

**Week 1**

**Monday**

Breakfast: 2 cups Kellogg's Frosted Mini Wheats + 1 cup 1% milk (110) = 310

Lunch: Chicken, Feta, Cranberry Salad

[vegetable base is composed of 3 cups mixed baby greens (3 big handfuls) + 1/2 cup sliced red bell pepper + 1/2 cup sliced cucumber + 1/4 cup shredded carrots + 1/2 cup cherry tomatoes = 50 calories] + 3 ounces simply grilled chicken (90) + 1 ounce feta cheese (70) + 2 tablespoons [Craisins](#) (65; dried cranberries that Mom loves more than she loves me) + 3 tablespoons [Ken's Light Honey Dijon Dressing](#) (70 for 2 tablespoons; 3 tablespoons = 105) = 380

Snack: 1/2 ounce mixed nuts (about 12 nuts=90 calories) + 1 100-calorie box raisins (100) = 190

Dinner: 4 ounces grilled pork tenderloin (used [simple lemon-orange-garlic marinade](#). 185 calories) + 1 small sweet potato (6 ounces cooked=150) + 2 cups steamed green beans with 2 tablespoons finely chopped almonds (100) = 435

Dessert: 1 cup red grapes

Total for the day: 1415

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**Tuesday**

Breakfast: 2 cups Cascadian Farms Honey Nut O's (200) + 1 cup 1% milk (110)= 310

Lunch: Tuna salad (275) + 1 cup baby spinach (<10) + 1 cup red grapes (100) + lemon wedge (0)  
= 385

Make the tuna salad: 1 can solid white albacore tuna fish (140) + 2 tablespoons light mayonnaise (70) + 1/2 teaspoon soy sauce + 2 tablespoons finely chopped celery + 2 tablespoons finely chopped scallions + 2 tablespoons dried cranberries (65) + pinch salt and freshly cracked black pepper = 275 calories

Snack: 1/2 ounce mixed nuts (about 12 nuts=90 calories) + 1 ounce raisins (90) = 180

Dinner: Sesame Ginger Pork Stir Fry using [this recipe](#) with 3 ounces leftover pork tenderloin rather than chicken (300 calories) + 1 cup brown rice (200) = 500

Total for the day: 1375

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### **Wednesday**

Breakfast: 2 cups Cascadian Farms Honey Nut O's (200) + 1 cup 1% milk (110)= 310

Lunch: Salad base (50 calories) + 3 ounces Boar's Head sliced turkey deli meat (100) + 1 hard-boiled egg (70) + 1 ounce feta cheese (70) + 3 tablespoons [Ken's Light Honey Dijon Dressing](#) (105) = 395

Snack: 1 cup grapes (100) + 2 Cabot [Seriously Sharp Cheddar cheese sticks](#) (80 calories each = 160 total) = 260

Dinner: Chicken, bacon, avocado, and caramelized onion wrap. [Recipe here!](#) (450) + 1 cup lightly sauteed Italian green beans (50) = 500

Total for the day: 1465

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### **Thursday**

Breakfast: 2 cups Cascadian Farms Honey Nut O's (200) + 1 cup 1% milk (110)= 310

Lunch: 3 ounces chili-dusted chicken (plain grilled chicken breast that was spruced up with a sprinkling of chili powder and cumin for added flavor; 90 calories) + 1 ounce feta cheese (70) + 1/4th of a medium-sized avocado (80) + 2 tablespoons Ken's [Light Chunky Blue Cheese Dressing](#) (80) + salad veggies (50) = 370

Snack: 1/2 ounce mixed nuts (about 12 nuts=90 calories) + 1 ounce raisins (90) = 180

Dinner: 4 ounces grilled balsamic chicken (marinade made to coat 2 pounds chicken, from 1/4 cup olive oil, 1/2 cup balsamic vinegar, 3 cloves garlic; chicken = 150 calories) + 3/4 cup [Near East Roasted Pecan and Garlic Brown Rice](#) (200) + 1/2 cup steamed peas (60) + 6 spears grilled asparagus (70) = 470

Total for the day: 1330

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## Friday

Breakfast: 2 cups Cascadian Farms Honey Nut O's (200) + 1 cup 1% milk (110)= 310

Lunch: Out with her friend, Mom made the best choice she could within reason. She ordered grilled steak tips and estimates she ate about 6 ounces of them (6 ounces of top sirloin=300 [50 calories per ounce of beef], but I'll add ~100 for cooking oil/finishing oil/seasoning/steak butter, bringing the total to 400) + 2 cups steamed and buttered baby carrots (150) = 550

