

# 800 calorie diet

(60-80gms protein)

	Breakfast	Lunch	Dinner
<b>Monday</b>	<b>Breakfast Bagel</b> Mini whole wheat bagel 1 egg 1 slice low fat cheese	<b>Turkey Sandwich</b> 1 whole wheat sandwich thin 3 slices turkey bacon 1 slice lowfat cheese 1 tbsp light mayo	<b>BBQ Chicken</b> 3 oz baked chicken breast 2 tsp BBQ sauce 1 cup spinach sautéed <i>with</i> 1 tsp olive oil
<b>Tuesday</b>	<b>Breakfast Sandwich</b> 2 turkey sausage patties 1 egg ½ light English muffin	<b>Veggie Burger</b> ½ hamburger bun 1 veggie patty 1 slice lowfat cheese 2 tbsp ketchup	<b>Asian Salmon</b> 4 oz baked salmon 2 tbsp low sodium soy sauce 1 cup snap peas 1 cup broccoli 1 tsp olive oil
<b>Wednesday</b>	<b>Omelet</b> 2 eggs 1 slice wheat bread 1 cup green peppers 2 tsp parmesan cheese	<b>Ham Sandwich</b> 2 oz sliced ham 1 slice wheat bread 1 slice Swiss cheese	<b>Taco Dinner</b> 1 6 inch corn tortilla 3 oz lean ground turkey 4 tbsp salsa ¼ cup low fat cheese
<b>Thursday</b>	<b>Breakfast Sandwich</b> ½ light English muffin 1 slice Canadian bacon 1 slice American cheese	<b>Chicken Wrap</b> 1 Flatout flatbread wrap 3 oz baked chicken breast 2 tbsp light mayo	<b>Baked Pork</b> 3 oz baked pork tenderloin 1 cup unsweetened apple sauce 1 cup steamed green beans
<b>Friday</b>	<b>Breakfast Burrito</b> 2 eggs 1 6 inch corn tortilla 4 tbsp salsa	<b>Pita Sandwich</b> 3 oz grilled chicken ½ pita bread 2 tbsp light Italian dressing ½ cup cucumber	<b>Shrimp Dinner</b> 3 oz grilled shrimp 1 cup spiralized zucchini 2 tbsp olive oil 6 cherry tomatoes Garlic to taste
<b>Saturday</b>	<b>Breakfast Toast</b> ½ light English muffin ½ cup banana 2 tbsp peanut butter	<b>Baked Fish</b> 3 oz baked cod with lemon 2 tbsp olive oil 5 Asparagus spears 2 tbsp parmesan cheese	<b>Stuffed Pepper</b> 3 oz lean ground turkey ½ bell pepper ½ cup lowfat shredded cheese 2 tbsp salsa
<b>Sunday</b>	<b>Breakfast Sandwich</b> ½ bagel thin 2 oz sliced deli turkey 1 slice Canadian bacon (lean) ¼ avocado	<b>Tuna Sandwich</b> 1 slice wheat bread ½ cup tuna 1 tbsp light mayo	<b>Sausage Dinner</b> 1 turkey sausage 1 cup green peppers ½ cup onions 2 tbsp olive oil