

### Nora's 10 Day Diet Plan

**Vegetables:** no corn, peas, carrots or potatoes

**Meats:** Chicken, pork, fish, and turkey tuna

**Nuts:** peanuts, sunflower seeds, almonds

**snacks:** pickles, edamame, nuts, olives, jerky, peanut or almond butter

**Dairy:** Eggs, skim milk, cottage cheese, string cheese, laughing cow, parmesan

**Beans:** pinto, lentils, kidney, garbanzos  
Black , soy beans

**Condiments:** olive oil, mayo, mustard, Vinegar, lemon and lime juice

**Misc:** Pesto, Veggie Broth, Diced Tomatoes  
wasabi peas

**Day 1:**

<b>Breakfast</b>	2 eggs with chicken sausage and diced chili
<b>Snack</b>	2 string cheeses
<b>Lunch</b>	1 turkey patty, 1/2 cup salad, 1/2 cottage cheese
<b>Snack</b>	10 wasabi peas, 1 piece beef jerky
<b>Dinner</b>	Stir-fry pork w/ broccoli, cauliflower, cabbage

**Day 2:**

<b>Breakfast</b>	2 eggs with chicken sausage and diced chili
<b>Snack</b>	1 string cheese with turkey lunch meat
<b>Lunch</b>	big salad, 2 pork meatballs, 1/4 chicken sausage
<b>Snack</b>	2 pork meatballs, 1/4 chicken sausage
<b>Dinner</b>	green beans and mushrooms

**Day 3:**

<b>Breakfast</b>	2 egg whites only, turkey slice, green chili
<b>Snack</b>	string cheese
<b>Lunch</b>	veggie patty and salad
<b>Snack</b>	sunflower seeds
<b>Dinner</b>	lentil beans and 2 small slices of pork loin

**Day 4:**

<b>Breakfast</b>	2 hard boiled eggs, 1 with whites only
<b>Snack</b>	yogurt w/nuts
<b>Lunch</b>	big salad with a little bit of chicken
<b>Snack</b>	wasabi peas
<b>Dinner</b>	turkey rolls with mushrooms, asparagus, pesto&parmesan

**Day 5:**

<b>Breakfast</b>	2 egg omelet with broccoli, salsa
<b>Snack</b>	celery w/ Laughing Cow cheese
<b>Lunch</b>	hamburger in lettuce, slice of provolone
<b>Snack</b>	sunflower seeds
<b>Dinner</b>	Filet of Sole w/leaks and slices of tomato

**Day 6:**

<b>Breakfast</b>	1 egg and 3 slices of turkey Bacon
<b>Snack</b>	missed, my BAD!
<b>Lunch</b>	2 Romaine Lettuce wraps, w/ground chicken meat
<b>Snack</b>	Almonds
<b>Dinner</b>	Big Beautiful Salad w/Shrimp

**Day 7:**

<b>Breakfast</b>	Spinach Soufflé
<b>Snack</b>	muenster cheese w/ turkey and 5 green olives
<b>Lunch</b>	Salmon and Broccoli
<b>Snack</b>	sunflower seeds
<b>Dinner</b>	Salad, 1 Lettuce wrap, w/chicken meat &avocado