate syrup          1 c berries</p>

2000 Calorie Diet (275 g carbohydrate; 100 g protein; 55 g fat w/ < 11 g from saturated/trans fats)

- 9 points - grain/starch
- 5 points - vegetables
- 4 points - fruit
- 3 points - dairy
- 6 points - protein
- 8 points - fat
- 1 point - sweets/alcohol

<p><b>Breakfast</b> <b>Breakfast Scramble</b> 2 slices whole grain toast 1 T soy or peanut butter 8 oz skim or soy milk 1 c melon</p>	<p><b>Breakfast</b> <b>BHL Smoothie</b></p>	<p><b>Breakfast</b> 1 c oatmeal 3/4 c berries 1/4 c chopped nuts 8 oz skim milk or soy milk</p>	<p><b>Breakfast</b> 1 1/2 c Oat bran flakes 3/4 c blueberries 1 c soy or skim milk 2 T ground flax seeds</p>	<p><b>Breakfast</b> 2 slices oat bran bread 2 T natural peanut butter 1 T all fruit jam 8 oz skim or soy milk 1 peach</p>	<p><b>Breakfast</b> <b>2 serv. Tropical Oats</b> add 1/4 c nuts</p>	<p><b>Breakfast</b> <b>2 serv. Apple Spiced Oatmeal</b></p>
<p><b>Snack</b> 1/2 diced apple 4 chopped walnuts 2 T raisins</p>	<p><b>Snack</b> 6 oz. potato</p>	<p><b>Snack</b> 1 apple 2 T peanut butter</p>	<p><b>Snack</b> <b>BHL Smoothie</b></p>	<p><b>Snack</b> 1 c nonfat cottage cheese</p>	<p><b>Snack</b> 1 medium apple 2 T peanut or soy butter</p>	<p><b>Snack</b> 8 oz plain yogurt 8 walnuts 6 almonds 2 T ground Flax seeds</p>
<p><b>Lunch</b> Pita stuffed with 4 oz chicken strips, and diced avocado, onion and tomatoes 1 c vegetable soup 1 1/2 oz lowfat crackers</p>	<p><b>Lunch</b> Garden Burger or Soy Burger 1 slice whole grain bread mustard, lettuce, tomato 1 1/2 c <b>Fiesta Pasta Salad</b></p>	<p><b>Lunch</b> Grilled Chicken Sandwich: 2 slices whole grain bread 4 oz chicken, mustard, lettuce, tomato 1 c spinach leaves 1 T salad dressing orange</p>	<p><b>Lunch</b> 2 cup spinach leaves 4 oz baked salmon 1/4 purple onion 8 olives 4 walnuts 2 tsp olive oil 1 T balsamic or champagne vinegar</p>	<p><b>Lunch</b> Veggie Sandwich: 2 slices whole grian bread 1/4 c hummus 2 tomato slices 1/4 sliced cucumber 2 thin slices of onion</p>	<p><b>Lunch</b> 4 oz turkey 2 slices whole grain rye bread 1/4 avocado 2 tsp brown mustard 10 baby carrots w/ 2 T lite ranch dressing 1 medium peach</p>	<p><b>Lunch</b> 1 cup tomato soup 1/4 avocado <b>Quick Chick Curry</b> in a wheat pita</p>
<p><b>Snack</b> Banana Smoothie Blend: 8 oz vanilla soy milk or skim milk with 1 tsp vanilla extract 1 c frozen berries 2 T ground flax seeds 1 T honey</p>	<p><b>Snack</b> 10 carrot sticks 5 broccoli florets 10 jicama sticks 1/4 c hummus</p>	<p><b>Snack</b> <b>Carrot Raisin Salad</b> 10 low fat crackers</p>	<p><b>Snack</b> 10 low fat whole grain crackers 1/4 c hummus</p>	<p><b>Snack</b> 8 oz nonfat plain yogurt 1/4 c nuts 1/4 c raisins</p>	<p><b>Snack</b> 1/4 c lowfat granola 8 oz fruit flavored yogurt 1 T ground flax seeds</p>	<p><b>Snack</b> 1/4 c <b>BHL Guacamole</b> 10-20 baked corn chips 1/4 salsa</p>
<p><b>Dinner</b> <b>BHL Salad</b> 2 c <b>Thai-Peanut Tofu</b> 1 c brown rice</p>	<p><b>Dinner</b> <b>BHL Salad</b> 5 oz grilled Salmon 1 c grilled vegetables with 2 T olive oil or <b>Basil vinaigrette</b> 1/2 acorn squash topped with 1 tsp non-hydrogenated margarine and 1 T brown sugar and cinnamon</p>	<p><b>Dinner</b> <b>Black Bean Soup Vegetarian Taco</b> 1/4 c <b>BHL Guacamole</b> 10 baked corn chips 1/4 c salsa</p>	<p><b>Dinner</b> <b>BHL Salad</b> Garlic bread: 1 slice Italian bread spread with 1 tsp olive oil and roasted garlic <b>Mushroom &amp; Spinach Lasagne</b></p>	<p><b>Dinner</b> 1 1/2 c <b>BHL Greens</b> 1 whole wheat roll 2 tsp olive oil 5 oz <b>Steamed Halibut</b> with salsa 1/2 winter squash, baked</p>	<p><b>Dinner</b> <i>Restaurant, Take Out or Home Cooked:</i> Spinach Salad 2 T olive oil &amp; vinegar Garlic bread: 1 slice <i>Italian bread spread with 1 tsp olive oil and roasted garlic</i> 2 c Spaghetti 1 cup Marinara Sauce 2 oz lean ground round meatball 2 tsp grated parmesan cheese</p>	<p><b>Dinner</b> 3 oz salmon brushed with 1 T honey mixed with 1/4 tsp cayenne or chili powder. Grill or sear stove top about 2-5 minutes each side until light pink and flaky inside. 1 c steamed brown rice 2 T sesame seeds 1 1/2 c <b>Braised Kale with Tomatoes and Corn</b></p>
<p><b>Snack/Dessert</b> <b>Banana Foster</b></p>	<p><b>Snack/Dessert</b> <b>Grilled Fruit</b> 1 c fat free vanilla ice cream or frozen yogurt</p>	<p><b>Snack/ Dessert</b> <b>Apple Cherry Crisp</b></p>	<p><b>Snack/Dessert</b> 1 c sorbet</p>	<p><b>Snack/Dessert</b> 1 c frozen yogurt 3/4 c berries</p>	<p><b>Snack/Dessert</b> 1/2 banana 1/2 cup strawberries <b>Berry Sauce</b> 1/2 c ice vanilla ice cream or frozen yogurt Fresh mint leaves</p>	<p><b>Snack/ Dessert</b> 3 ginger snap cookies</p>

