

## STAGE 1:

### THE RAPID START PLAN:

### 14 DAYS OF SAMPLE MENUS

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The Rapid Start menus supply an average of 1,100 to 1,200 calories a day, with approximately 30 percent of those calories from protein, 45 percent from carbohydrates, and 25 percent from fat. On average, the menus furnish 30 grams of fiber a day. These menus are also low in sugar, sodium, saturated fat, and cholesterol.

#### Day 1

##### Breakfast

- 1 serving high-fiber cereal (e.g., All-Bran, Bran Buds, Fruit & Fibre, or Fiber One)
- 1 cup low-fat, skim, or soy milk
- 1 egg, scrambled (or two egg whites, scrambled)
- Strawberries (or other seasonal fruit)
- Coffee or tea

##### Snack

- Pear

##### Lunch

- Water-packed tuna with one sliced tomato served on a generous bed of lettuce, chopped green peppers, radishes, and other salad vegetables
- 2 tablespoons low-calorie Italian salad dressing

**Snack**

1 cup low-fat, sugar free plain yogurt mixed with  
1 tablespoon sugar-free apricot preserves

**Dinner**

Roasted chicken breast  
Asparagus spears, steamed or boiled  
Summer squash (crookneck), steamed or boiled

**Day 2**

**Breakfast**

Turkey breakfast sausage, 2 links  
Oat bran cereal, cooked  
½ grapefruit  
Coffee or tea

**Snack**

Banana smoothie: 1 frozen banana blended with 1 cup low-fat milk or soy milk and artificial sweetener (optional)

**Lunch**

Mediterranean salad: ½ cup garbanzo beans on generous bed of mixed greens and chopped salad vegetables  
1 tablespoon olive oil mixed with balsamic vinegar to taste

**Snack**

1 cup low-fat, sugar-free yogurt (any flavor)

**Dinner**

Grilled salmon  
Broccoli, steamed or boiled  
Carrots, cooked

## Day 3

### Breakfast

Fat-free ham, 2 slices

Low-fat granola mixed with 1 cup low-fat, sugar-free yogurt  
(any flavor)

Orange

Coffee or tea

### Snack

Apple

### Lunch

Chicken Caesar salad: cubed grilled chicken breast,  
shredded Romaine lettuce, with an assortment of other  
chopped salad vegetables, 2 tablespoons reduced-fat  
Caesar salad dressing

### Snack

½ cup low-fat cottage cheese, with baby carrots and other  
cut-up raw vegetables

### Dinner

Beef tenderloin

Green peas, boiled

Cauliflower, steamed or boiled

## Day 4

### Breakfast

1 egg, scrambled

Oatmeal, cooked

1 cup low-fat, skim, or soy milk

Cantaloupe (or other seasonal fruit)

Coffee or tea

**Snack**

Fresh berries

**Lunch**

Black bean chili: ½ cup cooked black beans, 2 tablespoons salsa, 2 tablespoons chopped onions, ½ cup stewed tomatoes

**Snack**

1 cup low-fat, sugar-free yogurt (any flavor)

**Dinner**

Roasted turkey breast

Brussels sprouts, steamed or boiled

Tossed salad

2 tablespoons low-fat French salad dressing

**Day 5**

**Breakfast**

2 egg whites, scrambled

1 serving high-fiber cereal

1 cup low-fat, skim, or soy milk

Raspberries (or other seasonal fruit)

Coffee or tea

**Snack**

Cut up assorted raw vegetables

1 ounce reduced-fat Swiss cheese

**Lunch**

Grilled chicken breast

Shredded cabbage tossed with 2 tablespoons low-fat cole slaw dressing

**Snack**

Pear

**Dinner**

Baked Cornish game hen

Carrots, cooked

Kale, cooked

**Day 6**

**Breakfast**

Turkey bacon, 2 slices

Oat bran cereal, cooked

Nectarine or peach

Coffee or tea

**Snack**

1 cup low-fat, sugar-free yogurt

**Lunch**

Broiled hamburger patty, extra lean

Tossed salad

2 tablespoons low-fat salad dressing

1 cup raw grapes

**Snack**

½ cup low-fat cottage cheese with cut-up raw vegetables

**Dinner**

Baked cod or other whitefish

French-style green beans, boiled

Yellow squash, steamed or boiled

## **Day 7**

### **Breakfast**

1 egg, scrambled  
Corn grits, cooked  
Honeydew melon  
Coffee or tea

### **Snack**

Apple

### **Lunch**

Cooked eggplant topped with  $\frac{1}{2}$  cup tomato sauce,  $\frac{1}{2}$  cup cubed tofu, and 1 ounce of grated fat-free Mozzarella cheese  
Tossed salad with 1 tablespoon olive oil and balsamic vinegar

