



The **V8** Diet

DAY **1**



BREAKFAST

Oatmeal Breakfast

6 oz V8® 100% vegetable juice (with breakfast or as a mid-morning snack)
Mix 1 tbsp raisins, 1 tbsp dried cranberries, and 1 tsp brown sugar into 1 cup cooked oatmeal. Top with ½ cup flavored light yogurt.

LUNCH

Grilled Chicken & Pasta Salad Bar

2 cups leafy salad greens
½ cup total chopped raw vegetables (cucumbers, tomatoes, green peppers, onions and carrots)
2 oz grilled skinless chicken breast
¼ cup cooked pasta, 2 tbsp kidney or garbanzo beans
2 tbsp light Italian dressing
½ cup grapes

SNACK

Veggie Snack

½ cup each carrot and celery sticks

DINNER

Take-Out Turkey Sub & Chips

6" sub roll filled with 2 oz sliced turkey breast ½ cup total vegetables (shredded lettuce, tomato, green pepper and onion) and 2 tsp mustard.
1 cup baked potato chips

SNACK

Fruity Frozen Yogurt Shake

Blend together 1½ cups vanilla fat-free frozen yogurt and ¼ cup sliced strawberries.

Calculated Nutrition: 1245 Calories, Total Fat 19g, Saturated Fat 3g, Cholesterol 101mg, Sodium 1915mg, Total Carbohydrates 198g, Dietary Fiber 18g, Protein 72g



The **V8** Diet

DAY **2**



BREAKFAST

Cereal Breakfast

6 oz Essential Antioxidants V8® vegetable juice (with breakfast or as a mid-morning snack)
1 cup ready-to-eat whole grain cereal
1 small banana, sliced
1 cup fat-free milk

LUNCH

Tuna Fish Salad Bar

2 cups leafy salad greens
½ cup total chopped raw vegetables (cucumbers, tomatoes, green peppers, onions and carrots)
2 oz tuna fish canned in water, low sodium, drained
½ oz. sunflower seeds
1 tbsp olive oil, 1 tbsp balsamic vinegar
1 small whole grain roll (1 oz)

SNACK

Chocolate Pudding

4 oz cup fat-free chocolate pudding snack

DINNER

Tomato Soup & Grilled Cheese

1 cup prepared Campbell's® Healthy Request® Tomato soup
2 slices whole grain bread
2 oz low-fat American cheese
2 medium slices tomato
2 tsp soft light margarine

SNACK

V8® Fusion

8 oz V8® V.Fusion™ Strawberry Banana juice

Calculated Nutrition: 1267 Calories, Total Fat 37g, Saturated Fat 8g, Cholesterol 38mg, Sodium 2033mg, Total Carbohydrates 189g, Dietary Fiber 18g, Protein 56g



The **V8** Diet

DAY **3**



BREAKFAST

On-the-Go Breakfast Bar

6 oz Low Sodium V8® 100% vegetable juice
(with breakfast or as a mid-morning snack)

1 breakfast cereal bar (≤160 calories)
6 oz flavored light yogurt

LUNCH

Chicken Noodle Soup & Open-faced Turkey Sandwich

1 cup prepared Campbell's® Healthy Request® Chicken Noodle soup
Spread 1 slice Pepperidge Farm® Whole Grain bread with 2 tsp light mayonnaise; Top with 2 oz sliced turkey breast, 2 slices tomato and ¼ cup sprouts.
1 small orange

SNACK

Pineapple

1 snack container (4 oz) pineapple chunks

DINNER

Veggie Pasta

1 cup cooked whole wheat pasta topped with ½ cup Prego® Tomato, Basil & Garlic pasta sauce, ½ cup total vegetables (cooked mushrooms, onions, peppers), and ⅓ cup shredded mozzarella cheese.

SNACK

Cottage Cheese & Almonds

½ cup low-fat cottage cheese
½ oz almonds (12 whole almonds)

Calculated Nutrition: 1194 Calories, Total Fat 28g, Saturated Fat 9g, Cholesterol 86mg, Sodium 2052mg, Total Carbohydrates 171g, Dietary Fiber 23g, Protein 73g



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DAY **4**



** Campbell's Kitchen recipe*

BREAKFAST

Fruited English Muffin

6 oz Low Sodium V8® vegetable juice
(with breakfast or as a mid-morning snack)

1 whole grain English muffin, toasted and topped with 2 tsp light margarine and 2 tsp sugar-free jelly.
1 cup fat-free milk

LUNCH

Chicken Caesar Salad

2 cups romaine lettuce
2 tbsp grated Parmesan
½ cup cooked pasta
2 oz sliced, grilled skinless chicken breast
2 tbsp reduced-calorie Caesar dressing
1 small apple

SNACK

Graham Crackers

1½ large rectangular graham crackers

DINNER

Chili & Vegetables

*Campbell's® 2-Bean Chili**

½ cup cooked peas and corn topped with 1 tsp soft light margarine

SNACK

Fruit & Yogurt

Stir ½ cup blueberries into 6 oz flavored light yogurt.

Calculated Nutrition: 1266 Calories, Total Fat 31g, Saturated Fat 9g, Cholesterol 111mg, Sodium 2140mg, Total Carbohydrates 180g, Dietary Fiber 26g, Protein 77g



The **V8** Diet

DAY **5**



BREAKFAST

Peanut Butter & Banana Bagel

6 oz Spicy Hot V8® vegetable juice
(with breakfast or as a mid-morning snack)

1/2 large whole wheat bagel topped with 1 tbsp peanut butter and 1 small sliced banana.

