

# Weight Loss Menu

1200 - 1300 cal.	Breakfast	Snack	Lunch	Snack	Dinner	Snack
<b>Day 1</b> 	1 whole green burger, 1/2 teaspoon of light cream cheese, 1/2 medium bowl cottage and 1 cup of decaffeinated coffee with 1 cup of skimmed milk (Approx. 1200 cal.)	1 whole wheat croissant, 1 big sandwich and 1 bunch of low fat yogurt (Approx. 1100 cal.)	1 slice of whole wheat bread, 1 unsalted yogurt, 1 sliced ham, 2 cups of lettuce with 1 tablespoon low fat dressing (Approx. 1100 cal.)	1 medium orange, 1/2 small melon (Approx. 1100 cal.)	1 bunch of romaine lettuce-chicken salad, 1 slice of whole wheat bread 1/2 cup of low fat dressing 1/2 cup of low fat yogurt (Approx. 1200 cal.)	1/2 cup of cottage cheese and 1/2 cup of unsweetened yogurt (Approx. 1200 cal.)
<b>Day 2</b> 	1/2 cup of frozen fruits and 1 cup of low fat yogurt (Approx. 1100 cal.)	1 cup fat free low sodium granola box (100 calories) and 1 big grapes (Approx. 1100 cal.)	3 ounces of low fat and low sodium turkey meat, 1/2 cup of low fat vegetables, 1 cup of low sodium tortilla chips, 1 cup of lettuce (lettuce salad with whole wheat bread (Approx. 1100 cal.)	1 medium orange 1 unsalted rice crackers a tomato (Approx. 1100 cal.)	1/2 cup of frozen fruits 1 bunch of baked carrots, 1 cup of unsweetened broccoli with 1 tablespoon of low fat yogurt (Approx. 1200 cal.)	1 unsweetened yogurt and 1 big grapes (Approx. 1200 cal.)
<b>Day 3</b> 	4 ounces of steamed rice, 1/2 cup of whole wheat cereal and 1 medium apple (Approx. 1200 cal.)	1 cup of popcorn and 1 bunch of low fat yogurt (Approx. 1100 cal.)	1 low sodium can of tuna, 1 tablespoon of olive oil and some lemon juice 1 cup of steamed vegetables, 2 cups of rice spaghetti and 1 tablespoon of low fat dressing (Approx. 1200 cal.)	1 medium orange and 1 granola cookie (150 calories) (Approx. 1100 cal.)	1 bunch of baked beans 1/2 cup of olive oil, 1/2 cup of low sodium beans, 2 cups of baked spaghetti and 1 tablespoon of low sodium soy sauce dressing (Approx. 1200 cal.)	1/2 cup of frozen fruits (Approx. 1100 cal.)
<b>Day 4</b> 	1/2 cup of cooked rice with 4 ounces of steamed ribs and 1 cup of low fat and low sodium turkey salad (Approx. 1200 cal.)	1 low fat turkey chicken and 1 cup of low fat yogurt (Approx. 1100 cal.)	1/2 cup of baked beans 1 bunch of romaine lettuce-chicken breast 1 cup of low sodium and 2 tablespoons of light lettuce dressing (Approx. 1200 cal.)	1 cup of romaine lettuce 1/2 cup of whole wheat multi-grain (150 cal.)	4 ounces of low fat, low sodium turkey breast 1 cup of romaine with 2 tablespoons of salsa 2 tablespoons of low sodium red wine dressing (Approx. 1200 cal.)	1 unsweetened yogurt and 1 medium apple (Approx. 1200 cal.)
<b>Day 5</b> 	1/2 cup of whole wheat cereal with 4 ounces of low fat yogurt and 1 cup of blueberries (Approx. 1100 cal.)	4 low fat baked chicken and 1 cup of decaffeinated coffee with 1 cup of skimmed milk (Approx. 1100 cal.)	1/2 cup of baked beans, 1/2 cup of beans 2 cups of lettuce with low fat ranch dressing (150) 1/2 cup of broccoli (Approx. 1200 cal.)	1/2 cup of plain yogurt and 1 low sodium granola bar (150 calories) (Approx. 1200 cal.)	2 baked beans (150), 1/2 cup of light yogurt 1/2 cup of baked beans and 1/2 cup of whole grain cereal 1/2 medium baked potato, 1/2 cup of salsa with 2 tablespoons of salsa and a cup of light yogurt (150) 1 baked potato (Approx. 1200 cal.)	1 unsweetened yogurt (Approx. 1100 cal.)
<b>Day 6</b> 	1/2 whole green burger with 2 teaspoons of light cream cheese and 1/2 medium pasta salad and 1 cup of watercress (Approx. 1100 cal.)	1/2 cup of decaffeinated coffee with 1 cup of skimmed milk, 1/2 cup of yogurt and unsweetened coffee of 150 cal. (Approx. 1100 cal.)	1/2 cup of whole wheat pasta, 1 tablespoon of olive oil and 2 tablespoons of cavatappi cheese, 1/2 cup of grilled salmon, 2 cups of lettuce, romaine and green and 1/2 cup of your favorite baked vegetables, your own toppings (low fat) 2/3 cups of light lettuce dressing (Approx. 1200 cal.)	1 big chocolate bar 1 granola cookie (150 calories) (Approx. 1200 cal.)	1 bunch of romaine lettuce-chicken salad, 2 cups of baked beans and 2 tablespoons of low fat, low sodium dressing and 1/2 cup of frozen fruits (Approx. 1200 cal.)	1 cup of blueberries (Approx. 1200 cal.)
<b>Day 7</b> 	1 slice of whole wheat bread, 1 slice of low fat and low sodium cheese, 1 cup of decaffeinated coffee with 1 cup of skimmed milk (Approx. 1100 cal.)	1/2 cup of banana-yogurt 1 granola bar (100 cal.)	1/2 cup of whole wheat pasta (macaroni), 1/2 cup of whole wheat pasta, 2 cups of lettuce and 1 tablespoon of romaine cheese and some lettuce (Approx. 1100 cal.)	1/2 cup of frozen fruits and 1 sliced apple (Approx. 1100 cal.)	4 ounces of baked beans, 2 cups of diet green vegetables, 1 sliced tomato, 2 tablespoons of low fat, low sodium dressing and 1/2 cup of frozen fruits (Approx. 1200 cal.)	1 medium apple (Approx. 1200 cal.)

