

Shavuos Guidelines

1. *Shavuos* is set up the same way as a regular Shabbos. If you are eating other foods, swap out calorie for calorie. One difference: On a Shabbos you would have a *shalosh seudos* but on the first day of *Shavuos* you may have a *Kiddush*/breakfast in the morning., with the same number of calories as a typical *Shalosh Seudos*.
2. You may choose to duplicate your *Shabbos* menu, or you may exchange it with other foods of equal calories. (Be sure to take a copy of “Calories of Foods without Nutrition Labels”).
3. 1 diet cheesecake (S.C. [Say Cheese] 100 calories) equals 1 snack.
4. Thos of you who stay up *Shavuos* night: Starting at midnight of the 1st night you may start having the next day’s snack(s)

SAMPLE 1000 CALORIE DAIRY MEAL

1 ww Matzah 100 calories

8 oz. Sugar Free Iced Coffee 50 calories

¾ cup Compote 100 calories (website)

Mix in ½ cup pomegranate 50 calories

5 oz. Mediterranean Salmon 225 calories
(website)

1 bowl Butternut Squash Soup 110 calories
(website)

Toss Salad with 10 Craisins, 2 tbsp. lite Caesar Dressing & 3 Tbsp. Parmesan Cheese 175 calories (dressing on website)

Tomato Salad “free” (website)

1-piece Zucchini Kugel 90 calories (website)

1 SC Diet Cheesecake 100 calories

