

The California Wine Country Diet

Daily Meal Plan: Day #5

To substitute a food item, refer to the Daily Meal Plans Servings List on page 158.

Meal #1

Breakfast—Cereal

<u>Food</u>	<u>Plan</u>	<u>Serving</u>
Whole-grain cereal	A	1 oz..... (1 grain)
	B & C	2 oz..... (2 grain)
Nonfat/low-fat milk	A & B	½ cup (.5 dairy)
	C.....	1 cup (1 dairy)
Banana sliced on top	A & B	None
	C.....	½ cup (1 fruit)
Coffee or tea with nonfat/low-fat milk	A B & C	½ cup milk (.5 dairy)

Meal #2

Morning Snack—Orange

<u>Food</u>	<u>Plan</u>	<u>Serving</u>
Orange	A B & C	1 (1 fruit)

Meal #3

Lunch—Apple-Walnut Salad

(See recipe in Chapter 10.)

<u>Food</u>	<u>Plan</u>	<u>Serving</u>
Apple walnut salad	A B & C	1½ cups (1 fruit, 2 vegetable)
Red leaf lettuce	A B & C	1 cup or more ... (1+ vegetable)
Chopped walnuts	A & B	2 T (1 nut)
	C.....	4 T (2 nut)
Gorgonzola cheese	A & B	1 oz..... (1 dairy)
	C.....	1½ oz (1.5 dairy)
Dressing	A B & C	½ cup (free)