

THE PRACTICE DIET
 PRE-OPERATIVE
 1800 CALORIE SAMPLE DIET



BREAKFAST 8:00 AM

2 SLICES 100% WHOLE GRAIN TOAST = 2 STARCH
 ¾ CUP EGG SUBSTITUTES = 3 PROTEIN
 1 LIGHT YOGURT SMOOTHIE = 1 MILK

SNACK 10:00 AM

1 FAT FREE YOGURT = 1 MILK
 1 APPLE, ORANGE, PLUM, OR PEACH = 1 FRUIT

LUNCH 12:00 NOON

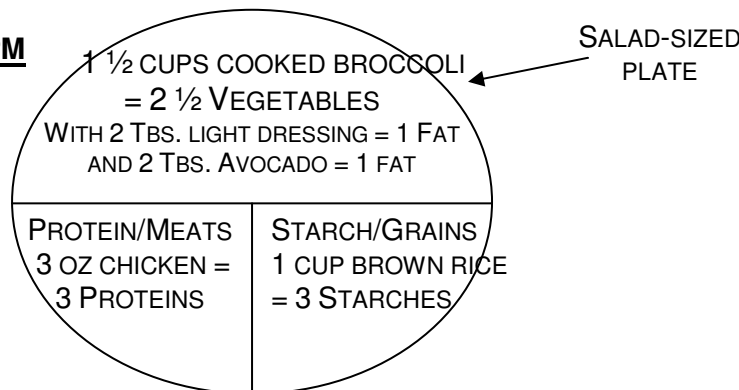
TURKEY SANDWICH
 2 SLICES OF 100% WHOLE GRAIN BREAD = 2 STARCH
 2 OUNCE DELI TURKEY SLICES = 2 PROTEIN
 1 TOMATO SLICE & 1 LEAF OF LETTUCE = ½ VEGETABLE
 MUSTARD = FREE

 1 CUP OF CARROTS AND CELERY STICKS = 1 VEGETABLE
 2 TBS. LIGHT DRESSING = 1 FAT

SNACK 3:00 PM

4OZ CONTAINER LOW FAT COTTAGE CHEESE = 2 PROTEINS

DINNER 6:00 PM



SNACK 8:00PM

1 BANANA = 2 FRUITS
 1 TBS. NATURAL PEANUT BUTTER = 2 FATS
 1 FAT FREE YOGURT = 1 MILK

SNACK 9:00PM

8 OZ GLASS SKIM MILK = 1 MILK

<u>FOOD GROUP SERVINGS</u>
STARCH 7
FRUIT 3
MILK 4
VEGETABLE 4
PROTEIN 10
FAT 5
WATER 64 OUNCES