

# Weight Loss Menu

1200-1300 cal	Breakfast	Snack	Lunch	Snack	Dinner	Snack
	1 whole green yogurt, 1/2 tablespoon of light cream cheese, 1/4 cup whole grain cereal with 1 scoop of protein mix (approx. 200 cal)	8 whole wheat crackers, 1/2 cup whole-milk yogurt, 1/2 cup of raw fat yogurt (approx. 180 cal)	1 slice of whole wheat bread, 2 hard-boiled eggs, 1 sliced tomato, 2 slices of lettuce with 1 tablespoon low fat dressing (approx. 470 cal)	1 medium orange, 1/2 small melon (approx. 180 cal)	1/2 ounce of boneless grilled chicken breast, 1 slice of whole-wheat bread with 1 tablespoon of low fat dressing, 1/2 portobello pizza with protein and toppings (approx. 370 cal)	1/2 cup yogurt and 1/2 ounce unsweetened protein (approx. 70 cal)
	1/2 cup of frozen fruits and 1 scoop of low fat yogurt (approx. 170 cal)	1 low-fat and low-sodium granola bar (100 cal) and 1 bag grapes (approx. 190 cal)	3 ounces of low fat and low sodium turkey slices, 1 scoop low-fat cottage cheese, 1 cup of raw carrots and celery, 1 cup of lettuce, 1/2 cup whole wheat bread (approx. 210 cal)	1 medium orange, 1 sliced raw carrots, 1 tomato (approx. 170 cal)	1/2 cup of brown rice, 1 ounce of baked carrots, 1/2 cup of steamed broccoli with 1 tablespoon of low fat cream cheese (approx. 220 cal)	1 unsweetened protein and 1 bag strawberries (approx. 20 cal)
	4 ounces of steamed crab, 1/2 cup of whole wheat cereal and 1 medium apple (approx. 200 cal)	1 cup of popcorn and 4 ounces of raw fat yogurt (approx. 180 cal)	1 low sodium slice of turkey, 1 tablespoon of olive oil protein powder (approx. 140 cal), 1/2 cup of steamed broccoli, 2 slices of raw asparagus and 1 tablespoon of low fat Italian dressing (approx. 300 cal)	1 medium orange and 1 granola cookie (170 cal) (approx. 140 cal)	1 ounce of baked beans, 1 tablespoon of olive oil, 1/2 cup of raw sodium-free beans, 2 cups of fresh spinach and 2 tablespoons of raw sodium-free whole strawberries (approx. 240 cal)	1/2 cup of frozen fruits (approx. 40 cal)
	1/2 cup of cooked meat with 4 ounces of steamed crab, 1/2 cup low fat and low sodium turkey slices (approx. 200 cal)	1 low-fat turkey sausage (approx. 160 cal) and 4 ounces of raw fat yogurt (approx. 180 cal)	1/2 cup of baked rice, 1 ounce of boneless grilled chicken breast, 1 cup of raw carrots, 1/2 cup of raw carrots and 2 tablespoons of light ranch dressing (approx. 300 cal)	1/2 cup of water and 1/2 cup of whole wheat muffin (approx. 180 cal)	4 ounces of low fat, low sodium turkey breast, 1/2 cup of baked rice with 2 tablespoons of salsa, 1/2 ounce of low sodium red wine strawberries (approx. 300 cal)	1 unsweetened protein and 1 medium apple (approx. 70 cal)
	1/2 cup of whole-wheat cereal with 4 ounces of raw fat yogurt and 1 cup of blueberries (approx. 180 cal)	8 low-fat cottage cheese and 1 cup of unsweetened yogurt with 1 scoop of protein mix (approx. 180 cal)	1/2 cup of black beans, 1/2 cup of brown rice, 2 ounces of sodium-free raw fat ranch dressing and 1/2 cup of salsa (approx. 210 cal)	1/2 cup of protein mix and 1 low sodium protein bar (full portion) (approx. 220 cal)	2 baked fish fillets (1 serving each) with 1/2 cup of steamed vegetables, 1/2 cup of baked macaroni, 1/2 cup of beans (approx. 240 cal), 1/2 ounce of beans (approx. 240 cal)	1 unsweetened protein (approx. 10 cal)
	1/2 whole green yogurt with 2 tablespoons of light cream cheese and 1/4 cup whole grain cereal with 1 scoop of protein mix (approx. 170 cal)	1/2 cup of unsweetened yogurt with 4 ounces of steamed crab, 1/2 cup of whole grain cereal and 1 scoop of protein mix (approx. 180 cal)	1/2 cup of whole-wheat pasta, 1 tablespoon of olive oil and 1/2 tablespoon of pesto, 1/2 cup of grilled chicken, 2 cups of lettuce, tomatoes and cheese and 1/2 cup of whole-wheat pasta topped with 1/2 cup of pesto and 1/2 cup of light ranch dressing (approx. 310 cal)	1/2 cup of whole-wheat and 1 granola cookie (170 cal) (approx. 180 cal)	1/2 ounce of boneless grilled chicken breast, 1 slice of whole-wheat bread and 1 tablespoon of low fat, low sodium dressing and 1/2 cup of soybeans (approx. 220 cal)	1 cup of blueberries (approx. 40 cal)
	1 slice of whole-wheat bread, 1 slice of low fat and low sodium cheese, 1 slice of deconstructed yogurt with 1 scoop of steamed crab (approx. 180 cal)	1/2 cup of berries and 1 granola bar (100 cal) (approx. 180 cal)	1/2 cup of rice berries, 1/2 cup of whole-wheat pasta (macaroni), 1/2 cup of pesto, 1/2 cup of whole-wheat pasta with 1/2 cup of pesto and 1 scoop of protein mix (approx. 210 cal)	1/2 cup of frozen tutti-frutti (approx. 180 cal)	1 ounce of grilled tuna, 1 scoop of whole green vegetables, 1 slice of tomato, 1 tablespoon of low fat, low sodium dressing, and 1/2 cup of beans (approx. 200 cal)	1 medium orange (approx. 40 cal)

**NOTE:-**

These menus should be prepared with little salt (if any), 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 Guide

**Margo Creighton Neal**

## **Weight Loss Plan Guide:**

Weight Loss Plan Guide: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the captivating narratives that have captivated audiences this year. Weight Loss Plan Guide : Colleen Hoovers "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and suspenseful novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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