

# **Dr. Di's Healthy Diet Plan**

## ***Breakfast:***

**Oatmeal with Fruit or Nuts**

**Oatmeal Egg White Pancakes – (½ cup oats, 4 egg whites, cinnamon and vanilla, walnuts, Stevia or Honey to sweeten) plain or with almond butter**

**Egg White Omelet or Scrambled**

**Protein Shake with fruit or yogurt, soy or organic milk, flax or omegas etc.**

**Kashi Go Lean High Fiber Cereal with Organic Milk or Soy Milk (Silk Plain)**

## ***Snacks: Between main meals***

**Cheese with Apple**

**Celery with cream cheese or almond butter**

**Apple with almond butter**

**Protein Shake with fruit and yogurt**

**Balance Bar – Yogurt - Peanut**

**Raw Veggies with Litehouse ranch dressing**

**Raw almonds, pumpkin seeds, walnuts etc. (can toast low with wheat free tamari)**

**Avocado with low calorie crackers (melba, wasa rye crisp)**

**Cottage Cheese with nuts or fruit or avocado**

**Edamame beans – add a little fresh lime and wheat free tamari with ginger for dipping**

**Wild or Brown Rice cooked in organic chicken (Safeway brand) or beef broth (Pacific) with onion celery, walnuts, peppers etc. with lean meat and wheat/gluten free tamari.**

**Waldorf Salad – celery, apple, grapes, walnuts and plain yogurt or mayo**

## ***Lunch:***

**Caesar Salad with Chicken**

**Chefs Salad**

**Tuna Salad – use olive oil mayonnaise**

**Chicken Salad**

**Garden Veggie Burger with Cottage Cheese and Salad**

**Turkey sandwich on whole grain bread (not wheat) open faced**

**Chicken Breast and Salad**

**Fish and Veggies or Salad**

## ***Dinner:***

**Meat – Vegetables – Salad – Glass of Wine if desired. Take a heaping tablespoon of soluble fiber in 8 oz. Water each day to keep the bowels moving.**

## ***Foods to avoid: or eat sparingly***

**Bread, Pasta, Crackers, Chips, Fries, Potatoes, Cheese, Sweets, Pop, Caffeine**

**Drink plenty of clean water between meals!!!**

**Note: You can buy brown rice pasta (Tinkyada) that is gluten /wheat free at the vitamin cottage along with gluten and yeast free sour dough rye bread in the freezer (French Meadows).**