

Sample 3-Week Menu

This chart will give you some ideas for planning your meals ahead in the coming weeks. You can follow these suggestions or feel free to substitute your favourite Dr. Bernstein dishes. Use your pre-planned menus to create a shopping list and ensure all your choices are always available.

Please Note: When using any recipe, please ensure to check and follow the serving size and yields, and remember to list each ingredient and amount on your diet sheet.

Legend • Breakfast • Lunch • Dinner

Week 1

Monday

- ½ cup Almond Milk, Apple Cinnamon Crepe
- Jill's Hearty Bean Soup, 4oz cucumbers, 7 Breton bites original crackers
- Seafood Creole, 4oz Shirataki Noodles, 1 Apple

Tuesday

- ½ Fruit Salad, ½ cup Almond Milk
- 3½ oz Grilled Tuna in Teriyaki Marinade Sauce, 1 (36g) La Tortilla, 4 oz mix vegetable salad, ½ Mary M's Fried Peaches
- Broccoli & Cheese Frittata, 1 (36g) La Tortilla, 4 oz mix vegetable salad, ½ Popsicle Treat

Wednesday

- ½ Cantaloupe Surprise, 1 Grissol Melba toast whole wheat with 1 tbsp of cream cheese
- French Onion Soup, ½ High Protein Pita
- Sautéed Garlic Beef (substitute Beef for Shrimp), 6oz grilled mixed vegetables, ½ cup Almond Milk, 1 tbsp Fry's Premium Cocoa

Thursday

- Lemonade, French Toast Lite
- Cauliflower & Cheese Soup, 1 Apple
- Turkey Breast in Mustard Sauce, 4oz Shirataki Noodles, 1 cup No sugar Added Jell-O

Friday

- ½ Fruit Salad, ½ cup Almond Milk, 7 Breton bites original crackers
- Egg Salad, ½ Baked Portobello Mushrooms
- Judith's Easy-to-Make Stir Fry, 4oz Shirataki Noodles, ½ Fruit Salad, 1 cup No sugar Added Jell-O

Saturday

- Lemonade, French Toast Lite
- Chicken Cacciatore, 1 Apple
- 3½ oz Chicken Liver with Mustard Sauce (sub. chicken liver instead of turkey), 8oz steamed Broccoli, 1 cup No sugar Added Jell-O

Sunday

- ½ Fruit Salad, ½ cup Almond Milk, 4oz Tomatoes with salt and pepper
- Jill's Hearty Bean Soup, 2oz Steamed Broccoli and Cauliflower, 7 Breton bites original crackers
- Tuna and Green Beans, 4oz Shirataki noodles, 1 Apple, 1 cup No sugar Added Jell-O

Week 2

- ½ Fruit Salad, 1 Grissol 12 Grain Melba Toast with 1 tbsp cream cheese
- Jill's Hearty Bean Soup, 4oz cucumber and tomatoes, 7 Breton bites original crackers
- Chicken Wraps, 2oz Steamed Broccoli and Cauliflower, 1 Apple, 1 cup No Sugar Added Jell-O

- Pickled Egg Whites, 2 Grissol 12 Grain Melba Toast, 1 cup No Sugar Added Jell-O
- Premium Pepper Salad, 2 Grissol whole wheat Melba Toast, 4oz broccoli boiled and seasoned
- Judith's Easy-to-make Stir fry, 4oz Shirataki noodles, ½ Fruit Salad, ½ cup Almond Milk

- ½ cup Almond Milk, Sweet Roll Up
- Vegetable Medley Soup, 2.5oz mixed berries
- Chicken Cacciatore with broccoli, 4oz Shirataki noodles, 1 Apple, 1 cup No Sugar Added Jell-O

- ½ Cantaloupe Surprise, 1 Kavli Whole Grain Crispbread-crispi garlic
- French Onion Soup, 2oz of lettuce and cucumber with 1 tbsp allowed dressing
- Beef burger (substitute beef instead of veal), ½ High Protein Pita, Mexican Tomatoes, ½ cup Almond Milk, 1tbsp Fry's Premium Cocoa

- Apple Salad, 1 (36g) La Tortilla
- 3½ oz Grilled Tuna in Teriyaki Marinade Sauce, ½ Marlene's Green beans, ½ Mary M's "Fried" Peaches
- Broccoli & Cheese Frittata, 1 (36g) La Tortilla, 1 cup No Sugar Added Jell-O

- Apple Peach Betty, ½ cup Almond Milk
- Chicken Cacciatore, 4oz Shirataki Noodles
- Turkey Breast with Mustard Sauce, ½ Pita Gourmet High Protein Pita Pocket, 8oz Steamed Broccoli, 1 cup No Sugar Added Jell-O

- Lemonade, French Toast Lite
- Mck Shepherd's Pie, Cabbage & Tomato
- Chicken Salad, ½ Baked Apple, ½ cup Almond Milk, 1tbsp Fry's Premium Cocoa

Week 3

- ½ Fruit Salad, ½ cup Almond Milk, 4oz Tomatoes & Cucumber
- Jill's Hearty Bean Soup, 7 Breton bites original crackers
- Tuna and Green Beans, 2oz Steamed cauliflower and broccoli, 4oz Shirataki noodles, 1 Apple, 1 cup No Sugar Added Jell-O

- ½ cup Almond Milk, French Toast Lite
- Cauliflower & Cheese Soup, 1 Apple
- Turkey Breast in Mustard Sauce, 4oz shirataki noodles, ½ Popsicle Treat

- Almond Unsweetened Milk, Apple Cinnamon Crepe
- Chicken Liver & Onion, 2oz cucumber, 7 Breton bites original crackers
- Baked Fish Provençale, 2oz Grilled Asparagus, 4oz shirataki noodles, 1 Apple, 1 cup No Sugar Added Jell-O

- French Toast Lite, ½ cup Almond milk
- Jill's Hearty Bean Soup
- Seafood Creole, ½ Mexican Tomatoes, 1 Apple, 1 cup of no sugar Jell-O

- Egg Salad, 1 cup of no sugar Jell-O
- ½ Fruit Salad, ½ cup Almond Milk, ½ Mexican Tomatoes, 7 Breton bites original crackers
- Veal Chili, 4oz Shirataki Noodles, ½ Fruit Salad

- ½ Cantaloupe Surprise, ½ High Protein Pita with 1tbsp cream cheese, 2oz cucumber
- French Onion Soup, 3 Breton bites original crackers
- Roasted Garlic Spread on 3½ oz Grilled Salmon, John's Quick & Easy Coleslaw

- ½ Fruit Salad, ½ cup Almond Milk, 1 (36g) La Tortilla with 1 tbsp Cream Cheese, 4 oz cucumber
- 3½ oz Grilled Tuna in Teriyaki Marinade, 1(36g) La Tortilla, 4 oz grilled pepper, ½ Mary M's "Fried" Peaches,
- Broccoli & Cheese Frittata, ½ Popsicle Treat