

The Pilates Menu

Page 1

Day 1

Breakfast

1 1/2 cups hot 7-grain cereal or old-fashioned oatmeal
1 1/4 cups fresh strawberries
1 cup skim milk

Lunch

12 oz. Bouillabaisse
French roll with 1 pat margarine
Spinach salad
1 tbs. Vinaigrette Dressing
1/2 cup fresh pineapple

Afternoon snack

2 cups plain popcorn

Dinner

Poached Breast of Chicken Salad
Medium-size baked potato
2 tbs. whipped cottage cheese for potato
1/2 cup steamed zucchini
Fresh orange

Day 2

Breakfast

Fresh Fruit Goblet
1 cup plain nonfat yogurt
Oat-Bran Muffin
1 pat margarine

Lunch

Low-cal Chicken Sandwich
1 cup marinated vegetable salad (broccoli, cauliflower,
zucchini and mushrooms in
Vinaigrette Dressing)
1 wedge honeydew melon

Snack

2 oz. raisins

Dinner

3 oz broiled fresh red snapper or whitefish fillet
1 cup brown rice
Tossed green salad with shredded cabbage
1 tbs. oil-and-vinegar dressing
Fresh peach

Day 3

Breakfast

Vegetarian Eggbeaters Omelet
1 slice whole-wheat toast
1 tsp. berry jam
1/3 fresh mango

Lunch

Melrose Salad
1 tbs. Vinaigrette Dressing
Honey-wheat bun
1 pat margarine

Afternoon snack

Fresh apple

Dinner

3 oz fresh ahi (yellowfin tuna) shahimi or
broiled whitefish
1 cup rice
Green salad with assorted vegetables
1 tbs. Blue Cheese Dressing
1/2 fresh papaya with lime

Day 4

Breakfast

1 cup oatmeal
1 cup skim milk
1 1/4 cup fresh berries in season

Lunch

Chicken Stir Fry
1 cup steamed brown rice
Bibb lettuce with white sweet onion rings
1 tbs. Vinaigrette Dressing
Fresh pear

Afternoon Snack

2 rice cakes

Dinner

Mahi Mahi Sandwich with Crudités
Lettuce and tomato slices
1/2 cup tropical fruit cup (pineapple, mango
papaya and banana) with 1/2 cup
nonfat yogurt

The Pilates Menu

Page 2

Day 5

Breakfast

Cholesterol-free scrambled eggs (8 oz. Eggbeaters
or 3 egg whites)
2 slices 10-grain toast
2 tsp. guava jelly
4 oz. fresh-squeezed orange-pineapple juice

Lunch

8 oz. Chilled Papaya Soup
Julie's Seafood Salad
1 tbs. cocktail sauce
2 small French rolls
1 pat margarine

Afternoon Snack

Health Smoothie

Dinner

3 oz poached swordfish or whitefish fillet
1 cup rice pilaf
Fresh steamed asparagus
Dinner salad with mixed vegetables
1 tbs. Blue Cheese Dressing
Fresh pineapple spears

Day 6

Breakfast

1 cup hot oatmeal with 2 tbs. raisins
1 cup skim milk
1/2 cantaloupe

Lunch

6 oz. Manila Prawns Fettucini
Bread stick
Fresh vegetable crudités with Yogurt-Dill
Sauce
1/2 cup mixed fruit

Afternoon Snack

1 cup plain nonfat yogurt with 1 tbs. berry
jam

Dinner

3 oz. skinless broiled chicken
1/2 cup assorted vegetables
1/2 cup nonfat frozen yogurt

Day 7

Breakfast

1 medium buttermilk pancake
1 tbs. pure maple syrup
Fresh mango slices
1 cup skim milk

Lunch

Chicken Fajitas
Lettuce, tomato, onion and salsa
1 cup assorted melon

Afternoon Snack

Ivon's Oat-Bran Muffin

Dinner

3 oz baked Mahi Mahi with fresh lemon
1 cup brown rice
1 cup steamed Chinese snow peas
1/2 cup orange and grapefruit slices