2400 Calorie Diet (330 g carbohydrate; 120 g protein; 67 g fat w/ < 13 g from saturated/trans fats)

- 11 points - grain/starch
- 5 points - vegetables
- 4 points - fruit group

- 3 points- dairy
- 8 points - protein
- 9 points - fat

- 3 points - sweets/alcohol

<p><b>Breakfast</b>            1 1/2 c oatmeal            1 c berries            2 T ground flax seeds            8 oz skim or soy milk</p>	<p><b>Breakfast</b>  <b>BHL Muffin</b>            8 oz nonfat plain yogurt            3/4 c berries            2 T ground flax seeds</p>	<p><b>Breakfast</b>  <b>2 Apple Spiced Oats</b>            1 T honey</p>	<p><b>Breakfast</b>            2 c Oat bran flakes            8 oz skim or soy milk            1 banana</p>	<p><b>Breakfast</b>  <b>2 Tropical Oats</b>            2 T ground flax seeds</p>	<p><b>Breakfast</b>  <b>BHL Smoothie</b>            2 slices whole grain bread            1 T honey</p>	<p><b>Breakfast</b>  <b>Veggie Omelet:</b>            1/2 c egg substitute            1/2 c peppers, onion, tomatoes            2 oz spinach            1 oz low fat cheese            2 slices whole grain bread            2 T honey            8 oz skim or soy milk</p>
<p><b>Snack</b>            8 oz plain nonfat yogurt            1 chopped apple            1/2 c lowfat granola            8 crushed walnuts            pinch of cinnamon</p>	<p><b>Snack</b>  <b>1 1/2 c BHL Snack Mix</b>            8 oz soy or skim milk</p>	<p><b>Snack</b>            1 c melon            1/2 c low fat cottage cheese            1/4 c Grapenuts            4 walnut halves</p>	<p><b>Snack</b>            1 whole grain bagel            1 T all fruit jam            1 apple            2 tsp peanut butter</p>	<p><b>Snack</b>            8 oz nonfat plain yogurt            1 c low fat granola</p>	<p><b>Snack</b>            8 oz nonfat plain yogurt            2/3 c berries            1/4 c low fat granola</p>	<p><b>Snack</b>  <b>2 c BHL Snack mix</b>            8 oz nonfat plain yogurt</p>
<p><b>Lunch</b>            1 c spinach leaves            2 T fat free salad dressing  <b>Double Cheese Burger:</b>            2 Garden or Soy Burgers            1 whole grain bun            2 oz low fat cheese            mustard, lettuce, tomato,            1/4 avocado  <b>1 c Fiesta Pasta Salad</b>            1 medium peach</p>	<p><b>Lunch</b>            1 c spinach            1 c chopped vegetables: carrots, onion, broccoli            2 T NF salad dressing  <b>4 oz California Chicken Salad</b>            2 slices whole grain bread            apple</p>	<p><b>Lunch</b>  <b>BHL Salad</b>            1 T lite salad dressing            Grilled chicken sandwich:            5 oz chicken, 2 slices whole wheat bread,            1/4 avocado, lettuce and tomato  <b>Sweet Potato Fries</b></p>	<p><b>Lunch</b>  <b>Black Bean Burrito:</b>            1 wheat tortilla            1 c black beans            1/2 c grilled vegetables            1/3 c rice            6 oz nonfat plain