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YOU: On a Diet

Week 2 Menu, adapted from *YOU: On a Diet*, by RealAge doctors Michael Roizen, MD, and Mehmet Oz, MD.

Day: 1

Breakfast: Egg white omelet with 3 egg whites and 1 whole egg, with light orange juice

Morning Snack: 6 ounces probiotic low-fat yogurt with 1 fistful of raisins

Lunch: Turkish Shepherd Salad

Afternoon Snack: 6 ounces probiotic low-fat yogurt with 1 fistful of raisins

Dinner: Asian Salmon with Brown Rice Pilaf

Dessert: Cinnamon Baked Apples with Tangerines and Cranberries

Evening Snack: Simon's Popcorn

Day: 2

Breakfast: 3 hard-boiled eggs with 2 slices of turkey

Morning Snack: 1 banana

Lunch: Veggie burger on toasted whole wheat English muffin with 1 tablespoon of marinara sauce, sliced tomato, a slice or two of romaine lettuce, plus a sliced red onion

Afternoon Snack: 6 ounces probiotic low-fat yogurt with ½ cup of canned unsweetened tangerines or mandarin oranges

Dinner: Grilled Shrimp, Peanut Sauce and Sesame Snow-Peas

Dessert: 1 ounce of dark chocolate (made with real cocoa)

Evening Snack: ½ ounce of raw nuts with 1 banana

Day: 3

Breakfast: 1 cup Kashi high fiber (GoLean®) cereal with ½ cup skim milk, with 1 fistful of raspberries

Morning Snack: 1 banana

Lunch: Arugula and Watermelon Salad

Afternoon Snack: 1 cup whole-grain cereal (dry)

Dinner: Mediterranean Chicken and Herbed White Beans

Dessert: Cinnamon Apple Sauté

Evening Snack: ½ ounce of raw nuts with 1 apple

Day: 4

Breakfast: ½ cup cooked oat cereal with 4 ounces of skim milk, with 1 fistful of blueberries

Morning Snack: 1 banana

Lunch: Veggie burger on toasted whole wheat English muffin with 1 tablespoon of marinara sauce, sliced tomato, a slice or two of romaine lettuce, plus a sliced red onion

Afternoon Snack: 6 ounces probiotic low-fat yogurt with ½ cup of canned unsweetened tangerines or mandarin oranges

Dinner: Tofu or Turkey Dogs with Sauerkraut

Dessert: 1 ounce of dark chocolate (made with real cocoa)

Evening Snack: 1 cup whole-grain cereal (dry)

Day: 5**Breakfast:** 1 cup Cheerios with ½ cup skim milk**Morning Snack:** 1 banana**Lunch:** 1 cup of Garden Harvest Soup with a Cucumber Salad**Afternoon Snack:** 6 ounces probiotic low-fat yogurt with ½ cup of canned unsweetened tangerines or mandarin oranges**Dinner:** Royal Provence Pasta**Dessert:** 1 ounce of dark chocolate (made with real cocoa)**Evening Snack:** 6 ounces probiotic low-fat yogurt with 1 fistful of raisins**Day: 6****Breakfast:** Egg white omelet with 3 egg whites and 1 whole egg, with light orange juice**Morning Snack:** 6 ounces probiotic low-fat yogurt with 1 fistful of raisins**Lunch:** Curried Split Pea Soup with a Mediterranean Cauliflower salad**Afternoon Snack:** ½ ounce of raw nuts with 1 banana**Dinner:** Apricot Chicken and Green Beans with Almond Slivers**Dessert:** Roasted Pears with Raspberry Coulis, Chocolate, and Pistachios**Evening Snack:** 6 ounces probiotic low-fat yogurt with ½ cup of canned unsweetened tangerines or mandarin oranges**Day: 7****Breakfast:** 1 slice toasted whole-wheat bread with 1 teaspoon peanut butter**Morning Snack:** 1 pear**Lunch:** Lisa's Gazpacho with a Carrot and Yogurt salad**Afternoon Snack:** ½ ounce of raw nuts with 1 banana**Dinner:** Chicken Kabob with Tabbouleh (or brown rice)**Dessert:** 1 ounce of dark chocolate (made with real cocoa)**Evening Snack:** ½ ounce of raw nuts with 1 banana

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