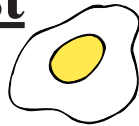


2200 Calorie Menus

Breakfast

1 EGG



1 small Banana



1/2 cup Oats



2 WW Toast



1 T. Sugar Free Jelly

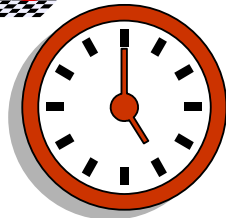
1 t. Margarine



1 c. Skim Milk



Coffee



Lunch

1 large Apple



4 slices WW Bread



3 oz. Ham and



Cheese



Large Salad



1-2 T. FF Dressing



1 t. Mustard/FF Mayo



Supper

3 oz. Grilled Salmon



1 large Baked Potato



1 c. Tomatoes, Vidalia Onions, Peppers



1 WW Roll/2 t. "Lite" Margarine



1 c. "Lite" Peaches



1 c. Skim Milk



Bedtime Snack:

1 c. Sugar Free Yogurt



1 c. Berries/6 Vanilla Wafers