yogurt            1/4 c <b>BHL Guacamole</b>            1/4 c salsa            10 baked tortilla chips</p>	<p><b>Lunch</b>  <b>Wheat Pita stuffed with Quick Chick Curry [6 oz]</b>            1 c lentil soup            2 oz whole grain pretzels</p>	<p><b>Lunch</b>  <b>1 Fish [4 oz] Taco</b>  <b>2 Vegetarian Taco</b>            1 oz baked tortilla chips            1/4 c salsa</p>	<p><b>Lunch</b>  <b>2 c BHL Chili</b>            6 oz baked potato            1 oz low fat cheese            1/2 c steamed broccoli            1/4 c salsa            2 plums</p>
<p><b>Snack</b>  <b>Smoothie:</b> 8 oz vanilla soy or skim milk + 2 tsp peanut butter + 1 banana</p>	<p><b>Snack</b>            8 oz nonfat plain yogurt            1/2 c pineapple            1/4 c Grapenuts</p>	<p><b>Snack</b>            8 oz nonfat plain yogurt            3/4 c berries            1 c oatmeal            6 almonds</p>	<p><b>Snack</b>            10 low fat whole grain crackers            1/4 c hummus            8 oz nonfat plain yogurt</p>	<p><b>Snack</b>            8 oz nonfat plain yogurt            6 walnuts            2 T raisins            1/2 c Grapenuts</p>	<p><b>Snack</b>            8 oz soy or skim milk            1 c oat cereal            4 walnuts</p>	<p><b>Snack</b>            1 c frozen yogurt</p>
<p><b>Dinner</b>            1 1/2 c <b>Asian stir-fry</b> with 6 oz chicken            1 2/3 c brown rice</p>	<p><b>Dinner</b>  <b>BHL Salad</b>            6 oz grilled salmon            3 oz roasted potatoes            1/2 c <b>Roasted Vegetables</b> [2 tsp olive oil]</p>	<p><b>Dinner</b>  <i>Dine out or at home:</i>  <b>2 1/2 c Indian Curried Chickpeas and Vegetables</b>            1 c basmati rice            1/2 c Raita</p>	<p><b>Dinner</b>  <b>Braised Kale with Tomatoes and Corn</b>            4 oz <b>Steamed Halibut</b> with mango salsa            1/3 c wild rice with 4 pecan halves</p>	<p><b>Dinner</b>  <b>BHL Salad</b>            2 T parmesan cheese  <b>Mushroom &amp; Spinach Lasagna</b></p>	<p><b>Dinner</b>            1 c mixed greens            2 T olive oil &amp; balsamic vinegar  <b>3 slices California Pizza</b> with 3 oz grilled chicken</p>	<p><b>Dinner</b>  <b>BHL greens</b>            6 oz grilled chicken with apricot sauce            1 c wild rice            6 pecans</p>
<p><b>Snack/Dessert</b>  <b>Apple Cherry Crisp</b>            1 c frozen yogurt</p>	<p><b>Snack/Dessert</b>            1/2 c fat free ice cream            1 1/4 c strawberries</p>	<p><b>Snack/Dessert</b>            1 c frozen yogurt            1 sliced peach</p>	<p><b>Snack/Dessert</b>            Angel Food cake            3/4 c fresh blackberries  <b>Berry Sauce</b></p>	<p><b>Snack/Dessert</b>            1 c sorbet            3/4 c berries</p>	<p><b>Snack/Dessert</b>            1/2 c frozen yogurt            1 1/2 figs</p>	<p><b>Snack/Dessert</b>            8 oz nonfat plain yogurt            1 1/4 c strawberries            1/4 c nonfat granola</p>