### **Snack**

1 cup plain low-fat, sugar-free yogurt with 1 tablespoon sugar-free strawberry preserves

### **Dinner**

Roasted pork tenderloin  
Cabbage, boiled  
Okra slices, boiled

## **Day 8**

### **Breakfast**

Turkey sausage, 2 links  
1 serving high-fiber cereal

1 cup low-fat, skim, or soy milk

½ grapefruit

Coffee or tea

### **Snack**

Sliced cucumbers dipped in ½ cup low-fat cottage  
cheese

### **Lunch**

Vegetarian lunch: ½ cup kidney beans topped with  
2 tablespoons salsa

Artichoke, steamed, leaves dipped in 2 tablespoons low-fat  
Italian dressing

Raw baby carrots

### **Snack**

Pear

### **Dinner**

Eye of the round

Tomatoes, stewed

Cauliflower, steamed or boiled

## **Day 9**

### **Breakfast**

Turkey bacon, 2 slices

Smoothie: Blend 1 cup low-fat, skim, or soy milk with  
berries

Coffee or tea

### **Snack**

Apple

## **Lunch**

Broiled hamburger patty, extra lean

Spinach salad: chopped fresh spinach,  $\frac{1}{2}$  cup white beans, 2 tablespoons chopped onion, 2 tablespoons chopped red pepper, and 1 tablespoon olive oil with balsamic vinegar to taste

## **Snack**

1 cup low-fat, sugar-free yogurt (any flavor)

## **Dinner**

Baked chicken breast

Yellow snap beans, boiled

Fresh tomato, sliced

## **Day 10**

### **Breakfast**

2 egg whites, scrambled

Shredded Wheat

1 cup low-fat, skim, or soy milk

Banana, sliced

Coffee or tea

### **Snack**

Plum

### **Lunch**

Three bean salad:  $\frac{1}{4}$  cup garbanzo beans,  $\frac{1}{4}$  cup kidney beans,  $\frac{1}{2}$  cup cooked green beans, 2 tablespoons chopped onion, 2 tablespoons chopped roasted red peppers, and 2 tablespoons low-fat Italian dressing—served on a bed of Romaine lettuce

**Snack**

1 cup low-fat, sugar-free yogurt (any flavor)

**Dinner**

Steamed Alaskan king crab

Mixed vegetables, steamed (broccoli, zucchini, yellow squash)

**Day 11**

**Breakfast**

1 egg, poached

Oatmeal, cooked

Orange

Coffee or tea

**Snack**

Fruit smoothie: 1 cup low-fat, skim, or soy milk blended with berries, with artificial sweetener (optional)

**Lunch**

Ground turkey, lean, broiled or grilled

Grilled portabella mushroom

Fresh tomato, sliced, topped with 1 ounce reduced-fat feta cheese

**Snack**

Cut-up raw vegetables

**Dinner**

Grilled salmon

Broccoli and cauliflower medley, steamed

Tossed salad with 1 tablespoon olive oil

## **Day 12**

### **Breakfast**

Turkey sausage, 2 links  
1 serving high-fiber cereal  
1 cup low-fat, skim, or soy milk  
Raspberries (or other seasonal fruit)  
Coffee or tea

### **Snack**

Pear

### **Lunch**

Spinach and shrimp salad: cooked shrimp, 2 tablespoons chopped onion, 1 sliced tomato, raw spinach, and 2 tablespoons low-fat mayonnaise

### **Snack**

Cut-up raw vegetables dipped in  $\frac{1}{2}$  cup low-fat cottage cheese

### **Dinner**

Grilled sirloin steak  
Broccoli, steamed  
Yellow squash, steamed or boiled

## **Day 13**

### **Breakfast**

2 egg whites, scrambled  
Cream of Wheat cereal  
1 cup melon balls (or other seasonal fruit)  
Coffee or tea

**Snack**

Orange

**Lunch**

Low-fat chef salad: 2 slices reduced-fat ham, 1 ounce low-fat/low-sodium cheddar cheese, chopped lettuce and assorted cut-up salad vegetables, 2 tablespoons low-fat French dressing

**Snack**

1 cup low-fat, sugar-free yogurt (any flavor)

**Dinner**

Grilled tuna steak  
Yellow snap beans, steamed or boiled  
Asparagus, steamed or boiled

**Day 14**

**Breakfast**

Turkey sausage, 2 links  
1 serving high-fiber cereal  
1 cup low-fat, skim, or soy milk  
Sliced peaches  
Coffee or tea

**Snack**

1 cup low-fat, sugar-free yogurt (any flavor)

**Lunch**

Grilled chicken breast  
French-style green beans, boiled  
Baked potato, medium

*The Ultimate Weight Solution Menus / 65*

**Snack**

Banana

**Dinner**

Roast beef

Stewed tomatoes

Tossed salad with 2 tablespoons low-fat blue cheese  
dressing