

THE CORE DIET

BREAKFAST

- 1 Protein Unit
- 1 Grain Unit

LUNCH

- 3 Protein Units
- 1 Grain Unit
- Lo Vegetables

DINNER

- 4 Protein Units
- 1 Hi Vegetable Unit
- Lo Vegetables

Daily: 1 Dairy Unit, 2 Fruit Units (1 citrus), and Flexi-Units.

Any time: Artificial sweetener, bouillon, coffee, diet beverages, 1 tablespoon diet dressing, diet gelatin, 2 teaspoons diet jelly, extracts, herbs, lemon, lime, Lo Vegetables, mustard, pepper, salt, soy sauce, spices, tea, vinegar, water, Worcestershire sauce.

The following are lists of the six food categories. An asterisk indicates the lowest-calorie foods in each category; a dagger indicates high fiber.

Diet Workshop

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Living Lois Lyons Lindauer,Sally Sampson,Diet Workshop, Inc,1995 A collection of two hundred low fat recipes combines healthy eating with creativity and features such easy to prepare dishes as Citrus Salmon with Ginger Whole Roasted Five Spice Chicken and Linguini with Spinach and Garlic **Eat, Drink, and be Healthy** Janet M. Chiavetta,1995 Includes 240 low fat low cholesterol recipes with nutrition analysis sample menus for entertaining and a fast food appendix Published by Piedmont Publishers 2512 Ridge Road Raleigh NC 27612 Annotation copyright by Book News Inc Portland OR

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