Diet may carve a slimmer you

If you feel like a stuffed turkey going into this Thanksgiving break, the following 1,200 calorie per day diet plan prepared from the dining halls menu by Cheryl Sowers (12th-biological health) should carve you a trimmer figure, Pilgrim.

YOU MAY HAVE AT ANY TIME: coffee or tea (black or with lemon), tossed salad with lemon, vinegar or 1 tbsp. low-calorie dressing.

ANY BREAKFAST: ½ glass juice, choice of unsweetened cold cereal or hot cereal with ½ tsp. sugar, 1 glass skim milk.

TODAY'S LUNCH: 1 cup beef barley soup, crackers, banana split salad plate, 1 glass skim milk.

TODAY' DINNER: veal parmigiana, parslied potatoes, pineapple-apricot salad on lettuce, 1 slice bread with ½ pat margarine, peach half.

TOMORROW'S LUNCH: chow mein with rice, fruited coleslaw, orange.

TOMORROW'S DINNER: stuffed green pepper in tomato sauce, broccoli, whole wheat roll with ½ pat margarine, apricot halves.

WEDNESDAY'S LUNCH: 1 bowl minestrone, crackers, cottage cheese.

WEDNESDAY'S DINNER: grilled beef pattie — no gravy, candied sweet potatoes, green beans, 1 slice raisin bread with ½ pat margarine.

THURSDAY'S LUNCH: mostacciolli with 1 tbsp. parmesan cheese, red cabbage toss, tangelo.

THURSDAY'S DINNER: roast turkey — no gravy, glazed carrots, cracked wheat roll with ½ pat margarine, pineapple slice, 1 glass skim milk.

FRIDAY'S LUNCH: fish sandwich with lettuce and 1 tbsp. tartar sauce, banana, 1 glass skim milk.

FRIDAY'S DINNER: baked haddock in red celery sauce, baked potato with sour cream and chives, brussels sprouts.

SATURDAY'S LUNCH: hot roast beef sandwich — no gravy, sliced peaches, 1 glass skim milk.

SATURDAY'S DINNER: Irish stew, broccoli, 1 slice oatmeal bread with ½ pat margarine, grapefruit sections.

SUNDAY'S BRUNCH: ½ glass cran-apple juice, cheese omelet, sliced apricots, 1 slice toast with ½ pat margarine, 1 glass skim milk.

SUNDAY'S DINNER: spaghetti with meatballs and 1 tbsp. parmesan cheese, strawberries and pineapple, 1 glass skim milk.

FINALS WEEK MENU

MONDAY'S LUNCH: bowl bean soup, crackers, carrot raisin salad, orange.

MONDAY'S DINNER: golombki, peach half with cottage cheese on lettuce, Finnish roll with ½ pat margarine, 1 glass skim milk.

TUESDAY'S LUNCH: noodle goulash, apricot halves.

THURSDAY'S DINNER: egg cutlet with toasted almond sauce, broccoli, orange slices on lettuce, 1 slice raisin bread with ½ pat margarine.

WEDNESDAY'S LUNCH: chef's salad with 1 tbsp. dressing, 1 slice bread with ½ pat margarine, apple.

WEDNESDAY'S DINNER: shrimp au gratin, sliced carrots, poppyseed roll with ½ pat margarine, grapefruit half.

THURSDAY'S LUNCH: cheese on sub roll, peach half.

THURSDAY'S DINNER: beef pattie — no gravy, mixed vegetables.

FRIDAY'S LUNCH: 1 cup cream of tomato soup, 2 halves grilled cheese sandwich, banana.

FRIDAY'S DINNER: roast lamb with 1 tsp. mint jelly, 1 slice bread with ½ pat margarine, sliced apricots, 1 glass skim milk.

SATURDAY'S LUNCH: tuna salad on lettuce with 2 slices bread, sliced peaches, 1 glass skim milk.

SATURDAY'S DINNER: roast beef — no gravy, 1 slice bread with ½ pat margarine, fruit.

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