

MEAL PLAN FOR WEIGHT LOSS

DAY 1

Breakfast

½ Grapefruit
1 Slice of Toast
2 Tablespoons of Peanut Butter

Lunch

½ Cup Tuna
1 Slice of Toast
1 Cup Coffee or tea

Dinner

3 ounces of meat
1 cup of green beans
½ banana, 1 small apple



DAY 6

Breakfast

1 Egg
1 Slice of Toast
½ Banana

Lunch

1 cup of cottage cheese
1 hard boiled egg
5 saltine crackers

Dinner

2 hot dogs (without bun)
1 cup of broccoli, ½ cup carrots
½ Banana, ½ cup of vanilla ice cream



DAY 5

Breakfast

5 saltine crackers
1 small apple
1 slice of cheddar cheese

Lunch

1 hard boiled egg
1 slice of toast

Dinner

1 cup of tuna
½ banana
1 cup of vanilla ice cream



DAY 2

Breakfast

1 Egg
1 Slice of Toast
½ Banana

Lunch

1 cup of cottage cheese
1 hard boiled egg
5 saltine crackers

Dinner

2 hot dogs (without bun)
1 cup of broccoli, ½ cup carrots
½ Banana, ½ cup of vanilla ice cream



DAY 3

Breakfast

5 saltine crackers
1 small apple
1 slice of cheddar cheese

Lunch

1 hard boiled egg
1 slice of toast

Dinner

1 cup of tuna
½ banana
1 cup of vanilla ice cream



DAY 4

Breakfast

1 Egg
1 Slice of Toast
½ banana

Lunch

½ Grapefruit
1 Slice of Toast
2 Tablespoons of Peanut Butter

Dinner

2 hot dogs (without bun)
1 cup of broccoli, ½ cup carrots
½ Banana, ½ cup of vanilla ice cream



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The 90/10 Weight-Loss Plan Joy Bauer, 2015-04-28 In just two weeks you'll lose weight, be healthier and you can still eat your favorite chips, cookies and ice cream. The reason so many diets fail for so many people is that they force the dieter to cut out the foods they love and crave. With The 90/10 Weight Loss Plan, dieters learn to balance their food intake by eating 90% healthy, nutritious food with 10% Fun Food whatever they want whenever they want. Nutritionist Joy Bauer has created a phenomenon that has taken the nation by storm: a diet that is healthy and easy to follow. And since dieters don't feel deprived of their favorite foods, The 90/10 Weight Loss Plan is a program they can stay on. The innovative plan offers three different caloric levels based on one's weight loss goal, 42 meals for each level including breakfasts, lunches, dinners and snacks. Meals that provide the most nutrition possible while reducing saturated fat and cholesterol intake. Meals that help reduce the risk of heart disease and cancer. Menus that are designed to include food the dieter will love. **Working Mother**, 2001-08 The magazine that helps career moms balance their personal and professional lives. **Working Mother**, 2001-08 The magazine that helps career moms balance their personal and professional lives. **McCall's**, 2000-10 *Weekly World News*, 2001-04-10 Rooted in the creative success of over 30 years of supermarket tabloid publishing, the *Weekly World News* has been the world's only reliable news source since 1979. The online hub www.weeklyworldnews.com is a leading entertainment news site. *Weekly World News*, 2000-05-16 Rooted in the creative success of over 30 years of supermarket tabloid publishing, the *Weekly World News* has been the world's only reliable news source since 1979. The online hub www.weeklyworldnews.com is a leading entertainment news site. The Cooper Clinic Solution to the Diet Revolution Georgia G. Kostas, 2001 **The Hollywood Trainer Weight-loss Plan** Jeanette Jenkins, 2007 Outlines a holistic three-week plan for wellness and weight loss as based on the author's 7 simple steps to success philosophy in a reference that provides a customizable exercise regimen, menu plans and self-assessment guidelines. **Weekly World News**, 2000-05-16 Rooted in the creative success of over 30 years of supermarket tabloid publishing, the *Weekly World News* has been the world's only reliable news source since 1979. The online hub www.weeklyworldnews.com is a leading entertainment news site. *Weekly World News*, 2001-04-10 Rooted in the creative success of over 30 years of supermarket tabloid publishing, the *Weekly World News* has been the world's only reliable news source since 1979. The online hub www.weeklyworldnews.com is a leading entertainment news site. *Latina Magazine*, 2008-04 The Help Yourself Love Yourself Nondiet Weight Loss Plan Joel C. Robertson, 1993 A new way to lose weight by controlling your brain's need for food. This revolutionary individualized program for losing weight is tailored to your brain chemistry and lets you eat to feel good while losing weight. Robertson outlines the diet that is right for your brain and suggests strategies for keeping your weight at a healthy level permanently. **Mademoiselle**, 1982 **New York**, 2006 The Ladies' Home Journal, 2002-06 The Illustrated Weekly of India, 1978 House & Garden, 1976 **The American Legion**, 1987 *Cosmopolitan* Helen Gurley Brown, 1995-10 **Cine**

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