

CARBOHYDRATE TYPE SAMPLE MENU

The following are suggestions only for possible meal plans. These are not intended recipes, but are provided as ideas for good ways to use your allowable foods. Feel free to create your own menus, combining allowable foods in any manner that suits your taste at any given meal. Your metabolic type needs to make sure you get protein at every meal.

MEAL	DAY 1	DAY 2	DAY 3	DAY 4
BREAKFAST	Soft boiled eggs, whole wheat toast, teaspoon butter apple	Whole grain cereal, low fat milk & grapes	Whey protein shake in low fat milk with fresh frozen fruit, whole grain toast with a teaspoon of butter	Poached eggs, wholegrain toast, cereal with low fat milk & fruit
LUNCH	Sandwich made with white tuna on whole grain bread, tomato, sprouts, celery, onions and mayonnaise, small bowl of vegetable soup	Soup made with chicken broccoli, cabbage, potato, onion & rice	Grilled chicken breast with tossed green salad	Ham sandwich on whole grain bread with tomato, sprouts, onions, and mayonnaise with mustard small bowl of vegetable soup
SNACK	Pineapple & low fat cottage cheese on wholemeal bread	Apple & almonds	Plain low fat yoghurt with fresh fruit	Low fat swiss cheese on crisp crackers
DINNER	Chicken breast, baked potato, with low fat yoghurt, steamed broccoli, green salad, olive oil and vinegar	Baked cod, lettuce, tomato, parsley, onion with fresh lemon juice, steamed zucchini and butter	Broiled pork chops with rice, corn, green leafy salad, green peppers, cucumber and vinaigrette dressing	Broiled trout with lemon, steamed broccoli, baked yam, with butter, sliced cucumber, and chopped onion