

# Preventive Primary Care ~ Select

Maureen E Mays, MD, MS, FACC

7535 NW Skyline Boulevard, Portland, Oregon 97229

Phone: 503-735-0555

Fax: 877-992-4890

prevention@me.com

---

## **The Menu: A Healthy Way to lose weight and Keep it Off**

### **Breakfast:**

Water, tea or coffee (No cream/sugar/honey/agave etc. Splenda or Stevia are OK)

One of the following:

- 1 serving cereal OR oatmeal with up to ¼ cup fresh fruit
- 2 slices toast with peanut/almond butter (2 tsp natural peanut butter per slice)
- 2 eggs with one slice bread, ½ English muffin, etc.

Up to 1 cup NON-FAT milk (to be used for cereal, oatmeal, coffee, tea, or to drink)

### **Mid-morning\*:**

4 almonds (or 2 Tbs of any nut) and up to one small fruit (plum-sized)  
water

“up to” means that item is optional. You may skip it but if you do, you cannot have it later. No rollovers!

### **Lunch:**

One cup raw veggies with unlimited leafy greens (if desired). Non-fat toppings only

½ cup starch (pasta, rice potato, corn, couscous, bread (2 thin slices), tortilla (2 corn), pita (1 small), etc.)

up to 4 oz cooked meat (any animal protein, including fish, beef, chicken, duck, eggs (2), etc.)

water or other no-caloric beverage

### **Mid-afternoon\*:**

4 almonds (2 Tbs of any nut) and up to 1 serving of raw veggies  
water

### **Dinner:**

One cup raw veggies with unlimited leafy greens (if desired). Non-fat toppings only

¾ cup starch (pasta, rice potato, corn, couscous, bread (2 thin slices), tortilla (2 corn), pita (1 small), etc.)

½ cup cooked veggies OR beans (navy, kidney, pinto, etc.)

up to 4 oz cooked meat

up to 24 oz beer OR up to 10 oz wine

up to one cup non-fat milk, oat milk, soy milk, etc.

water

If dinner more than 2 hours before bed: 15 g of healthy carb near bedtime with a small amount of healthy fat (peanut or other nut butter, hummus, 1 oz. avocado, or ½ oz. cheese)

- No butter, oil, oil spray, butter spray, mayo, added oil or added fat of any kind.
- Fat-free condiments/dressings only.
- No added sugar, honey or other simple carbs. No juice, no regular soda, no liquids with calories.

**Some healthy fats will be added back into the eating plan after desired weight loss is attained.**