

A Typical Day on the Five Factor Diet

MEAL	NAME	PROTEIN	CARBOHYDRATE
1	Apple-cinnamon oatmeal frittata	Egg whites	Dries apples
2		Nonfat cottage cheese	Apple
3	Curried chicken salad	Chicken breast, nonfat yogurt	Slice of no-flour bread
4		Veggie salami, nonfat cheese	Brown rice cake
5	Lemon salmon	Salmon	Quinoa, side salad



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