2800 Calorie Diet (385 g carbohydrate; 140 g protein; 78 g fat w/ < 15 g from saturated/trans fats)

- 12 points - grain/starch
- 5 points - vegetables
- 5 points - fruit
- 3 points - dairy
- 10 points - protein
- 11 points - fat
- 5 points - sweets/alcohol



<p><b>Breakfast</b>  <b>BHL Smoothie</b></p> <p><b>Snack</b>            8 oz nonfat plain yogurt            3/4 c NF granola            4 walnuts</p> <p><b>Lunch</b>            1 <b>Fish [4 oz] Taco</b>            2 <b>Vegetarian Taco</b>            1 oz baked tortilla chips            1/2 c <b>BHL guacamole</b>            3 gingersnaps</p> <p><b>Snack</b>            8 oz nonfat plain yogurt            1 c berries            6 almonds  <b>BHL Muffin</b>            with 1 T honey</p> <p><b>Dinner</b>            1/2 c mixed greens            1 tsp olive oil &amp; 1 T balsamic vinegar            3 slices <b>California Pizza</b> with 4 oz grilled chicken</p> <p><b>Snack/ Dessert</b>            1 c frozen yogurt            2 T chopped nuts</p>	<p><b>Breakfast</b>  <b>2 Tropical Oats</b></p> <p><b>Snack</b>  <b>BHL Smoothie</b></p> <p><b>Lunch</b>            Wheat Pita stuffed with <b>Quick Chick Curry [4 oz]</b>            1 c lentil soup            2 oz whole grain pretzels            3 small fat free cookies</p> <p><b>Snack</b>            8 oz nonfat plain yogurt            1/4 c mixed nuts            1/2 c Grapenuts            2 T fat free chocolate syrup</p> <p><b>Dinner</b>  <b>BHL Salad</b>            2 slices wheat bagette with 2 tsp olive oil &amp; crushed garlic            2 <b>Mushroom &amp; Spinach Lasagna</b></p> <p><b>Snack/Dessert</b>            1 c sorbet</p>	<p><b>Breakfast</b>            1 1/2 c Oat bran flakes, 1 banana            8 oz skim or soy milk            2 oz whole grain bread with 2 T honey</p> <p><b>Snack</b>            8 oz NF plain yogurt            1/2 c dried mixed fruit            1/2 c mixed nuts</p> <p><b>Lunch</b>  <b>Black Bean Burrito:</b>            1 wheat tortilla            1 c black beans            2 oz low fat cheese            1 c grilled vegetables with 2 tsp olive oil            1/3 c rice            1/4 c Guacamole            1/4 c salsa            1/3 c frozen yogurt</p> <p><b>Snack</b>            1 whole grain bagel            1/4 c hummus</p> <p><b>Dinner</b>  <b>2 Braised Kale with Tomatoes and Corn</b>            6 oz <b>Steamed Halibut</b> with mango salsa            1 1/3 c wild rice with 4 pecans</p> <p><b>Snack/Dessert</b>            Angel Food cake            3/4 c fresh blackberries  <b>Berry Sauce</b></p>	<p><b>Breakfast</b>  <b>2 Apple Spiced Oatmeal</b>            4 walnuts</p> <p><b>Snack</b>            1 c melon            1/4 c low fat cottage cheese  <b>BHL Muffin</b></p> <p><b>Lunch</b>  <b>BHL Salad</b>            2 T olive oil &amp; vinegar            Grilled Tuna sandwich: 5 oz chicken, 2 slices bread, 1/2 avocado            Lettuce, tomato  <b>2 Sweet Potato Fries</b>            3 ginger snap cookies</p> <p><b>Snack</b>            8 oz nonfat plain yogurt            2/3 c berries            1/4 c soy