## NOTE:

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

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**L Darling-Hammond**

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**Exercise Exchange Program** James M. Rippe,1993-02 The Exercise Exchange Program is for anyone who has ever found diet and fitness programs restrictive regimented dull and just plain ineffective It s a proven and flexible alternative that adds variety and interest to your current plan or helps you create one of your own Dr James M Rippe author of the bestselling Rockport Walking Program has developed an innovative concept of nutritional and exercise exchanges that lets you mix and match many different foods and activities as you develop a plan designed to fit your own unique tastes and needs You ll learn The six food categories and how to balance them How to participate in a different activity every day including housework and gardening as well as conventional exercise and still get a complete workout Dr Rippe s complete 30 day exercise and diet program Finally The Exercise Exchange Program includes more than 100 delicious new low fat recipes to get you started on the road to lasting health

**A Clinician's Guide to Discussing Obesity with Patients** Sandra Christensen,2021-03-25 This practical book provides effective time efficient strategies for initiating and continuing productive conversations about weight that can be incorporated into any practice setting It will benefit all clinicians advanced practice nurses physician assistants physicians from students to experienced providers whether they provide obesity treatment or refer to those who do This guide addresses the numerous barriers that clinicians encounter when they contemplate or attempt conversations about weight and provides strategies to reduce and overcome these barriers It guides clinicians step by step through the concepts and skills needed to have conversations that lead to improved health Each chapter provides useful tools and information about how to move the conversation forward in a respectful skillful manner Real life clinical scenarios provide examples of short productive conversations that incorporate the tools into clinical practice Many clinicians recognize the importance of discussing weight with their patients yet feel unprepared to do so Most did not learn about obesity or how to talk about it in their clinical educational programs and have little access to continuing education Without the knowledge and skills to start a productive conversation many avoid the topic This avoidance has a negative impact on the health of those with obesity and pre obesity Given that obesity treatment improves outcomes it is imperative that clinicians are skilled at discussing weight with knowledge and sensitivity This book meets that gap

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Williams, Eleanor D. Schlenker, 2003 Accompanying CD provides interactive tools to perform a complete nutrition analysis of food intake as well as calculate energy expenditure based on activity level and caloric intake

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