

UNDER CONSTRUCTION / IN PROGRESS

WHAT DAVE EATS – to Lose, Maintain or Gain Weight

Despite the categories, the foods are interchangeable and Dave eats these dishes/meals at any time of day. To lose weight, Dave keeps the calories from fat below 10%.

BEWARE! Per serving, 1 gram of fat in 100 calories is nearly 10% fat. But in 30 calories, 1 gram of fat is about 30% fat!

BREAKFAST like a King	LUNCH like a Prince(ss)	DINNER like a Pauper	SNACK like a Pig	DESSERT RARE & OCCASIONAL
STEEL-CUT OATS and/or CRACKED WHEAT w/ carrot, apple, dates, cinnamon, ginger, nutmeg, allspice, clove, chili powder	SOUP, CHOWDER or CHILI... anything w/ less than 10% of its calories coming from fat	ROASTED/BAKED POTATOES... sliced, chopped, diced, mashed, seasoned, dipped in ketchup, BBQ and/or mustard, smothered w/ cooked onions, chili and/or water-sauteed mushrooms	VEGETABLES & FRUIT... apples (Honeycrisp & Cosmic-crisp), bananas, oranges, pineapple, berries, baby carrots, bell pepper...	Apple Crisp
UNCLE SAM DRY CEREAL (flax seeds removed) w/ plant milk, cinnamon, cocoa powder or chocolate syrup, and lots of cut banana and/or berries	SOUP, CHOWDER or CHILI... anything w/ less than 10% of its calories coming from fat	Whole-grain SPAGHETTI/PASTA (sometimes w/ LiteLife® or Gardein® “plant” balls) w/ tomato sauce loaded w/ vegetables & seasonings (mushrooms, onion, garlic, bell pepper, squash, kale, “nooch”, fennel seed, etc.)	HOMEMADE HUMMUS (fat-free) w/ sliced bell pepper (for dipping)	Carrot Cake
SCRAMBLE/SKILLET of roasted diced potatoes, mushrooms, onion, bell pepper, garlic, tofu w/ McDougall seasoning mix (nutritional yeast, chili powder, onion powder, garlic powder, dill weed, turmeric, salt, pepper) and smoked paprika, finished w/ BBQ sauce, mustard & balsamic vinegar	RESTAURANT SANDWICHES, BOWLS or WRAPS... sometimes something whole-grain from <i>SUBWAY®</i> , <i>TACO DEL MAR®</i> or <i>CHIPOTLE®</i> w/ a plant-based meat alternative, loaded with vegetables, seasoned w/ salt/pepper, oregano red-wine vinegar (the bread, tortillas, veggie	Loma Linda® TUNO™ (Thai Sweet Chili flavor) w/ brown rice, finely diced/chopped red bell pepper, ginger, garlic, fresh finely chopped green onion/scallion, crushed pineapple, pineapple, chili sauce & sweet soy sauce	PICKLES sweet, bread & butter, beets...	Pumpkin Pie

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(seasoned to taste w/ salt & pepper)	patties and brown rice contain oil/fat)			
grilled HASH BROWNS w/ onion, garlic and/or bell pepper and ketchup	PIZZA... sometimes something whole-grain or super-thin crust w/ red sauce (mixed oil-free hummus), loaded w/ vegetables & seasonings	COLESLAW Finely chopped cabbage w/ minced red onion (or shallots), imitation bacon bits, minced cranberries, fat-free dressing, and balsamic vinegar	BROWN RICE W/ SWEET SOY SAUCE (sometimes w/ finely chopped bell pepper, ginger, garlic, chili sauce, finely chopped green onion, crushed or chopped pineapple, dulce flakes, ginger, garlic, pickled ginger)	Peach Pie
OIL-FREE STIR "FRY" of mushrooms, onion, garlic, ginger, chili sauce, soy sauce & rice vinegar w/ vegetables, brown rice (or ramen noodles), pineapple (or mandarin) tidbits, pickled ginger & sweet soy sauce (sometimes w/ plant-based tuna or roasted tofu)	HOMEMADE BURGERS... sometimes something whole-grain and ultra-low-fat/non-fat	Loma Linda® CHIPOTLE BOWL (w/ a can of rinsed corn and/or beans or cooked potatoes to tone down the spice/heat)	Toast w/ Jam	Fruits
16 oz. of BABY CARROTS microwaved & seasoned w/ cinnamon & ginger	SLOPPY JOES made w/ lentils, whole-grains, TVP, onion, bell pepper, seasonings, tomato sauce & served on a whole-grain or flourless bun/toast	OIL-FREE STEW	Nuts (1/4 cup)	Sorbet
plant-based, whole-grain PANCAKES or waffles w/ rolled oats, vanilla, <i>Mapline</i> , cinnamon, nutmeg, allspice, clove and pure maple syrup	HOMEMADE TACOS/BURRITOS... made w/ plant-based "meat" and/or TVP sauteed w/ finely chopped onion, garlic & bell pepper & seasoned wrapped in nori sheets or fruit-leather-like wraps (if a tortilla, corn	STIR "FRY" (NO OIL) mushrooms, onion, garlic, ginger, chili sauce, soy sauce & rice vinegar w/ vegetables, brown rice (or ramen noodles), pineapple (or mandarin) tidbits, pickled ginger & sweet soy sauce (sometimes w/ plant-	Popcorn (air popped) w liquid aminos & nooch	Banana Bread

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	tortillas are healthier than flour tortillas)	based tuna or roasted tofu)		
BROWN RICE w sweet potato, pineapple, cinnamon, chili powder & sweet soy sauce	SALAD or COLESLAW	ROASTED VEGETABLES	Granola Bar / Energy Bar	Oatmeal Cookies
		Cabbage Rolls	Smoothie	Cinnamon Buns
	MASHED POTATOES w MUSHROOM & ONION GRAVY	Ratatouille	Muffin	Rice Pudding
	Rice & Beans	Lasagna	Leftovers	Brownies
Brown Rice w Apple	Chickpea Salad	Baked Potatoes	Pretzels	Non-Dairy Frozen Dessert
	Oil-free Stir Fry	Sweet Potatoes	Bananas Fiesta	Yonanas
	Sweet Potato w Brown Rice, Pineapple & Sweet Soy Sauce	Hash Browns	Yonanas	Bananas Fiesta
	Oven Fries w Ketchup	Pancakes	Whole Grain Crackers/Cakes	Dairy Free-n Sundae
		Veggie (Lentil) Loaf <i>(Plant Pure Nation, page 178)</i>	Trail Mix/Dried Fruit	Popcorn (air popped) w liquid aminos & nooch
		Linguine w/ Alfredo	PBJ on Whole Grain Bread	Licorice
		Bean / Veggie Soup	Oil-Free Chips & Salsa or Guac.	Non-dairy chocolate
		Sandwich	Pita or Sourdough	
		Burger	Rice w Sweet Soy Sauce	
		Stir "Fry" (no oil)	Sweet Potato w Brown Rice, Pineapple & Sweet Soy Sauce	
		Sweet Potato w Brown Rice, Pineapple & Sweet Soy Sauce		