nuts</p> <p><b>Dinner</b>            2 pieces of Naan or 1 pita  <b>Indian Curried Chick peas and Vegetables</b> with            3 oz chicken            1 c basmati rice  <b>Raita</b></p> <p><b>Snack/Dessert</b>  <b>Banana Foster</b>            2 T crushed nuts</p>	<p><b>Breakfast</b>  <b>BHL Muffin</b>            1 T honey            8 oz nonfat plain yogurt            3/4 c berries            1 banana</p> <p><b>Snack</b>            1 c NF granola            7 dried apricots            4 walnuts            8 oz NF Plain yogurt</p> <p><b>Lunch</b>            1 c spinach            1 c chopped vegetables: carrots, onion, broccoli            2 T reduced fat salad dressing  <b>California Tuna Salad</b>            2 slices whole grain bread            apple</p> <p><b>Snack</b>            1 NF cottage cheese            1/4 c Grapenuts            6 almonds            1 c pineapple</p> <p><b>Dinner</b>  <b>BHL Salad</b>            6 oz grilled salmon            3 oz roasted potatoes            1 c roasted vegetables            1 T <b>Basil Vinaigrette</b></p> <p><b>Snack/Dessert</b>            1 c fat free ice cream</p>	<p><b>Breakfast</b>            1 1/2 c oatmeal            3/4 c berries            2 T ground flax seeds            8 oz skim or soy milk</p> <p><b>Snack</b>  <b>Smoothie:</b> 8 oz vanilla soy or skim milk + 1 T honey            1 banana</p> <p><b>Lunch</b>            1 Turkey Burger            1 whole grain bun            1 oz low-fat cheese            mustard, lettuce, tomato,            1/8 avocado  <b>1 c Fiesta Pasta Salad</b>            1 oz whole grain pretzels</p> <p><b>Snack</b>            Trail Mix:            2 T raisins, 6 almonds,            4 walnuts            2 T peanut butter            2 oz whole grain bread</p> <p><b>Dinner</b>            2 c <b>Asian stir-fry</b> with 4 oz chicken            1 c brown rice            fortune cookie</p> <p><b>Snack/Dessert</b>            8 oz nonfat plain yogurt            1 c strawberries            2 T NF chocolate syrup</p>	<p><b>Breakfast</b>  <b>Veggie Omelet:</b>            1/2 c egg substitute            1 c peppers, onion, tomatoes            2 oz spinach            1 oz low fat cheese            3 oz whole grain bread            1 T honey</p> <p><b>Snack</b>  <b>1 c BHL Snack Mix</b>            8 oz nonfat plain yogurt</p> <p><b>Lunch</b>            1 1/2 c <b>BHL Chili</b>            6 oz baked potato            2 oz low fat cheese            4 nonfat plain yogurt            1/4 c salsa            1 c steamed broccoli</p> <p><b>Snack</b>            2 oz baked tortilla chips            1/4 c <b>BHL guacamole</b> made with low fat cottage cheese</p> <p><b>Dinner</b>            1 c <b>BHL greens</b>            6 oz grilled chicken with apricot sauce            6 asparagus spears            2 tsp olive oil            1 c wild rice</p> <p><b>Snack/Dessert</b>  <b>Apple Cherry Crisp</b>            1 c NF ice cream</p>
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3000 Calorie Diet (412 g carbohydrate; 150 g protein; 83 g fat w/ < 17 g from saturated/trans fats)