LUNCH

Turkey Salad

2 cups leafy salad greens
1/2 cup total chopped raw vegetables (cucumbers, tomatoes, green peppers, onions and carrots)
2 oz sliced turkey breast
2 tbsp kidney or garbanzo beans
1 tbsp olive oil, 1 tbsp balsamic vinegar

SNACK

Fruit & Cheese

1 small orange
1 oz mozzarella cheese stick

DINNER

Veggie Pizza & Chips

1 slice (1/8 of 16") thin crust cheese pizza topped with extra veggies: 1/4 cup cooked mixed vegetables
1 cup baked potato chips

SNACK

Frozen Yogurt Dessert

1 cup fat-free frozen yogurt

Calculated Nutrition: 1244 Calories, Total Fat 44g, Saturated Fat 12g, Cholesterol 79mg, Sodium 2027mg, Total Carbohydrates 159g, Dietary Fiber 17g, Protein 60g



The **V8** Diet

DAY **6**



BREAKFAST

Bagel & Cream Cheese

6 oz Low Sodium V8® vegetable juice
(with breakfast or as a mid-morning snack)

1/2 large whole wheat bagel
1 tbsp cream cheese
6 oz flavored light yogurt

LUNCH

Chicken Rice Soup & Hummus

1 cup prepared Campbell's® Healthy Request® Chicken Rice soup
1/4 cup plain hummus
1/2 cup each sliced carrot & sliced cucumber
1 oz mozzarella cheese stick

SNACK

V8® V.Fusion

8 oz V8® V.Fusion™ Tropical Orange juice

DINNER

Fast Food Burger

1 regular fast food hamburger
1 cup garden side salad
1 tsp low-fat Italian dressing

SNACK

Milk & Fruit

1 cup fat-free milk
1 small banana, sliced

Calculated Nutrition: 1143 Calories, Total Fat 31g, Saturated Fat 13g, Cholesterol 76mg, Sodium 2148mg, Total Carbohydrates 169g, Dietary Fiber 18g, Protein 53g



The **V8** Diet

DAY **7**



BREAKFAST

Blueberry Waffles

6 oz Essential Antioxidants V8® 100% vegetable juice
(with breakfast or as a mid-morning snack)

2 whole grain waffles (4" diameter each) topped with
2 tsp. light margarine, 2 tbsp sugar-free syrup, and 1/2 cup blueberries
1 cup fat-free milk

LUNCH

Vegetarian Salad Bar

2 cups leafy salad greens
1/2 cup total chopped raw vegetables
(cucumbers, tomatoes, green peppers,
onions and carrots)
1/4 cup cooked pasta
2 tbsp kidney or garbanzo beans
1/4 cup peas and/or corn
2 tbsp shredded cheddar cheese
1tbsp olive oil, 1 tbsp vinegar

SNACK

Granola Bar

1oz low-fat granola bar

DINNER

Chinese Take-Out

Steamed entrée:
1 cup steamed vegetables
3 oz steamed sliced chicken breast
1 cup steamed rice (brown or white)
1 tbsp light soy sauce

SNACK

Fruit & Yogurt

6 oz flavored light yogurt topped with 1/2 cup blueberries.

Calculated Nutrition: 1282 Calories, Total Fat 42g, Saturated Fat 13g,
Cholesterol 169mg, Sodium 1934mg, Total Carbohydrates 174g, Dietary Fiber 20g, Protein 70g



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DAY **8**



BREAKFAST

Egg Breakfast

6 oz Low Sodium V8® vegetable juice
(with breakfast or as a mid-morning snack)

1 egg or 2 egg whites scrambled using vegetable cooking spray
topped with 2 tbsp cheddar cheese.
2 slices whole grain toast topped with 2 tsp soft light margarine.
1 cup fat-free milk

LUNCH

Lentil Soup

1 serving Campbell's® Select™ Savory Lentil soup
5 whole grain crackers
1/2 cup carrot and celery sticks with
1 tbsp light ranch dressing for dipping

SNACK

Yogurt

6 oz flavored light yogurt
1 small apple

DINNER

Fine Dining

2 oz grilled salmon
1 medium baked potato
1 tsp. light margarine
1/2 cup steamed broccoli

SNACK

Popcorn

3 cups plain popcorn, air-popped

Calculated Nutrition: 1268 Calories, Total Fat 37g, Saturated Fat 10g,
Cholesterol 278mg, Sodium 2137mg, Total Carbohydrates 178g, Dietary Fiber 26g, Protein 63g



The **V8** Diet



A Note on Beverages...

Drinking at least 8 glasses of fluid each day is important for good health and can also help with weight loss. Not all eating occasions on the V8® diet plan contain a beverage. It's a good idea to include one with every meal. Below is a list of acceptable beverages for meal times, or whenever you want something to drink.

BEVERAGE CHOICES ON THE V8 DIET

Unlimited servings per day

- Water, tap or spring
- Diet soft drink
- Carbonated, mineral or seltzer water
- Club Soda
- Other beverages with less than 5 calories per serving

Limited to a total of 3 servings per day:

- Diet V8 Splash® juice drink
- Coffee or tea with low-calorie sweetener and/or 1 Tbsp. low-fat or fat-free milk
- Other beverages with less than 20 calories per serving.

WOULD YOU LIKE TO ADD MORE FOOD TO THIS PLAN?

You can add any of these low calorie options to your meals or your between meal snacks.

- 1 cup lettuce, salad greens
- 1 cup of raw spinach
- 1 stalk celery
- Radishes
- Wine vinegar
- Balsamic vinegar
- Herbs and spices