

[Print Now](#)[Close this window](#)

YOU: On a Diet

Week 1 Menu, adapted from *YOU: On a Diet*, by RealAge doctors Michael Roizen, MD, and Mehmet Oz, MD.

Day: 1

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

Morning Snack: 1 pear

Lunch: Curried Split Pea Soup with a Mediterranean Cauliflower salad

Afternoon Snack: ½ ounce of raw nuts with 1 apple

Dinner: Vegetable Tofu Stir Fry

Dessert: Cinnamon Apple Sauté

Evening Snack: None

Day: 2

Breakfast: 1 slice whole-wheat bread with 1 tablespoon apple spread

Morning Snack: 1 cup of carrots or your favorite vegetable

Lunch: Quick Black Bean Soup with a Greek salad

Afternoon Snack: ½ ounce of raw nuts with 1 banana

Dinner: Tofu or Turkey Dogs with Sauerkraut

Dessert: None

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

Day: 3

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

Morning Snack: 1 plum

Lunch: 1 cup of Garden Harvest Soup with a Cucumber Salad

Afternoon Snack: ½ ounce of raw nuts with 1 apple

Dinner: Royal Provence Pasta

Dessert: Cinnamon Apple Sauté

Evening Snack: None

Day: 4

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

Morning Snack: 1 cup of carrots or your favorite vegetable

Lunch: Spicy Lentil Soup with a Hearts of Palm Salad

Afternoon Snack: ½ ounce of raw nuts with 1 plum

Dinner: Turkey Rollups with Red Baked Potatoes

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: 5

Breakfast: Pineapple Banana Quick Blaster

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

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: ½ ounce of raw nuts with 1 pear

Dinner: Vegetable Tofu Stir Fry

Dessert: Sliced Peaches with Raspberries, Blueberries, and Chocolate Chips

Evening Snack: ½ ounce of raw nuts with 1 banana

Day: 6

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

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

Lunch: Quick Black Bean Soup with a Greek salad

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

Dinner: Chicken Kabob with Tabbouleh (or brown rice)

Dessert: Sliced Peaches with Raspberries, Blueberries, and Chocolate Chips

Evening Snack: Simon's Popcorn

Day: 7

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: Spinach Walnut Salad

Afternoon Snack: ½ ounce of raw nuts with 1 apple

Dinner: Asian Salmon with Brown Rice Pilaf

Dessert: Cinnamon Baked Apples with Tangerines and Cranberries

Evening Snack: None

[Health Site Map](#) | [Site Index](#) | [Copyright, Patents, and Trademarks](#) | [Privacy](#) | [Help](#) | [Terms of Use](#)

www.RealAge.com Copyright © 2009, RealAge, Inc.

HEARST *women's network*
A Part of Hearst Digital Media

Medical Disclaimer: All information on this site is of a general nature and is furnished for your knowledge and understanding only. This information is not to be taken as medical or other health advice pertaining to your specific health and medical condition.