

# Weight Loss Menu

| 1200 - 1300 cal                                                                    | ⌚ Breakfast                                                                                                                                                                                             | ⌚ Snack                                                                                                                                        | ⌚ Lunch                                                                                                                                                                                                                                                                                                  | ⌚ Snack                                                                                      | ⌚ Dinner                                                                                                                                                                                                                                                                                           | ⌚ Snack                                                                      |
|------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|
|    | <b>Day 1</b><br>1 whole grain bagel,<br>1/2 teaspoon of light cream<br>cheese, 1 teaspoon can without<br>sugar and 1 cup of decaffeinated<br>coffee with 4 ounces of skimmed<br>milk (Approx. 200 cal.) | 8 whole wheat crackers,<br>4 big strawberries and<br>4 ounces of low fat yogurt<br>(Approx. 190 cal.)                                          | 1 slice of whole wheat bread,<br>2 hardboiled eggs,<br>1 sliced tomato,<br>2 cups of lettuce with<br>1 teaspoon low fat dressing<br>(Approx. 410 cal.)                                                                                                                                                   | 1 medium orange,<br>1/2 whole muffin<br>(Approx. 180 cal.)                                   | 3 ounces of boneless grilled chicken breast,<br>1 cup of steamed broccoli with<br>1 teaspoon of low fat dressing<br>1/2 baked potato with pepper and onions<br>(Approx. 270 cal.)                                                                                                                  | 1 little apple and<br>3/4 cup of<br>unsweetened gelatin<br>(Approx. 70 cal.) |
|    | <b>Day 2</b><br>1/2 cup of frozen fruit and<br>4 ounces of low fat yogurt<br>(Approx. 170 cal.)                                                                                                         | 1 low fat and low sodium granola<br>bar or 100 calories and<br>a big grapes (Approx. 190 cal.)                                                 | 3 ounces of low fat and low sodium<br>turkey steak,<br>1 teaspoon low fat mayonnaise,<br>1 cup of raw carrots and celery,<br>1 cup of lettuce, and<br>1 slice whole wheat bread<br>(Approx. 270 cal.)                                                                                                    | 1 medium tangerine,<br>3 chocolate nut crackers,<br>a strawberry<br>(Approx. 170 cal.)       | 1/2 cup of brown rice,<br>3 ounces of baked salmon,<br>2 cups of steamed broccoli with<br>1 teaspoon of low fat cream<br>cheese (Approx. 320 cal.)                                                                                                                                                 | 1 unsweetened gelatin<br>and 4 big strawberries<br>(Approx. 70 cal.)         |
|    | <b>Day 3</b><br>4 ounces of skimmed milk,<br>1/2 cup of whole wheat cereal<br>and 1 medium apple<br>(Approx. 200 cal.)                                                                                  | 1 cup of grapes and<br>4 ounces of low fat yogurt<br>(Approx. 180 cal.)                                                                        | 1 low sodium can of tuna,<br>1 teaspoon of olive oil and some lemon juice,<br>1 cup of 40 and 100 calories,<br>2 cups of raw spinach and<br>1 teaspoon of low fat Italian dressing<br>(Approx. 300 cal.)                                                                                                 | 1 medium orange and<br>1 granola cookie<br>(70 calories)<br>(Approx. 140 cal.)               | 3 ounces of baked tilapia<br>1 teaspoon of olive oil,<br>1/2 cup of low sodium corn,<br>2 cups of fresh spinach and<br>2 teaspoons of low sodium red wine<br>vinegar (Approx. 340 cal.)                                                                                                            | 1/2 cup of frozen fruit<br>(Approx. 40 cal.)                                 |
|    | <b>Day 4</b><br>1/2 cup of cooked ribs with<br>4 ounces of skimmed milk and<br>3 low fat and low sodium turkey<br>steak (Approx. 280 Cal.)                                                              | 1 low fat turkey chicken and<br>4 ounces of low fat yogurt<br>(Approx. 180 cal.)                                                               | 1/2 cup of brown rice,<br>3 ounces of boneless grilled chicken breast,<br>1 cup of raw carrots,<br>1 cup of raw carrots and 2 teaspoons of light<br>sauce dressing (Approx. 300 cal.)                                                                                                                    | 1 cup of water and<br>1/2 of a whole wheat<br>muffin (Approx. 130 cal.)                      | 4 ounces of low fat, low sodium turkey breast,<br>1 cup of lettuce with 2 teaspoons of mayo,<br>2 teaspoons of low sodium red wine<br>vinegar (Approx. 340 cal.)                                                                                                                                   | 1 unsweetened gelatin<br>and 1 medium oat<br>(Approx. 70 Cal.)               |
|   | <b>Day 5</b><br>1/2 cup of whole wheat cereal with<br>4 ounces of low fat yogurt and<br>1 cup of blueberries<br>(Approx. 180 Cal.)                                                                      | 4 low fat turkey crackers and<br>1 cup of decaffeinated coffee<br>with 4 ounces of skimmed milk<br>(Approx. 180 cal.)                          | 1/2 cup of black beans,<br>1/2 cup of brown rice,<br>2 cups of lettuce with low fat ranch<br>dressing and<br>1/2 of a banana (Approx. 320 cal.)                                                                                                                                                          | 1/2 cup of pineapple and<br>1 low sodium granola bar<br>(140 calories)<br>(Approx. 220 cal.) | 2 grilled fish fillets (70 cal) with a little salt<br>and pepper,<br>1/2 cup of baked mushrooms,<br>1/2 cup of beans (garbanzo style),<br>1 tomato (garbanzo style), cook them in the<br>oil with 2 teaspoons of olive oil and a dash of<br>black pepper, and<br>1 baked potato (Approx. 340 cal.) | 1 unsweetened gelatin<br>(Approx. 10 Cal.)                                   |
|  | <b>Day 6</b><br>1/2 whole grain bagel with<br>2 teaspoons of light cream<br>cheese and 1 teaspoon granola<br>and 1 cup of watermelon<br>(Approx. 170 Cal.)                                              | 1/2 cup of decaffeinated coffee<br>with 4 ounces of skimmed milk,<br>1/2 of orange and unsweetened<br>gelatin of 50 cal.<br>(Approx. 180 cal.) | 1/2 cup of whole wheat pasta,<br>1 teaspoon of olive oil and two teaspoons<br>of parmesan cheese,<br>1 cup of grilled salmon,<br>2 cups of lettuce, tomatoes and onions and<br>1/2 cup of about lettuce steamed vegetables,<br>you can also add two teaspoons of light<br>sauce cream (Approx. 340 cal.) | 4 big strawberries and<br>1 granola cookie<br>(70 calories)<br>(Approx. 100 cal.)            | 3 ounces of boneless grilled chicken breast,<br>2 cups of baked broccoli and<br>2 teaspoons of low fat, low sodium dressing<br>and 1/2 cup of brown rice<br>(Approx. 320 cal.)                                                                                                                     | 1 cup of blueberries<br>(Approx. 40 Cal.)                                    |
|  | <b>Day 7</b><br>1 slice of whole wheat bread,<br>1 slice of low fat and low sodium<br>cheese,<br>1 cup of decaffeinated coffee<br>with 4 ounces of skimmed milk<br>(Approx. 180 cal.)                   | 1/2 of a banana and<br>1 granola bar or 100 cal.<br>(Approx. 190 cal.)                                                                         | 1/2 cup of red beans,<br>1/2 cup of whole wheat pasta (macaroni),<br>and 1/2 cup of water,<br>2 cups of lettuce and<br>1 teaspoon of parmesan cheese and some<br>oil (Approx. 310 cal.)                                                                                                                  | 1/2 cup of frozen fruit and<br>2 bread sticks<br>(Approx. 130 cal.)                          | 3 ounces of grilled tuna,<br>2 cups of dark green vegetables,<br>1 sliced tomato,<br>2 teaspoons of low fat,<br>low sodium dressing, and<br>1/2 cup of brown rice<br>(Approx. 300 cal.)                                                                                                            | 1 medium apple<br>(Approx. 40 cal.)                                          |

