

# DAVE'S PRESS

Fitness, Health, and Nutrition for the Rest of Us!

## The Dave's Press Diet

### Food Choices

Bread Starch	Amt.
Dry Cereal, Unsweetened	3/4 Cup
Cooked Cereal	1/2 Cup
Bread	1 Slice
Bun (hamburger)	1/2 Bun
Bun (hot dog)	1/2 Bun
Bagel (small)	1/2 Bagel
Dried Beans, Cooked	1/3 Cup
Dried Beans, Baked	1/4 Cup
Dried Peas	1/3 Cup
Corn	1/2 Cup
Lima Beans	1/2 Cup
Potato, Baked	3 Oz
Potato, Mashed	1/2 Cup
Winter Squash	1 Cup
Popcorn (no butter/fat)	3 Cups
Pretzels	3/4 Oz
Pasta (cooked)	1/2 Cup

Milk	Amt.
Milk (Skim)	1 Cup
Yogurt (Non Fat)	1 Cup

Vegetables	Amt**
Asparagus	1/2 Cup
Beans (green, wax)	1/2 Cup
Beets	1/2 Cup
Broccoli	1/2 Cup
Brussel Sprouts	1/2 Cup
Cabbage	1/2 Cup
Carrots	1/2 Cup
Cauliflower	1/2 Cup
Green Pepper	1/2 Cup
Murshrooms	1/2 Cup
Onions	1/2 Cup
Sauerkraut	1/2 Cup
Spinach	1/2 Cup
Tomatoes	1/2 Cup
Turnipz	1/2 Cup

\*\*1/2 Cup cooked or 1 Cup Uncooked for each

Fats	Amt
Unsaturated	
Margarine	1 tsp
Mayo	1 tsp
Cashews, Dry Roasted	1 tbsp
Peanuts	20 pcs
Salad Dressing	1 tbsp

Meats & Substitutes	Amt.
Beef	
Round Steak	1 oz
Sirloin Steak	1 oz
Flank Steak	1 oz
Tenderloin	1 oz
Pork	
Tenderloin	1 oz
Ham	1 oz
Canadian Bacon	1 oz
Veal	1 oz
Poultry	
Chicken	1 oz
Turkey	1 oz
Fish	
Fresh	1 oz
Frozen	1 oz
Canned (in water)	1 oz
Cheese	
Cottage	1/4 Cup
Parmesan	2 tbsp
Lowfat	1 oz
Peanut Butter	1 tbsp
Lunch Meat (95% fat free)	1 oz

Fruits	Amt
Apple (2")	1
Apricot	1/2 Cup
Banana (9")	Half
Canataloupe (cubed)	1 cup
Cherries	1/2 cup
Grapefruit (medium)	Half
Grapes	1/2 Cup
Orange (2 1/2")	1
Peach (2 3/4")	1
Pear (small)	1
Pineapple	1/3 Cup
Raspberries	1 cup
Strawberries	1 1/4 cup
Watermelon	1 1/4 cup
Juices	1/3-1/2 cp

Oils	Amt
Corn	1 tsp
Safflower	1 tsp
Soybean	1 tsp
Sunflower	1 tsp
Olive	1 tsp
Peanut	1 tsp

## Meal Plan - Caloric Choices

These plans give you the freedom to create your own menu rather than sticking to a pre-designed meal plan.

### 1200 Calories

Meal	Starch	Veg	Fruit	Milk	Meat	Fat
Breakfast	1	-	1/2	1/2	-	1
Snack	-	-	1/2	-	-	-
Lunch	1	1	1	-	2	1
Snack	1	-	-	-	-	-
Dinner	2	1	1	-	2	1
Snack	-	-	-	1	-	-

### 1500 Calories

Meal	Starch	Veg	Fruit	Milk	Meat	Fat
Breakfast	2	-	1/2	1/2	-	1
Snack	-	-	1/2	-	-	-
Lunch	2	1	1	-	2	1
Snack	1	-	-	-	-	-
Dinner	2	1	1	-	3	1
Snack	1	-	-	1	-	-

### 1800 Calories

Meal	Starch	Veg	Fruit	Milk	Meat	Fat
Breakfast	2	-	1/2	1	-	1
Snack	1	-	1/2	-	-	-
Lunch	2	1	1	-	3	1
Snack	1	-	-	-	1	-
Dinner	2	1	1	-	3	1
Snack	1	-	-	1	-	-

### 2000 Calories

Meal	Starch	Veg	Fruit	Milk	Meat	Fat
Breakfast	2	-	1/2	1	-	1
Snack	1	-	1/2	-	-	-
Lunch	3	1	1	-	3	1
Snack	1	-	1	-	1	-
Dinner	3	1	1	-	3	1
Snack	1	-	-	1	-	-

### 2300 Calories

Meal	Starch	Veg	Fruit	Milk	Meat	Fat
Breakfast	3	-	1/2	1	-	1
Snack	1	-	1/2	-	-	-
Lunch	3	1	1	1	3	1
Snack	1	-	1	-	1	-
Dinner	3	1	1	-	3	1
Snack	1	-	1	1	1	-

### Free Foods (1 cup raw - 1 Serving)

Cabbage Radish Cucumber Romaine Hot Pepper Endive  
 Celery Lettuce Green Onion Spinach Mushrooms Escarole

\*\*These foods contain less than 20 Calories per serving. Spread them throughout the day and you may eat 2-3 servings.