

reproducible

Depressing Slimming Food

breakfast

bulgar wheat toast
egg white omelette
half a grapefruit
miso soup
unsweetened puffed rice

side dishes

alfalfa sprouts
blanched asparagus
cabbage with yoghurt dressing
crudités
grapes, no more than six
grated radish and daikon
okra
olives, no more than four
plain yoghurt with celery
raw sunflower seeds
spinach
sour green apples
walnuts, no more than six

lunch

boiled lentils
skinless chicken
watercress soup

drinks

soy milk
rice milk
water
green tea
herbal tea
wheatgrass juice
lemon juice in boiling water

dinner

apple-tuna salad with cottage cheese dressing
grilled sole with grapes
mung bean stew
tofu and brown rice with lemon juice and ginger

desserts

skimmed milk blancmange
unsweetened brown rice pudding with rice milk
unsweetened carrot-bran muffins

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