

## Advanced Weekly Meal Suggestions

	Breakfast	Lunch	Dinner	Snack
Sunday	Krissy's Super Star	Vickie's Mediterranean	Alan's 5 O'clock	Refer to Doc's Triangle
	Breakfast (see "Doc's Diet Ideas")	Cauliflower Salad (see "Doc's Diet Ideas")	Somewhere Drunken Chicken (see "Doc's Diet Ideas")	Diet for Snack Ideas such as Sugar free Jell-o, Broth, Pickles, etc...
	Coffee, Tea or Any	Coffee, Tea or Any	Coffee, Tea or Any	Coffee, Tea or Any
	Diet Drink	Diet Drink	Diet Drink	Diet Drink
Monday	Michelle's Fruity Salad (see "Doc's Diet Ideas")	Ham and Cheese Soup (see "Doc's Diet Ideas")	Doc's Chops & Kraut (see "Doc's Diet Ideas")	Refer to Doc's Triangle Diet for Snack Ideas such as Sugar free Jell-o, Broth, Pickles, etc...
	Coffee, Tea or Any	Coffee, Tea or Any	Coffee, Tea or Any	Coffee, Tea or Any
	Diet Drink	Diet Drink	Diet Drink	Diet Drink
Tuesday	Mary Morning Omelet (see "Doc's Diet Ideas")	Marcus's Hot Spinach Salad (see "Doc's Diet Ideas")	Karen's Boarder Town Meatballs (see "Doc's Diet Ideas")	Refer to Doc's Triangle Diet for Snack Ideas such as Sugar free Jell-o, Broth, Pickles, etc...
	Coffee, Tea or Any	Coffee, Tea or Any	Coffee, Tea or Any	Coffee, Tea or Any
	Diet Drink	Diet Drink	Diet Drink	Diet Drink
Wednesday	Amanda's Redneck Deviled Eggs (see "Doc's Diet Ideas")	Carolyn's Beety Lettuce Cups (see "Doc's Diet Ideas")	Bonnie's Braised Tuna (see "Doc's Diet Ideas")	Refer to Doc's Triangle Diet for Snack Ideas such as Sugar free Jell-o, Broth, Pickles, etc...
	Coffee, Tea or Any	Coffee, Tea or Any	Coffee, Tea or Any	Coffee, Tea or Any
	Diet Drink	Diet Drink	Diet Drink	Diet Drink
Thursday	Laurie's A Ham ..... Stuffed Eggs (see "Doc's Diet Ideas")	Connie's Crab Stuffed Mushrooms (see "Doc's Diet Ideas")	Lester's Stir Fried Shrimp (see "Doc's Diet Ideas")	Refer to Doc's Triangle Diet for Snack Ideas such as Sugar free Jell-o, Broth, Pickles, etc...
	Coffee, Tea or Any	Coffee, Tea or Any	Coffee, Tea or Any	Coffee, Tea or Any
	Diet Drink	Diet Drink	Diet Drink	Diet Drink
Friday	Saxanne's Eggs Cooked any style Hashbrown Zucchini (see "Doc's Diet Ideas")	Diana's Boneless Buffalo Strips (see "Doc's Diet Ideas") Fresh Carrots	Donna's Movie Star Chicken (see "Doc's Diet Ideas")	Refer to Doc's Triangle Diet for Snack Ideas such as Sugar free Jell-o, Broth, Pickles, etc...
	Canadian Bacon	Fresh Celery		
	Coffee, Tea or Any	Coffee, Tea or Any	Coffee, Tea or Any	Coffee, Tea or Any
	Diet Drink	Diet Drink	Diet Drink	Diet Drink
Saturday	Athena's Eggplant Breakfast Casserole (see "Doc's Diet Ideas")	Williams Curry Cabbage (see "Doc's Diet Ideas")	Sue's Blackened Beef Brisket (see "Doc's Diet Ideas")	Refer to Doc's Triangle Diet for Snack Ideas such as Sugar free Jell-o, Broth, Pickles, etc...
	Coffee, Tea or Any	Coffee, Tea or Any	Coffee, Tea or Any	Coffee, Tea or Any
	Diet Drink	Diet Drink	Diet Drink	Diet Drink

Refer to Doc's Triangle Diet for a listing of fruit and vegetables that may be used with these suggestions