

ROUND DIET DINER

APPETIZERS

Baked spicy mushrooms
Fruit, more fruit and a bite of cheese on a stick
Stuffed cucumber circles

BREAKFAST

Oatmeal with walnuts, raisins and cinnamon
Poached or boiled eggs with tomatoes and herbs
Omelet with ham, onion, spinach and feta
Tofu with snow peas, shitake mushrooms and spices
Whole grain toast with avocado, red onion lemon

LUNCH

Add: Shot glass of brown rice or 1 slice whole grain bread
Spinach salad with avocado, red pepper, tomatoes and All aRound dressing
Chicken salad with celery, cucumber, toasted almonds and sesame dressing
Dark lettuce salad with crumbled egg, red peppers, tomatoes and herb dressing
Light lettuce salad with tuna, celery, red onions, tomatoes and basil dressing

DINNER

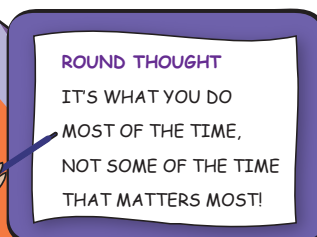
Grilled salmon with asparagus spears, leafy greens and tiny garlic red potatoes
Blackened beef with green beans, steamed garlic greens and potato circles
Baked citrus halibut with broccoli and brown rice
Chicken with cauliflower and curried sweet potatoes
Braised apple pork with artichokes, and sweet leafy greens
Tofu with bok choy, snow peas, broccoli, mushrooms, almonds and cilantro

SNACKS

Whole apple, banana, peach or orange
Fresh blueberries, mango, cantaloup, mixed berries or grapes
1/2 slice whole grain bread with peanut butter
Almonds and walnuts
Olives on a stick
Deviled egg
Veggies and dip

BEVERAGES

Ice water with fresh lemon
Hot or cold tea
White wine spritzer



ROUND THOUGHT

IT'S WHAT YOU DO
MOST OF THE TIME,
NOT SOME OF THE TIME
THAT MATTERS MOST!