- 13 points - grain/starch
- 7 points - vegetables
- 5 points - fruit

- 3 points - dairy
- 11 points - protein
- 12 points - fat

- 5 points - sweets/alcohol

<p><b>Breakfast</b> 4 Blueberry Oat Pancakes with 2 c lite syrup 3/4 c blueberries 1 c melon 15 grapes</p>	<p><b>Breakfast</b> 1/2 c egg beaters scrambled 1/4 c salsa 1 oz low fat cheese 2 slices rye bread 3 T all-fruit jam 8 oz skim or soy milk</p>	<p><b>Breakfast</b> 1 c oatmeal 1 banana 2 T honey 1 tsp cinnamon 2 T ground flaxseeds 8 oz skim/soy milk</p>	<p><b>Breakfast</b> 1 c shredded wheat 8 oz skim or soy milk 1/2 banana 2 T ground flax seeds 2 slices whole grain bread and 2 T all fruit jam</p>	<p><b>Breakfast</b> 2 slices whole grain bagel 2 tsp peanut butter 2 T all-fruit jam 8 oz skim or soy milk</p>	<p><b>Breakfast</b> 2 c Oat bran flakes 2 T raisins 2 T ground flax seeds 8 oz skim or soy milk 2 oz whole grain bread</p>	<p><b>Breakfast</b> 2 c <b>Breakfast Scramble</b> 3 oz diced potatoes 1 slice whole grain bread 2 T honey 8 oz skim or soy milk</p>
<p><b>Snack</b> apple 2 T peanut butter 8 oz soy or skim milk</p>	<p><b>Snack</b> <i>Smoothie:</i> 8 oz skim or soy milk, 1 T peanut butter, 1 banana, 2 T honey, 2 T ground flaxseeds</p>	<p><b>Snack</b> 1/2 c melon balls 8 oz NF plain yogurt 1 c NF granola</p>	<p><b>Snack</b> <i>Smoothie:</i> 8 oz vanilla soy milk, 1 c blackberries, 2 T honey + 2 T flax seeds</p>	<p><b>Snack</b> 1 c sliced melon 8 oz NF plain yogurt</p>	<p><b>Snack</b> 1 peach 1 bagel 2 T honey 2 T peanut butter</p>	<p><b>Snack</b> 1c low fat cottage cheese 1 c chopped melon 3/4 c NF granola</p>
<p><b>Lunch</b> 3 1/2 oz turkey or lean ground round burger 1 whole grain bun 1/2 avocado mustard, lettuce leaf, tomato 1 c <b>Fiesta Pasta salad</b> with low fat cheese 3 gingersnaps</p>	<p><b>Lunch</b> <i>Japanese Lunch:</i> 1 c miso soup 1/2 c steamed spinach with peanut sauce 1/3 c steamed brown rice 4 pieces California roll 6 oz teriyaki fish or chicken 1 medium orange</p>	<p><b>Lunch</b> <i>Greek Salmon Salad:</i> 2 c spinach, 6 oz salmon, 1/4 sliced purple onion, 1 oz basil-feta cheese, 4 crushed walnuts, 2 T <b>Basil Vinaigrette dressing</b> Whole grain roll 2 small fat free cookies</p>	<p><b>Lunch</b> French onion soup made with 1 oz low-fat cheese turkey sandwich: 5 oz turkey, 2 slices whole grain bread, mustard, lettuce leaf, tomato</p>	<p><b>Lunch</b> 1 1/2 c Cream of Tomato soup made skim milk 2 oz whole grain crackers 2 c mixed greens 2 T low fat dressing 2 <b>California Tuna salad</b> in a wheat pita 10 baby carrots</p>	<p><b>Lunch</b> 1 1/4 c <b>Black Bean Soup</b> with 4 oz NF plain yogurt 2 [4 oz] <b>Fish Taco</b> 1/4 c salsa 1/2 avocado</p>	<p><b>Lunch</b> Grilled Chicken Sandwich: 6 oz chicken, mustard, lettuce leaf, tomato Whole Grain or Sourdough Bun 2 <b>Sweet Potato Fries</b></p>
