

**MAIN: (ACCORDING TO YOUR PLAN!)**

**1. Grilled chicken wrap**

TAP: Counts as a lunch, plus add a salad

**2. Grilled chicken pastrami wrap- approved**

TAP: Counts as a lunch, plus add a salad

**3. Burger delight - 4 oz approved (Without the roll)**

TAP: Counts as lunch or dinner, plus add a salad

**4. Steamed Vegetables with Chicken or beef (small)**

TAP: Counts as lunch or dinner, plus add a salad

**5. Grilled chicken Caesar salad**

TAP: Counts as lunch or dinner

**6. Steamed broccoli with chicken**

TAP: Counts as lunch or dinner, plus add a salad

**7. Steamed mushrooms with chicken**

TAP: Counts as lunch or dinner, plus add a salad

**8. Steamed Chicken with baby corn**

TAP: Counts as lunch or dinner, plus add a salad

**9. Steamed Vegetables with Chicken or beef**

TAP: Counts as lunch or dinner, plus add a salad



Glatt Bite



**10. Philly Steak on a whole wheat wrap**

TAP: Counts as a lunch, plus add a salad

**11. Rib Steak with grilled vegetables**

TAP: Counts as lunch or dinner

**12. Baby Chicken Platter with grilled vegetables**

TAP: Counts as lunch or dinner

**13. Grilled Chicken Platter with grilled vegetables**

TAP: Counts as lunch or dinner

**SIDES:**

TAP: Counts as unlimited

**1. 1 lb. steamed vegetables appetizer**

**2. Steamed Zucchini**

**3. Steamed Vegetables**

**4. Israeli salad**

**SAUCES:**

**Ketchup**

TAP: Counts as free

**Mustard**

TAP: Counts as free

**Mayo**

TAP: Counts as your fat

**Spicy Mayo**

TAP: Counts as your fat

**SUSHI:**

**TAP: COUNTS AS YOUR WEEKLY SUSHI ALLOWANCE :**

**TAP :FISH WRAPPED IN SEAWEED OR CUCUMBERS COUNT AS YOUR PROTEIN:**

-Avocado Roll

-Cucumber Roll

-Avocado cucumber Roll

-Veggie Roll

-Mango roll

-Kani salad

-California Roll

-Salmon Roll

-Tuna roll

-Tuna and salmon roll

-Rainbow roll

**FREE ROLLS:**

-Cucumber carrot and mushroom wrapped in seaweed or cucumber

- Hand Roll:Vegetables wrapped in seaweed

**STARCH:**

TAP: Counts as your starch for lunch or dinner:(portion according to plan!)

**1.Baked potato**

**2. Brown or white rice**

Nutrition by Tanya

130 1st St. Unit# 203

844-TANYA-DIET (826-9234)

WWW.NUTRITIONBYTANYA.COM

