

The following meal pattern is a balanced, healthy diet which should promote weight loss in most individuals. If you are male or are very active, it will be too restrictive.

## BREAKFAST

English muffin with cottage cheese  
and ½ grapefruit

## LUNCH

Turkey sandwich on whole wheat bread  
skim milk  
apple

## SNACK

Yogurt and small pita

## DINNER

Chicken breast  
Small baked potato plain  
Steamed broccoli  
Salad with vinegar and olive oil  
Fruit