

Dietitian's Cleanse

Want an alternative to unhealthful, unbalanced cleanses? The Dietitian's Cleanse is your answer. This approach to healthful eating is based on MyPlate and was inspired by an idea from Lenore Shamah, MS, RD, CDN.

Beginning the Cleanse:

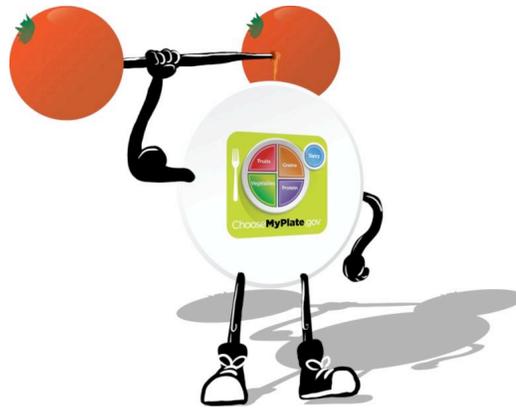
For the first 3 days of your cleanse, follow the meal schedule on this page exactly. After that, you can slowly replace some foods with similar options from the same food group. See a dietitian for your own calorie needs.

Substitution Note:

Replacing a baked potato with roasted red potatoes or a baked sweet potato is a reasonable substitution. You can also use smashed potatoes with the skin. Simply boil them and then smash them in their skins with a little skim milk and garlic powder. Instant mashed potatoes are not recommended.

By the same token, you can replace the chicken breast with turkey breast or baked fish, but you shouldn't replace it with fatty meats or fried items.

Stick closely to the outlined foods, replicating their key aspects in any replacements that you might make. Talk with your dietitian about foods that might be good substitutions. This menu has 1,394 daily calories and it should be fine-tuned by a dietitian to fit your needs.



Dietitian's Cleanse: Breakfast

1/2 cup oatmeal, 1 cup skim milk, 1/2 cup fruit or 1/2 cup cooked egg whites with sliced tomatoes and cucumbers.

Dietitian's Cleanse: Morning and Afternoon Snacks

For snacks, eat a serving of plain 0% Greek yogurt and a banana. Or slice up some veggies.

Dietitian's Cleanse: Lunch

3 ounces lean protein, 1 cup non-starchy vegetables, 1 cup salad, 1 cup fruit, 1 small baked potato (with the skin) and a little nonfat sour cream.

Dietitian's Cleanse: Dinner

3 ounces lean protein, 1 cup non-starchy vegetables, 1/2 cup cooked brown rice (or a potato/sweet potato with the skin), 1 cup fruit

PLUS 1 cup of salad with nonfat dressing or lemon juice. Stick to the proportions of MyPlate.

Extras

If you get hungry, you can always have an egg white and non-starchy veggies. Be sure to cook the egg white with very little fat. Using a cooking oil spray and nonstick pan is ideal.

For the nutrition analysis of this cleanse, visit <http://foodandhealth.com/recipes.php?id=1182>