

Nora's 10 Day Diet Plan

Vegetables: no corn, peas, carrots or potatoes

Meats: Chicken, pork, fish, and turkey tuna

Nuts: peanuts, sunflower seeds, almonds

snacks: pickles, edamame, nuts, olives, jerky, peanut or almond butter

Dairy: Eggs, skim milk, cottage cheese, string cheese, laughing cow, parmesan

Beans: pinto, lentils, kidney, garbanzos Black , soy beans

Condiments: olive oil, mayo, mustard, Vinegar, lemon and lime juice

Misc: Pesto, Veggie Broth, Diced Tomatoes wasabi peas

Day 1:

Breakfast	2 eggs with chicken sausage and diced chili
Snack	2 string cheeses
Lunch	1 turkey patty, 1/2 cup salad, 1/2 cottage cheese
Snack	10 wasabi peas, 1 piece beef jerky
Dinner	Stir-fry pork w/ broccoli, cauliflower, cabbage

Day 2:

Breakfast	2 eggs with chicken sausage and diced chili
Snack	1 string cheese with turkey lunch meat
Lunch	big salad, 2 pork meatballs, 1/4 chicken sausage
Snack	2 pork meatballs, 1/4 chicken sausage
Dinner	green beans and mushrooms

Day 3:

Breakfast	2 egg whites only, turkey slice, green chili
Snack	string cheese
Lunch	veggie patty and salad
Snack	sunflower seeds
Dinner	lentil beans and 2 small slices of pork loin

Day 4:

Breakfast	2 hard boiled eggs, 1 with whites only
Snack	yogurt w/nuts
Lunch	big salad with a little bit of chicken
Snack	wasabi peas
Dinner	turkey rolls with mushrooms, asparagus, pesto&parmesan

Day 5:

Breakfast	2 egg omelet with broccoli, salsa
Snack	celery w/ Laughing Cow cheese
Lunch	hamburger in lettuce, slice of provolone
Snack	sunflower seeds
Dinner	Filet of Sole w/leaks and slices of tomato

Day 6:

Breakfast	1 egg and 3 slices of turkey Bacon
Snack	missed, my BAD!
Lunch	2 Romaine Lettuce wraps, w/ground chicken meat
Snack	Almonds
Dinner	Big Beautiful Salad w/Shrimp

Day 7:

Breakfast	Spinach Soufflé
Snack	muenster cheese w/ turkey and 5 green olives
Lunch	Salmon and Broccoli
Snack	sunflower seeds
Dinner	Salad, 1 Lettuce wrap, w/chicken meat &avocado