



# The Women's Slim-Down Flax Diet 1500 Calorie Meal Plan

## WEEK 1

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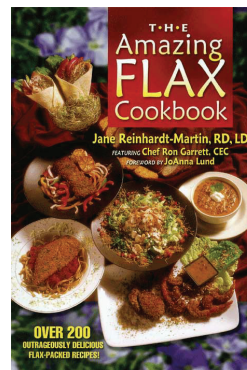
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Breakfast	1 cup cooked oatmeal with 1 tablespoon ground flaxseed 1 medium sliced apple & a sprinkle of cinnamon 1 cup skim milk or fat free, calcium enriched soy milk (part w/ oatmeal, rest in cup)
Lunch	Salmon Sandwich - 2 slices whole wheat bread, 3 ounces fresh or canned (no oil) salmon, and 4-5 pieces watercress or other greens 1/2 cup sliced vegetables of choice 1 cup fruit salad
Snack	90 Calorie light yogurt smoothie or light yogurt
Dinner	1.5 cups Cassoulet (recipe, page 101) 2 cups tossed spinach salad with 2 tablespoons reduced calorie dressing 1 cup skim milk or fat free, calcium enriched soy milk
Snack	2 medium fig newtons 1/2 large grapefruit

### Nutritional Information

### 1:2 Ratio

Calories 1520	Fat 26 g	Fiber 41 g
Carbohydrates 242 g	Omega-3 4904 mg	Calcium 1225 mg
Protein 89 g	Cholesterol 90 mg	Sodium 2035 mg



The Amazing Flax Cookbook is available for \$17.95 at GoldenFlax.com



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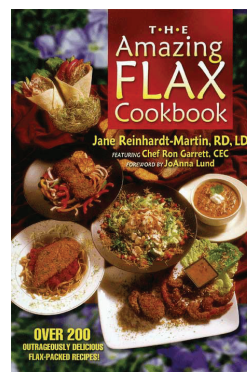
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Breakfast	1/2 whole wheat bagel w/ 1 tablespoon low-fat cream cheese 1/2 large grapefruit 1 cup skim milk or fat free, calcium enriched soy milk
Lunch	Oriental Salad (recipe, page 200) 7 whole wheat crackers (15 calories per cracker) 1 cup skim milk or fat free, calcium enriched soy milk
Snack	90 Calorie light yogurt w/ 1 tablespoon ground flaxseed
Dinner	3 ounces broiled lean hamburger (ground sirloin) w/ tomato & lettuce on whole wheat bun 1 cup steamed broccoli 1 cup sliced strawberries
Snack	1/2 ounce or 1/8 cup almonds Unsweetened green tea (hot or cold)

### Nutritional Information

#### 1:2 Ratio

Calories 1505	Fat 62 g	Fiber 27 g
Carbohydrates 143 g	Omega-3 7290 mg	Calcium 1385 mg
Protein 104 g	Cholesterol 175 mg	Sodium 1847 mg



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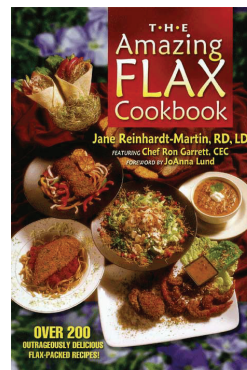
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Breakfast	Banana Berry Supreme (recipe, page 192)
Lunch	Convenience "light" frozen dinner containing chicken, fish or beef w/ rice or pasta & vegetables (up to 300 calories) 2 cups carrot & celery sticks w/ 2 tablespoons reduced calorie dressing 1 cup skim milk or fat free, calcium enriched soy milk
Snack	1 cup tomato or V-8 juice 6 whole wheat crackers (15 calories per cracker)
Dinner	2 cups Chili con Flax (recipe, page 69) 4 saltine crackers 1 cup skim milk or fat free, calcium enriched soy milk
Snack	1 Sugar free frozen fruit bar

### Nutritional Information

### 1:2 Ratio

Calories 1483	Fat 38 g	Fiber 37 g
Carbohydrates 207 g	Omega-3 8437 mg	Calcium 1325 mg
Protein 87 g	Cholesterol 148 mg	Sodium 2910 mg



