

# Craig's Diet

## Quick Breakfast

- 1) Apple tofu smoothie (apple, ginger, tofu, almond milk, honey)
- 2) Strawberry tofu smoothie (strawberry, tofu, almond milk, honey)
- 3) Raw egg cracked over steamed rice and soy sauce, miso soup

## Breakfast

- 1) Natto (fermented soybeans) on rice with soy sauce, served with miso soup and boiled vegetables
- 2) Grilled salmon piece on rice, served with miso soup and pickles
- 3) Tamagoyaki omelette, rice, miso soup and boiled vegetables or pickles

## Lunch

- 1) Sushi rolls (cucumber roll, raw salmon & avocado roll, ume roll, inari roll, seaweed ship)
- 2) Bento box 1: Rice, teriyaki chicken or beef, boiled vegetables, seaweed salad, orange, miso soup
- 3) Bento box 2: Rice, canned salmon and mayonnaise, boiled vegetables, seaweed salad, miso soup
- 3) Bento box 3: Rice, ume pickle, grilled salmon, boiled vegetables, seaweed salad, fruit salad, miso soup
- 4) Bento box 4: Rice, fried tofu, tamagoyaki omelette, gyoza, seaweed salad, fruit salad, miso soup
- 5) Grilled rice balls with soy sauce, yakitori skewers, edamame, seaweed salad, fruit slices, miso soup

## Dinner

- 1) Rice with salmon sashimi, tofu, miso soup, boiled vegetables, Japanese pickles
- 2) Rice, pan fried gyoza, spicy konnyaku cubes, miso soup, Japanese pickles
- 3) Grilled fish, rice, miso soup, fried tofu, Japanese pickles
- 4) Soba noodles with shallots and dipping sauce, miso soup, tofu, Japanese pickles
- 5) Teriyaki chicken or beef, rice, miso soup, boiled vegetables, Japanese pickles

## Snacks

- 1) Edamame beans
- 2) Senbei (Japanese rice crackers)
- 3) Sweet Adzuki bean steamed bun

Boiled vegetables consist of konnyaku, carrot, shiitake mushrooms, fish shavings, and Japanese vegetables where possible (gobo, renkon, daikon, bamboo shoots)

This is a sample dieting plan around which Craig based his experiment. The meal plans are indicative only.

