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QUICK WEIGHT LOSS **PASSOVER PLAN**

Follow this plan for the duration of the holidays. No alcoholic beverages, except those included below, no dairy products, and no deviations from this plan. Liquids include water, tea, and coffee only. Meats include lean beef, fish, and poultry, in 5 oz. Portions for lunch and dinner. Return to your nutritional plan as soon as the holidays are over.

Good luck, eat well, and Happy Passover to you!

- BREAKFAST:** ½ grapefruit; 2 eggs (boiled or poached); tea or black coffee
- LUNCH:** 5 oz. meat, fish, or fowl; mixed green salad with lo-cal dressing (Kosher for Passover); tea, coffee, or non-caffeinated diet sodas
- DINNER:** “Traditional Seder Dinner” includes: one small piece of gefilte fish (unsweetened); mixed green salad; 5 oz. meat, fish, or fowl; ½ cup cooked vegetables; tea or coffee. **No jelly on gefilte fish.**

TRADITIONAL FOODS:

- Wine:** White Passover wine only. Dilute with ice chips and use 1 oz. of wine for each traditional glass (total of 4 oz.)
- Matzoh:** Use one board for the day
- Egg:** When dipping egg in salt water, use Morton’s Lite Salt only
- Horseradish:** White only (recipe)
- Haroses:** 1 tsp only (recipe)
- After Dinner Sweets or During Seder: Baked Apple or Strawberry Fluff (recipe)

RECIPES:

Baked Apple

Core 6 apples. Pour ½ c of diet soda or Kool-Aid over top and bake at 350 degrees until soft (approx ½ hour).

Strawberry Fluff

Beat 2 egg whites until stiff. Add 12 strawberries, beat until volume doubles, add sweetener to taste, and freeze.

Haroses

Grind one apple and 6 walnut meats. Add ½ oz. dry wed wine, ¼ tsp cinnamon, ⅛ tsp ginger.

Horseradish

Grind 1 piece horseradish (root), mix with sweetener to taste and Morton’s Lite Salt.