CHOICES MENU	KISS - Keep It Simply Sustaining - a Basic Guide to Maintenance Dieting for Non-Obsessive Eaters																					
Fish/Shellfish																						
Red Meat	1																					
White Meat																						
Baked Goods											1			1								
Fruit	Food Weight	Mon	Mon	Mon	Tue	Tue	Tue	Wed	Wed	Wed	Thu	Thu	Thu	Fri	Fri	Fri	Sat	Sat	Sat	Sun	Sun	Sun
Vegetables		Meal 1	Meal 2	Snacks																		
Dairy and Eggs	Meal 1																					
Beveridges	Meal 2																					
Meat Protein - two serves a day	Snack																					
Salmon, canned pink solids																						
Tuna, oil packed Oysters - raw Pacific																						
Salmon - Broiled or baked																						
Beef - Liver	i																					
Beef - Steak lean and fat																						
Smoked style Bacon																						
Ground beef regular																						
Lamb - Chops lean and fat																						
Lamb leg roasted lean and fat																						
Pork - Chops, Broiled lean & fat																						
Pork, Bacon medium slices																						
Pork, rib roasted lean and fat																						
Chicken - Roasted whole																						
Chicken breast fried w/batter High Carbs - one or two serves a week	1																					
English muffin, plain																						
Mixed grain toasted																						
Muffins Blueberry, commercial																						
Snack cakes, chocolate																						
Wheat bread, sliced																						
Popcorn, air popped plain																						
Spaghetti, cooked firm stage hot																						
White rice, raw dry																						
Fruit & Seed - Carbs - one serve a day																						
Apples raw with peel 2 3/4 diam																						
Avocado Calif 1/2 lb with refuse																						
Banana raw without peel																						
Mango raw edible part Raisins, seedless																						
Vege Carbs - one or two serves a day																						
Asparagus, raw cuts and tips	i																					
Beets cooked sliced or diced																						
Broccoli - Cooked, raw, spears																						
Brussel sprouts cooked raw																						
Carrots whole raw																						
Cauliflower - Cooked, raw																						
Corn cooked raw on cob																						
Lettuce Butterhead/Boston																						
Mushrooms raw sliced																						
Onions raw chopped Spinach raw chopped																						
Tomatoes raw whole																						
Cole slaw																						
High Fat - one or two serves a day	1																					
Cheese - Blue	1																					
Cheese - Cheddar cut pieces																						
Cheese - Cream																						
Cream sour cultured																						
Milk - Whole																						
Yogurt whole milk																						
Raw whole without shell																						
Butter - Stick Eggs - two or three a day	1																					
Eggs - two or three a day Eggs any style																						
Beveridges - unlimited	1																					
Water																						
Coffee Brewed																						
Coffee Instant																				1		
Tea Brewed																						
Beveridges - two serves max a week																						
Beer Regular (12 fl oz)																						
Gin, Rum, Vodka, Whiskey 80 proof														1								