## NOTE:

These menus should be prepared with little salt (light), should not be used seasonings and it is essential to drink 8 glasses of water per day (no sugary drinks or beer)

# Weight Loss Plan Review Open Now

**LM Reder**



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Practical Druggist and Pharmaceutical Review of Reviews ,1898      Saturday Review ,1878      Psychosomatic Illness Review Wilfred Dorfman,Leo Cristofar,1985      Proposed Rio Puerco Resource Management Plan and Final Environmental Impact Statement United States. Bureau of Land Management. Rio Puerco Resource Area,1985 This Proposed Resources Management Plan and Final Environmental Impact Statement describes and analyzes the Proposed Rio Puerco Resource Management Plan for managing the public lands and resources in the Rio Puerco Resource Area New Mexico The Proposed Plan is the Balanced Management Alternative from the Draft slightly modified      Farmers' Review ,1894      **California Weight Loss Program** H. Stanley Judd,James M. Terrill,Evelyn Langenwaller,1977      **Digest; Review of Reviews Incorporating Literary Digest** ,1936      **Electrical Review** ,1892      *Diabetes Weight Loss: Week by Week* Jill Weisenberger,2012-07-10 More than 23 million adult Americans have diabetes More than two thirds of American adults with type 2 diabetes are significantly overweight or obese The majority of overweight people have tried unsuccessfully to lose weight one or more times only to regain it within months They know that losing weight can improve their health they just need to know how to make it happen and how to keep those pounds off Diabetes Weight Loss Week by Week guides people with diabetes through the steps toward lasting weight loss better health and possibly improved blood glucose control With a week by week approach and emphasis on incremental changes readers gain the knowledge skills and confidence required for permanent weight loss and lifestyle change Readers also learn from the triumphs of others by reading their brief stories and the included recipes show how to bring healthy meals into the house      *The W.B.A. Review* ,1930      **The Review of Reviews** William Thomas Stead,1895      Academy; a Weekly Review of Literature, Learning, Science and Art ,1887 The Poetical gazette the official organ of the Poetry society and a review of poetical affairs nos 4 7 issued as supplements to the Academy v 79 Oct 15 Nov 5 Dec 3 and 31 1910      **Iron Trade Review** ,1898      Daily Report ,1994      *Iron Trade Review and Western Machinist* ,1898      *American Monthly Review of Reviews* Albert Shaw,1895      The Enzyme Diet Solution Allan C. Somersall,Dr Allan C Somersall, Ph.D., M.D.,2003-08-28 Body weight is an intensely personal thing There s no escaping it It greets you every morning in the bathroom mirror it follows you throughout the day by the reflections in the eyes of everyone you meet and it whispers a good night benediction as you put out your vanity light It is your second face Dr Allan C Somersall      **The Electrical Review** ,1896      **The American Review of Reviews** Albert Shaw,1926      **Rio Puerco Resource(s) Management Plan (RMP)** ,1985

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