

Weight loss sample meal plan  
(women)

| MEAL PLAN       | DAY 1  | DAY 2   | DAY 3   | DAY 4  | DAY 5  | DAY 6  | DAY 7   |
|-----------------|--|---|---|--|--|--|---|
| BREAKFAST       | BREAKFAST  | BREAKFAST   | BREAKFAST   | BREAKFAST  | BREAKFAST  | BREAKFAST  | BREAKFAST   |
|                 |  |   |   |  |  | SMOOTHIE (Mix all ingredients below together in a blender)         |   |
| 1 Protein Unit  | 1/2 cup fat free vanilla yoghurt                           | 175ml fat free milk   | 175ml Fat Free Yoghurt  | 1 Boiled Egg, with Grilled Tomato                  | 30g grated low fat cheese                        | 1/4 cup fat free Yoghurt & 1/4 cup Fat Free Milk                   | 40g Grilled Kipper, with grilled tomatoes & mushrooms                                       |
| 1 Starch Unit   | 1/2 cup All bran or 40-Fibre bran                          | 1/2 cup oats cooked in the fat free milk                          | 1/2 cup Swiss-style muesli  | 1 slice Rye bread or seed loaf, Toasted            | 1 low GI bran muffin                             | 2 Tbs. oat-bran  | 1 slice low GI bread, toasted   |
| 1 Fruit Unit    | 1 Tbsp. raisins  | 1 sliced Banana   | 3 Sliced Strawberries, added to cereal                                  | 1/2 cup Freshly Squeezed Orange Juice              | 1 small banana                                   | 1 small Banana & 80g Mango   | 1/2 small mango   |
| 1 Fat Unit      | 1 Tbsp. flaked almonds                                     | 2 tsp. peanut butter, added to porridge                           | 1/2 Tbsp. flaked almonds  | 2 tsp. peanut butter                               | (fat in muffin)                                  | 1 Tbsp. flaked almonds   | 2 tsp. peanut butter  |
| SNACK           | SNACK  | SNACK   | SNACK   | SNACK  | SNACK  | SNACK  | SNACK   |
| 1 Fruit Unit    | 1 Yellow Cling Peach                                       | 3-4 Strips Dried Mango (30g)                                      | 1 Large Apple   | 4 slices fresh Pineapple                           | 1 Pear   | 1 Cup Fruit Salad (50g)  | A handful of grapes   |
| LUNCH           | LUNCH  | LUNCH   | LUNCH   | LUNCH  | LUNCH  | LUNCH  | LUNCH   |
| 1 Protein Unit  | 1 Tbsp Fat Reduced Hummus & 30g (2-3 slices) Shaved Turkey | 2 Chicken Strips  | 30g Smoked Salmon   | 30g Beef Strips                                    | 1/2 tin of tuna or salmon                        | 30g Clover low fat cheese  | 2 mini Chicken Kebabs (40g)   |
| 1 Starch Unit   | 1 slice Low GI Seed Bread                                  | 2 mini Pita Breads, lightly toasted                               | 1 slice seed bread  | 1 small cooked Meaty                               | 1/2 cup cooked pasta                             | 1 Povitica or 2 Ryvita   | 1 cup cubed sweet potato, to roast  |
| WITH Vegetables | Rocket, Lettuce, Sliced Tomatoes, Cucumber & Spring Onions | Fill pita with fresh coriander, cherry tomatoes and sweet Peppers | Butter Lettuce, Cherry Tomatoes, Pickled Cucumbers, Sprouts & Snap Peas | Shredded Coleslaw, grated Carrots & Diced Cucumber | Lettuce, rocket, diced Carrots & Grated Beetroot | Butter lettuce, Roma Tomatoes, Orange Peppers & sliced Onion Rings | Roasted Vegetables: diced Pumpkin, Brinjals, Sweet Peppers, Mango, hot Peas, Onion & Garlic |

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**Mastering Geriatric Care** ,1997 Assessing older adults managing disorders and complications avoiding drug dangers and detecting abuse and neglect

**The (old) Farmer's Almanack** Robert Bailey Thomas,1997 A compilation of practical advice and folklore features weather forecasts for the United States planting tables health remedies horoscopes recipes games and puzzles and other entertaining and useful information

**Canada Weekly** ,1983

*The Case Manager's Survival Guide* Toni G. Cesta,Hussein A. Tahan,2003 This practical hands on guide includes vital information every case manager and administrator of a case management program need to be successful A useful resource for working in the changing face of healthcare it addresses case managers in all settings with an emphasis on nurse case managers and their role in providing patient care and containing costs Focusing on the nuts and bolts aspects of case management it discusses the operations of case management programs based on the authors first hand experiences Case Management Tip boxes in each chapter highlight important tips and provide easy access to this information Case studies in several chapters address possible situations the case manager may confront along with the most effective solutions Key points at the end of each chapter summarize pertinent information Appendices provide extensive examples of forms and multi disciplinary action plans used in various healthcare settings

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**Long-term Care Administration** Aspen Reference Group (Aspen Publishers),1992 This single up to date resource offers practical and proven guidelines checklists and procedures that can be readily applied to any of the long term care administrative needs Among the major subjects covered are budgeting and financial management marketing and public relations cost containment and reimbursement information management human resources management quality assurance and safety risk management law

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