

The Nutrition & Diabetes Management Center
Moses Cone Health System
271-4936

MEAL PLAN for Modified Fasters

GENERAL GUIDELINES:

- *5 Small ‘meals’ a day
- *Meals/snacks spaced 3-3 ½ hours apart
- *64-100 ounces of WATER every day
- *Limit caffeine beverages to 2 servings a day
- **“Freebies”- 2 cups diet jello; 1 cup lemon/lime juice
 5 sticks sugarless gum; 5 packets sweetener
 Sugarfree Popsicles- limit 2
 Cucumbers, celery, mushrooms, radishes

BREAKFAST: @_____	1 Shake	BREAKFAST: @_____	1 Shake
LUNCH: @_____	3 oz Lean Protein 2 c. Salad Greens ½ c. Vegetable 2 T. Fat free/Lie dressing or Balsamic Vinegar	LUNCH: @_____	1 Lean Frozen Meal with: ≥14 grams of Protein AND ≤ 300 calories
SNACK: @_____	1 Shake	SNACK: @_____	1 Shake
DINNER: @_____	3 oz Lean Protein 2 c. Salad Greens ½ c. Vegetables 2 T. Fat free/Lie Dressing or Balsamic Vinegar	DINNER: @_____	3 oz Lean Protein 2 c. Salad Greens ½ c. Vegetables 2 T. Fat free/Lie Dressing or Balsamic Vinegar
SNACK: @_____	1 Shake	SNACK: @_____	1 Shake

Protein Shakes: EAS Advant Edge – Wal-Mart Syntrax Nectar- The Vitamin Shop
 bulknutrition.com
 or, any shake with over 15 grams protein, and less than 5 grams of carb

Modified Fast Protein Sources

SOURCES	CHOICES
Beef	USDA Select or Choice cuts Rump Flank Sirloin Round Tenderloin Steak: T-bone Veal Porterhouse
Poultry	Chicken Turkey Cornish Hens
Pork	Ham Center-cut Tenderloin Canadian Bacon
Fish	If it swims, you may have it!
Shellfish	Shrimp Scallops Imitation Crab Legs Clams Crab Lobster Oysters Mussels
Cheese	Any non-fat or low-fat cheese, 2% or less Non fat or low-fat cottage cheese
Other	Any luncheon meat with < 5 gram of fat per oz Eggs, 1 whole plus 1 egg white Egg substitute ¼ cup 1 ounce of protein Hot Dogs, low-fat wit < 3 grams of fat/ounce Veggie Burgers- Gardenburgers, Morningstar; Bocaburgers

Bake, broil, grill, roast, steam, or sauté' in a non-stick pan.

Salad Greens

All lettuces Spinach Cabbage Chinese Cabbage
 All greens-collard, mustard, turnip, beets, etc

Vegetables

Anything EXCEPT – corn, peas, limas, etc.

**** NO FRUITS, NUTS, OR PEANUT BUTTER!

Lunch and Dinner Menu Suggestions

3 oz. Grilled Chicken on Salad Greens (2 cups)

½ c. tomatoes chopped

½ c. cucumbers

Balsamic vinegar

3 oz. Turkey

2 c. salad greens with fat-free dressing

½ c. steamed or roasted yellow squash

3 oz. broiled shrimp

2c. of salad greens with fat-free dressing

½ c. steamed spinach

3 oz. Grilled Salmon

½ asparagus

2 c. salad greens with fat- free dressing

3 oz. shrimp stirred fry that includes 1 ½ c of broccoli, pea pods, mushrooms, onions, red bell pepper, and squash

1 veggie burger

½ c sautéed onions and green peppers

2 cups. Salad greens with fat-free dressing

3 oz. tuna Steak

2 c. spinach salad greens

½ c. steamed pea pods

3 oz. pork tenderloin

½ c cabbage steamed

2c. Salad greens with fat-free dressing

3 oz. grilled halibut

½ c. squash melody

2c. Salad greens with fat-free dressing

3 oz. ham and fat free cheese roll ups

1 c. sliced tomatoes

2x. Salad greens with fat free dressing

1 Veggie Burger (sautéed with onions and green peppers)
Green Salad with fat-free dressing or balsamic vinegar

Tuna Steak 3 oz.
Spinach Salad 2 cups
Steamed Pea Pods ½ cup
2 Tbsp. Fat-free raspberry vinegar dressing

Pork Tenderloin 3 oz.
½ c. cooked cabbage
Tossed green salad 2 cups
2 Tbsp. Fat-free dressing or balsamic vinegar

Grilled Halibut 3 oz.
½ c. squash medley
Green Salad 2 cups
2 Tbsp. Fat-free dressing or balsamic vinegar

Grilled Mahi Mahi 3 oz.
Oven-roasted vegetables ½ cup (includes zucchini, summer squash, asparagus, and bell pepper)
Spinach Salad with purple onion, mushrooms, and tomatoes 2 cups
2 Tbsp. Fat-free salad dressing or balsamic vinegar

Steamed Oysters 6 medium
Tossed Green Salad with tomato peppers mushrooms. Red onion
Squash and zucchini medley with onions and red peppers ½ cup
2 Tbsp. Fat-free dressing or balsamic vinegar

Grilled Hamburger (made from ground round) 3 oz.
Steamed Asparagus 8 spears
Tossed Salad 2 c.
2 Tbsp. Fat-free dressing or balsamic vinegar

Marinated London Broil 3 oz.
Spinach Stuffed Mushrooms (3 medium)
Tossed Green Salad 2 c.
2 Tbsp. Fat-free dressing or balsamic vinegar

Broiled Sirloin 3 oz.
Steamed Broccoli ½ c
Mixed Green Salad 2 c.
2 Tbsp. Fat-free dressing or balsamic vinegar