Snack: 1 cup red grapes (100)

Dinner: 2 all-natural, all-beef grilled hot dogs (150 each=300) + 1/2 cup [Busch's Boston Recipe Baked Beans](#) (150) + 2 skewers grilled peppers, onions, mushrooms (75) = 525

\*Hot dogs are, very likely, in the top three of Mom's favorite meals. They'll never fully leave her roster of eats, though I'm pushing to make them a bit less frequent. This week, I included them

to show her that her favorite things can still exist in her diet.

Total for the day: 1485

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## **Saturday**

Brunch: 1 [Ezekiel Sprouted Grain Cinnamon-Raisin English Muffin](#) (160) + 1 teaspoon butter (35) + 1 egg (70) + 1 cup sliced strawberries (did not eat the blueberries; 50) = 315

\*Breakfast note: A real stride was made in getting Mom to enjoy an egg at brunch. I think it was a bit of a trade: Me: "I'll give you butter if you'll eat an egg." Mom: "Done."

Also, she didn't eat it hard-boiled, she ate it fried over-hard; the photo above is of my plate but they were so similar I thought I should include it.

Lunch: None. Mom was out all day and did not stop for lunch. Instead, she stopped at a convenience store and bought \*mixed nuts and snacked on 1 ounce of them (170)

\*This is amazing to me and I'm so proud that she chose this healthy option over all others.

Dinner: At a family wedding, Mom ate her best given the options and circumstance. She told me, in great detail, all that she consumed. Appetizers: 4 or so cheese cubes (no crackers), a plate of grapes, a few nuts. Dinner: house salad, 6 ounces filet mignon, sauteed baby carrots. Dessert: Rather than a traditional cake, the bride and groom had a cupcake tower, and Mom had 1/4th of a coconut one. The only drinks she had were water and a Diet Coke, which she tells me she hated (she drinks regular Coke almost exclusively, so Diet apparently tastes like poison to her). Now, I can't be 100% certain, obviously, but I'd estimate her calories for the night at around 1200 (including oils, dressings, and such), which, knowing the type of event, seems fair to me.

I just need to pause here. Even though the calories seem high, when Mom recounted what she ate, I was astounded. With all of the other options available that she talked about, I know that if

this were any time other than week 1 of our new diet, Mom would have eaten thousands more calories. And even in the past, if she *had* been on a diet, it easily would have been over by the time the wedding reception started. But no. She stuck it out. The simple fact that she skipped the bread basket (Parker House rolls—her favorite) was enough to leave me speechless. Then, a *quarter* of a cupcake? Uhh...whose mother are you again?

Total for the day: 1685

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## Sunday

Brunch: 1 [Ezekiel Sprouted Grain Cinnamon Raisin English Muffin](#) + 1 teaspoon butter + 1 fried egg + 1 cup strawberries = 315

Mom liked this breakfast so much on Saturday, she had to have it again. She even requested more of the [Ezekiel English Muffins](#) on the meal plan. That's love, especially considering Mom that isn't really a fan of whole-grain-anything.

Lunch: Out again all day with only a packed snack bag full of raisins and mixed nuts (180).

We're realizing that brunch needs to be much more substantial if she's not going to break for lunch (and really, she should).

Dinner: 8 ounces grilled chicken stuffed with feta and fresh basil leaves (300) + 2 cups [roasted broccoli](#) (75) + 1 small ear of corn on the cob (100) = 475

Make the chicken: butterfly a 6-ounce chicken breast (here's a [great how-to video](#) on butterfly-ing) and open the chicken like a book. On one half of the breast, place 1 to 2 fresh basil leaves and then spread that half of the breast with 2 tablespoons of feta cheese. Fold the empty chicken half over to close, sealing in the feta and basil. Drizzle the breast with about a teaspoon of olive oil, season generously with salt and pepper, and grill on medium-high heat (around 400 degrees F) for about 15 minutes, flipping half way. (220 calories for this chicken using a 6-ounce

breast)

Dessert: 2 cups fruit salad (100)

Total for the day: 1070

\*Andie note: MUCH too low, and Mom now recognizes that she's got to make time for lunch on the weekends.