

EMH Sample Dr. Now Diet Breakdown

Breakfast	Portion	~Calories/Protein	
Meat/Protein	2 ounces	~160kcal/14g Pro	-Meat/Protein options: Egg whites (2) or Egg Substitutes (½C) Omelet, Scrambled (NO FRIED EGGS) – (if requested, allow 1-2 whole eggs) -Turkey Sausage (NO TURKEY BACON) -Beans ½ cup -Oatmeal ½ Cup -Low Fat Cottage Cheese 2/3 Cup -Plain Greek Yogurt (6oz) -NO FRUIT, NO FRUIT JUICE Whole Wheat or Whole Grain Bread – 1 slice only
Starch/Bread	1 slice	~80kcal/2g Pro	
Fat	1	~45kcal/0g Pro	
Skim Milk	6oz	~100kcal/8g Pro	
Total Breakfast		~385cals, 24gm Pro	
Lunch	Portion	~Calories/Protein	
Lean Meat/Protein	3 ounces	~135kcal/21g Pro	<u>Non-Starchy Vegetables:</u> Carrots, Broccoli, Green Beans, Cauliflower, Asparagus, Brussel Sprouts, Cabbage, Spinach, Squash, Zucchini -Starchy Vegetable/Legume: Beans: ½ Cup, Peas ½ Cup -Winter and Butternut Squash ½ Cup -Meats: Bake, Broil, Grill. Nothing Fried or Breaded -Salads: May have 1 oz of low-fat cheese (if requested) in addition to the 3 ounces of lean meat/protein, canned tuna w/1 low fat mayo – ½ c -Turkey or Ham Deli Meat – 6 slices (3 ounces) -NO FRUIT, NO FRUIT JUICE, NO BREAD/GRAINS
Starchy Vegetable	1/3 cup – ½ cup	~60-80 kcal/0g Pro	
Non-starchy Vegetable	½ cup	~25kcal/0g Pro	
Fat	1	~45kcal	
Total Lunch		~265kcal/21g Pro	
Dinner	Portion	~Calories/Protein	
Lean Meat/Protein	3 ounces	~135kcal/21g Pro	<u>Non-Starchy Vegetables:</u> Carrots, Broccoli, Green Beans, Cauliflower, Asparagus, Brussel Sprouts, Cabbage, Spinach, Squash, Zucchini -Starchy Vegetable/Legume: Beans: ½ Cup, Peas ½ Cup -Winter and Butternut Squash ½ Cup -Meats: Bake, Broil, Grill. Nothing Fried or Breaded -Salads: May have 1 oz of low-fat cheese (if requested) in addition to the 3 ounces of lean meat/protein, canned tuna w/1 low fat mayo – ½ c -Turkey or Ham Deli Meat – 6 slices (3 ounces) -NO FRUIT, NO FRUIT JUICE, NO BREAD/GRAINS
Starchy Vegetable	1/3 cup – ½ cup	~60-80 kcal/0g Pro	
Non-starchy Vegetable	½ cup	~25kcal/0g Pro	
Fat	1	~45kcal	
Total Lunch		~265kcal/21g Pro	
Total BF, Lunch, & Dinner		~915 kcal/66g Pro	
HS Snack	Portion	~Calories/Protein	
Protein	1 ounce	75-100 kcal/4-8g Pro	-Turkey or Ham roll-ups, Peanut butter PC or -Plain Greek Yogurt or Light Yogurt
Total for the Day		990 kcal, 70-74g Pro	

Meat: Weigh all meat portions if possible, 3 ounces (size of a deck of cards). Acceptable “Lean Meats” are: Beef, Select or Choice grades trimmed of fat: ground round, roast (chuck, rib, rump, round, sirloin, steak [cubed, flank, porterhouse, T-bone], tenderloin, Chicken without the skin, Cheese & think deli meat with less than 3 grams of fat, fish, salmon, tuna canned in water and drained, pork loin chop/roast. Drinks: NO FRUIT or FRUIT JUICE, Skim Milk only or Unsweet Tea, Decaf- Coffee/Tea. Condiments: Sweet-N-Low, Equal, Splenda only. NO Sugar free jam, jelly, syrup or diet sodas.