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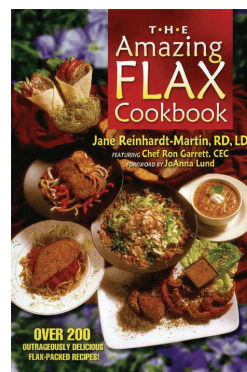
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Breakfast	2 whole grain toaster waffles topped with 1/2 cup low-fat vanilla yogurt & 3/4 cup blueberries
Lunch	PB & Jelly sandwich - 2 slices whole wheat bread, 1 tablespoon peanut butter, and 2 teaspoons jelly 1 cup green & red pepper strips 1 cup skim milk or fat free, calcium enriched soy milk
Snack	1 cup low-fat cottage cheese w/ 1 tablespoon ground flaxseed 1/2 cup pineapple
Dinner	4 ounces lean pork chop, grilled or baked 1 cup cooked wild rice 1 cup steamed mixed vegetables
Snack	1 small banana rolled in 1 tablespoon ground flaxseed

### Nutritional Information

### 1:2 Ratio

Calories 1512	Fat 38 g	Fiber 22 g
Carbohydrates 196 g	Omega-3 4057 mg	Calcium 1281 mg
Protein 103 g	Cholesterol 176 mg	Sodium 1996 mg



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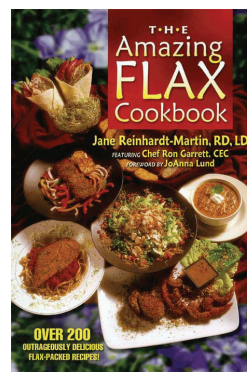
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Breakfast	1 whole grain english muffin w/ 1-2 teaspoons jelly 1 medium orange 1 cup skim milk or fat free, calcium enriched soy milk
Lunch	90 Calorie light yogurt w/ 1 tablespoon ground flaxseed 1.5 cups fresh fruit
Snack	1 cup fruit sorbet
Dinner	2 slices Basil & Tomato Pizza (recipe, page 180) 1 cup tossed spinach salad w/ 1 tablespoon reduced calorie salad dressing 1 - 12 ounce lite beer
Snack	90 Calorie light yogurt smoothie or light yogurt

### Nutritional Information

### 1:2 Ratio

Calories 1520	Fat 33 g	Fiber 23 g
Carbohydrates 237 g	Omega-3 5881 mg	Calcium 1255 mg
Protein 59 g	Cholesterol 95 mg	Sodium 1166 mg



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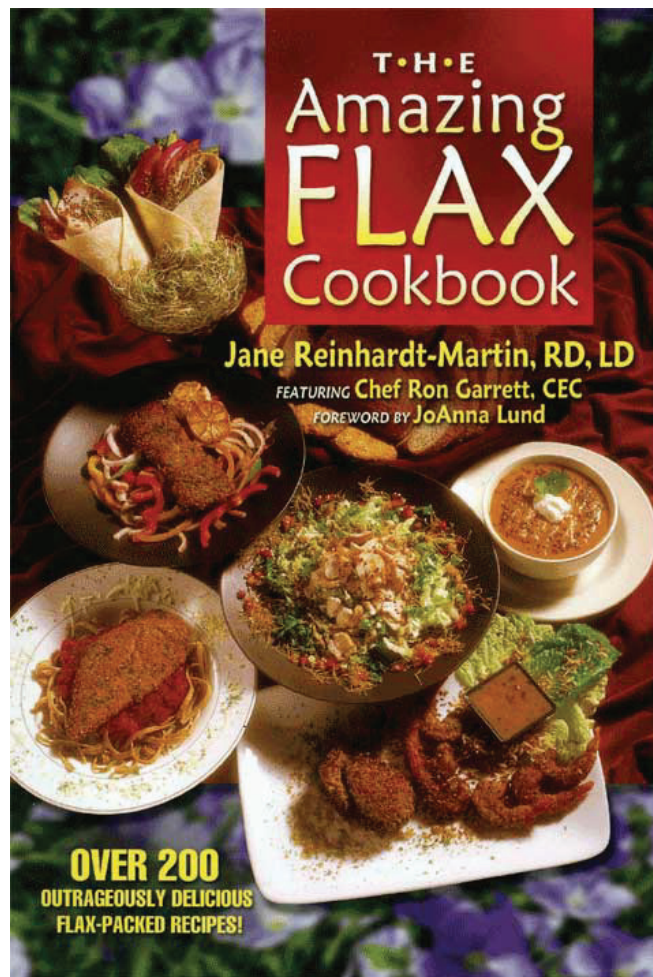


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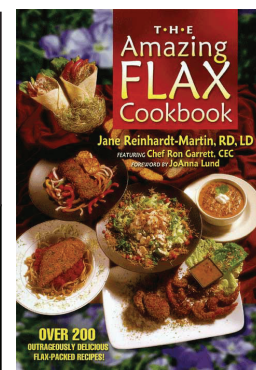
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Week 2 Meal Plan available in  
The Amazing Flax Cookbook  
at  
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## Nutritional Information

### 1:2 Ratio



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