

Four Day Diet - Food Suggestions

Food Group	Recommended Foods
Milk and Milk Products	Milk Buttermilk and kefir Lactose-free milk Yogurt or soy yogurt Mild cheese Cottage cheese Soy milk, rice milk, or almond milk Sherbet (not red or pink)
Meat and Other Protein Foods	Tender well-cooked beef, pork, poultry, or fish that is not breaded or fried Eggs Smooth nut butters (such as peanut, soy, almond, or sunflower) Tofu
Grains	Refined white flour products Cream of wheat White bread, white pasta, and white rice Cold and hot cereals made from white or or refined flour. No oatmeal

Food Group	Recommended Foods
Vegetables	Canned and well-cooked vegetables (<i>EXCEPT corn, peas, or beans, including lima beans, baked beans or pinto beans</i>) Mashed potatoes without skins Vegetables without skins or seeds Vegetable juice
Fruit	Canned, soft, and well-cooked fruits (bananas, applesauce, peaches) Fruit juice without pulp Fruit without skins or seeds
Fat/Oils	Oils, butter, cream, cream cheese, margarine, mayonnaise. When possible, choose healthy oils and fats, such as canola and olive oils.
Other	Broth soups made from allowed foods
	Any beverage

(Over)

Sample Menus

For those who like menus. Quantity is only a suggestion, have more if you need.

Menu 1 (approximately 8g fiber)

Breakfast	1 egg scrambled 1 slice white toast with 1 teaspoon margarine ½ cup fine-ground grits, cream of wheat or rice ½ cup cranberry juice Tea or coffee
Snack	½ cup canned peaches 1 cup milk
Lunch	Tuna sandwich: 3 tablespoons tuna salad, two slices bread 1 cup cream of chicken soup 6 saltine crackers Water Tea or coffee
Snack	½ cup cottage cheese 1 banana Water
Evening Meal	Chicken breast 1 cup white rice ½ cup cooked carrots 1 tablespoon margarine 1 soft, white dinner roll Tea or coffee

Menu 2 (approximately 13g fiber)

Breakfast	1-egg omelet 1 slice white toast with 1 teaspoon margarine ½ cup corn flakes ½ cup cranberry juice Caffeine-free herbal tea
Snack	Fruit smoothie: 1 cup fat-free or soy milk, 1 cup yogurt, banana
Lunch	1 cup low-fat cream of mushroom soup 3 tablespoons tuna salad on 4-inch white pita bread 5 saltines Caffeine-free herbal tea
Snack	½ cup cottage cheese sprinkled with cinnamon and sugar
Evening Meal	Baked chicken 1 cup white rice ½ cup cooked carrots 1 white roll
Snack	1 cup low-fiber cereal with ½ cup fat-free milk

Menu 3 (approximately 15g fiber)

Breakfast	1 cup puffed rice cereal 1 cup fat-free or soy milk ½ ripe banana
Snack	1 cup decaffeinated tea 6 oz yogurt or 2 graham cracker rectangles
Lunch	2 cups chicken rice soup with 2 oz of added chicken ¼ cup cooked carrots 1 slice white toast with a thin spread of jelly ½ cup applesauce
Snack	2 or 3 saltine crackers 1 cup fruit juice without pulp
Evening Meal	Baked fish, a squeeze of lemon, and 1 teaspoon butter or margarine ½ cup mashed potato with no skins ½ cup cooked green beans 1 cup water
Snacks	½ cup sorbet (not red or pink) 1 cup sugar-free hot chocolate made with water or soy milk

Menu 4 (approximately 18g fiber)

Breakfast	Omelet made with 2 eggs and 2 tablespoons grated cheese 1 cup orange juice (no pulp)
Snack	English muffin with 1 teaspoon margarine 1 cup herbal tea
Lunch	Lasagna (4-inch square) 1 slice french bread with 1 teaspoon margarine 1 cup fat-free or soy milk 1 cup water
Snack	1 cup yogurt 1 small banana 1 cup water
Evening meal	Sandwich: 2 oz turkey, 1 oz Swiss cheese, and 2 slices white bread 1 oz (a small handful) pretzels 1 cup water
Snack	2 whole graham crackers 1 tablespoon smooth peanut butter 1 cup soy milk 1 cup water

(Over)

Menu 5 (approximately 18g fiber)

Breakfast	1 cup puffed rice cereal with ½ cup fat-free milk 1 cup coffee
Lunch	1 cup no-beans chili 8 crackers 1 fresh apple, without skins or seeds 2 cups water or sugar-free lemonade
Snack	8 oz yogurt 2 cups water
Evening Meal	3 oz sliced chicken 1 cup mixed cooked vegetables ½ cup white rice ½ cup fresh blueberries and sliced bananas 1 cup hot tea
Snack	1 cup hot chocolate

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