<p><b>Snack</b> 1 cream of tomato soup made with skim milk 2 oz whole grain bread 8 oz skim or soy milk</p>	<p><b>Snack</b> 1 c low fat cottage cheese 1 c melon 1/4 Grapenuts 3 oz juice bar</p>	<p><b>Snack</b> <b>BHL muffin</b> 8 oz chocolate skim or soy milk</p>	<p><b>Snack</b> Vegetable Medley: 1 c sliced carrots, zucchini, jicama, or bell peppers, 2 oz NF crackers 1/4 c hummus</p>	<p><b>Snack</b> 1 c NF granola 10 oz NF yogurt 1/2 c mixed nuts 1/4 c chopped apricots</p>	<p><b>Snack</b> 8 oz NF plain yogurt 1 banana 1 T NF chocolate sauce</p>	<p><b>Snack</b> <i>Tropical Smoothie:</i> 12 oz skim or soy milk, banana, 3/4 c frozen mangos</p>
<p><b>Dinner</b> 1 c spinach 2 T olive oil &amp; balsamic vinegar 6 oz <b>Steamed Halibut</b> with mango salsa 6 stems steamed asparagus 2 c wild rice</p>	<p><b>Dinner</b> 2 c mixed greens 2 T olive oil &amp; balsamic vinegar 2 T fresh parmesan 2 <b>Mushroom &amp; Spinach Lasagna</b></p>	<p><b>Dinner</b> 2 <b>Braised Kale with Tomatoes and Corn</b> 2 oz whole grain roll 1 T olive oil 6 oz grilled chicken breast with apricot sauce 1 c brown rice</p>	<p><b>Dinner</b> Take out Thai: 2 c lemongrass soup Tofu, seafood, or chicken stir-fry + 2/3 c jasmine rice Or at home: 1 c miso soup 1/2 c steamed spinach 1 tsp olive oil 1 c <b>Thai-peanut Tofu</b> 2 c jasmine rice</p>	<p><b>Dinner</b> 1 c spinach leaves 1/2 chopped mushrooms, bell pepper, artichoke heart 2 T NF dressing 2 c <b>Basic Black Beans</b> 2/3 c basmati rice 1/4 c mango salsa 1/2 c <b>BHL guacamole</b></p>	<p><b>Dinner</b> <b>BHL Salad</b> 1 1/2 c whole wheat pasta noodles 1 c marinara sauce 4 oz ground turkey 1/2 c mushrooms, zucchini 2 T fresh parmesan</p>	<p><b>Dinner</b> 1 c mixed greens 1/2 c chopped carrots, onions, bell pepper, beets, 2 T fennel 1 T NF salad dressing 3 slices <b>California Pizza</b></p>
<p><b>Snack/Dessert</b> 1 c sorbet 1/2 c berries</p>	<p><b>Snack/Dessert</b> 8 oz NF plain yogurt 2 T NF chocolate syrup 3/4 c berries</p>	<p><b>Snack/Dessert</b> 1 c NF ice cream 1 slice peach</p>	<p><b>Snack/ Dessert</b> 8 oz NF plain yogurt 1/2 c berries 1/4 mixed nuts 3 ginger snaps</p>	<p><b>Snack/Dessert</b> 3 ginger snaps 1 c NF vanilla yogurt</p>	<p><b>Snack/Dessert</b> 1 1/2 c NF ice cream 3/4 c berries</p>	<p><b>Snack/Dessert</b> <b>BHL Banana Split</b> 1/4 c Chocolate sauce</p>

3600 Calorie Diet (495 g carbohydrate; 180 g protein; 100 g fat w/ < 20 g from saturated/trans fats)

- 16 points - grain/starch
- 6 points - vegetables
- 6 points - fruit

- 4 points - dairy
- 14 points - protein
- 14 points - fat

- 6 points - sweets/alcohol