

1500 Calories

7 Days of Menus - Dukan Cruise Diet

REMOVE my WEIGHT

Time Suggestions

8am	Break-fast
10	Snack
12	Lunch
2	Snack
4	Water
6	Dinner
8pm	Snack



1500

Drink lots
of water

E-mail:

support@removemyweight.com

Meal	Foods	Est. Calories	Meal	Food	Est. Calories
Day 1 1523			Day 4 1420		
Morning	Ham, 3 slices (2 oz)	69	Morning	Turkey, 3 slices, 97% fat-free	81
Morning	2 Eggs, cooked, Hard Boiled	144	Morning	2 Eggs, cooked, fried in olive oil	180
Snack	Yogurt, Greek, non fat (6oz)	100	Snack	Carrots, baby (16)	70
Lunch	Beef, steaks, chopped (6oz)	526	Lunch	Beef, tenderloin 6oz & Broccoli 2 cups	336
Lunch	Cheese, cream, fat free (1 tbsp)	19	Lunch	Peppers, sweet, red (1 cup)	46
Lunch	Turkey, 3 slices, 97% fat-free	81	Lunch	Spinach, cooked, boiled (1 cup)	41
Snack	Shrimp, cooked (6oz)	168	Lunch	Bacon, cooked (2 slices)	108
Dinner	Bacon, cooked (2 slices)	108	Snack	Yogurt, Greek, non fat (6oz)	106
Dinner	Pork, loin, trimmed (4 oz)	195	Dinner	Peppers, sweet, yellow (1 cup)	50
Dinner	Sour cream, fat free (1 tbsp)	9	Dinner	Fish, salmon (4 oz)	161
Snack	Cheese, cottage, nonfat (1 cup)	104	Dinner	Asparagus (2 cups) & Shrimp (3oz)	148
Day 2 1541			Dinner	Squash, zucchini (1 cup)	66
Morning	Bacon, cooked (2 slices)	108	Snack	Cauliflower, raw (1 cup)	27
Morning	2 Eggs, cooked, fried in olive oil	180	Day 5 & 7 1499		
snack	1cup red pepper & Asparagus 2 cups	110	Morning	Bacon, cooked (2 slices)	108
Lunch	Fish, salmon (4 oz)	161	Morning	2 Eggs, cooked, Hard Boiled	144
Lunch	Broccoli (2 cups) & Shrimp (6oz)	146	Snack	Yogurt, Greek, non fat (6oz)	106
Lunch	Shrimp, cooked (3oz)	84	Lunch	Beef, steaks, chopped (6oz)	526
Lunch	Spinach, cooked, boiled (1 cup)	41	Snack	Shrimp, cooked (6oz)	168
Snack	Yogurt, Greek, non fat (6oz)	106	Dinner	Beef, tenderloin (6 oz)	274
Dinner	Beef, tenderloin (6 oz)	274	Dinner	Ham, 3 slices (2 oz)	69
Dinner	Shrimp, cooked (6oz)	168	Snack	Cheese, cottage, nonfat (1 cup)	104
Dinner	Squash, zucchini (1 cup)	66	Day 6 1482		
Dinner	Turkey, 3 slices, 97% fat-free	81	Morning	Bacon, cooked (2 slices)	108
Snack	Celery (3-5" sticks)	16	Morning	2 Eggs, cooked, fried in olive oil	180
Day 3 1529			Snack	Cheese, cottage, nonfat (1 cup)	104
Morning	Bacon, cooked (2 slices)	108	Snack	Carrots, baby (16)	70
Morning	2 Eggs, cooked, Hard Boiled	144	Lunch	Broccoli (2 cups) & Salmon 4oz	223
Snack	Yogurt, Greek, non fat (6oz)	106	Lunch	Spinach, cooked, boiled (1 cup)	41
Lunch	Pork, loin, trimmed (4 oz)	195	Lunch	Turkey, 3 slices, 97% fat-free	81
Lunch	Cheese, cottage, nonfat (1 cup)	104	Snack	Yogurt, Greek, non fat (6oz)	106
Lunch	Turkey, 3 slices, 97% fat-free	81	Dinner	Pork, loin, trimmed (4 oz)	195
Snack	Shrimp, cooked (6oz)	168	Dinner	Cauliflower (2 cups) & Shrimp (6oz)	222
Dinner	Beef, steaks, chopped (6oz)	526	Dinner	Sour cream, fat free (1 tbsp)	9
Dinner	Sour cream, fat free (1 tbsp)	9	Dinner	Bacon, cooked (2 slices)	108
Dinner	Ham, 3 slices (2 oz)	69	Snack	Celery (3-5" sticks) & cream cheese	35
Snack	Cheese, cream, fat free (1 tbsp)	19			

Shopping List

Bacon (sugar free)	16 slices	Cheese, cream, fat free	3 tbsp	Spinach, Frozen	3 cups
Eggs	14 large	Sour cream, fat free	3 tablesp	Squash, zucchini	2 cups
Ham, sliced, 96% fat free	10 oz	Shrimp, cooked	42 oz	Peppers, sweet, red	2 pepper
Turkey, sliced, 97% fat-free	15 slices	Yogurt, Greek, non fat	42 oz	Peppers, sweet, yellow	1 pepper
Beef, tenderloin	4 fillets	Celery, raw	2 Stocks		
Beef, steak	24 oz	Carrots, baby	1 Bags		
Fish, salmon	12 oz	Asparagus	4 cups		
Pork, loin,	12 oz	Broccoli	6 cups		
Cheese, cottage, nonfat	5 cup	Cauliflower, raw	3 cups		

Helping you, get to a Healthy Weight!

Please consult your health care provider before making any dietary or fitness changes. See <http://www.removemyweight.com> for more Menus different Days & Calorie Counts.