

MEAL PLAN
WEIGHT LOSS

1 PAGE

8.5 X 11 INCHES

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Weight Loss Meal Plan

	Breakfast	Lunch	Dinner	Snacks
SUN	Greek yogurt with berries and honey.	Grilled chicken salad with greens and balsamic vinaigrette.	Baked salmon with roasted vegetables.	Sliced cucumber with hummus.
SAT	Oatmeal topped with sliced banana and a sprinkle of almonds.	Turkey and avocado wrap with whole-grain tortilla.	Stir-fried tofu with broccoli and brown rice.	Baby carrots with tzatziki sauce.
FRIDAY	Scrambled eggs with spinach and tomatoes.	Quinoa salad with chickpeas, cucumber, and lemon-tahini dressing.	Grilled shrimp with asparagus and quinoa.	Sliced bell peppers with guacamole.
THU	Smoothie with spinach, banana, almond milk, and protein powder.	Lentil soup with a side of mixed greens.	Baked chicken breast with roasted sweet potatoes and green beans.	Sliced apples with a sprinkle of cinnamon.
WED	Greek yogurt parfait with granola and sliced strawberries.	Spinach and feta stuffed chicken breast with a side of steamed broccoli.	Veggie stir-fry with tofu and brown rice.	A small portion of trail mix (nuts and dried fruit).

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Murr, 2024-10-03 The all in one care planning resource. Here's the step by step guidance you need to develop individualized plans of care while also honing your critical thinking and analytical skills. You'll find about 160 care plans in all covering acute community and home care settings across the life span. Each plan features Client assessment database for each medical condition. Complete listings of nursing diagnoses organized by priority. Diagnostic studies with explanations of the reason for the test and what the results mean. Actions and interventions with comprehensive rationales. Evidence based citations. Index of nursing diagnoses and their associated disorders.

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Nutrition Abstracts and Reviews, 1959 *Medical Review of Reviews*, 1899 Index medicus in v 1 30 1895 1924

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