Weight Loss Menu

1200 - 1300 cal.	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Day 1	1 whole grain bagel, 1/2 teaspoon of light cream cheese, strawberry jam without sugar and 1 cup of decaffeinated coffee with 4 ounces of skimmed milk. (Approx. 200 cal.)	8 whole wheat crackers, a big strawberries and 4 ounces of low fat yogurt (Approx. 190 cal.)	1 slice of whole wheat bread, 3 hard-boiled eggs, 1 sliced tomato, 2 cups of lettuce with 1 teaspoon low fat dressing (Approx. 410 cal.)	1 medium orange, 1/2 small muffin (Approx. 180 cal.)	3 ounces of boneless grilled chicken breast, 1 cup of steamed broccoli with 1 teaspoon of low fat dressing 1/2 baked potato with pepper and oregano (Approx 370 cal.)	1 little apple and 3.25 ounces unsweetened gelatin (Approx. 70 cal.)
Day 2	1/2 cup of frozen fruits and 8 ounces of low fat yogurt (Approx. 170 cal.)	1 low fat and low sodium granola bar of 100 calories and a big grapes (Approx. 190 cal.)	2 ounces of low fat and low sodium turkey slices, 1 teaspoon low fat mayonnaise, 1 cup of raw carrots and celery, 2 cups of lettuce, and 1 slice whole wheat bread (Approx. 270 cal.)	1 medium tangerine, 8 unsalted rice crackers, a almonds (Approx. 175 cal.)	1/2 cup of brown rice, 3 ounces of baked salmon, 2 cups of steamed broccoli with 2 teaspoon of low fat cream cheese (Approx. 320 cal.)	1 unsweetened gelatin and a big strawberries (Approx 70 cal.)
Day 3	4 ounces of skimmed milk, 1/2 cup of whole wheat cereal and 1 medium apple (Approx. 205 cal)	1 cup of papaya and 4 ounces of low fat yogurt (Approx. 140 cal.)	1 low sodium can of tuna, 1 teaspoon of olive oil and some lemon juice, 1 cup of diced red peppers, 2 cups of raw spinach and 1 teaspoon of low fat Italian dressing (Approx. 300 cal.)	1 medium orange and 1 granola cookie (70 calories) (Approx. 140 cal.)	3 ounces of baked tilapia, 1 teaspoon of olive oil, 1/2 cup of low sodium corn, 2 cups of fresh spinach and 2 teaspoons of low sodium red wine vinaigrette (Approx. 340 cal.)	1/2 cup of frozen fruits (Approx. 40 cal.)
Day 4	1/2 cup of cooked oats with 4 ounces of skimmed milk and 2 low fat and low sodium turkey slices (Approx. 205 Cal.)	1 low fat honey cracker and 4 ounces of low fat yogurt (Approx. 130 cal.)	1/2 cup of brown rice, 3 ounces of boneless grilled chicken breast, 1 cup of raw celery, 1 cup of raw carrots and 2 teaspoons of light ranch dressing (Approx. 300 cal.)	1 cup of melon and 1/2 of a whole wheat muffin (Approx. 180 cal.)	4 ounces of low fat, low sodium turkey breast, 2 cups of lettuce with 2 tablespoons of raisins, 2 teaspoons of low sodium red wine vinaigrette (Approx. 350 cal.)	1 unsweetened gelatin and 1 medium kiwi (Approx. 70 Cal.)
Day 5	1/2 cup of whole wheat cereal with 4 ounces of low fat yogurt and 1 cup of blueberries (Approx. 145 Cal.)	8 low salt saltine crackers and 1 cup of decaffeinated coffee with 4 ounces of skimmed milk (Approx. 135 cal.)	1/2 cup of black beans, 1/2 cup of brown rice, 2 cups of lettuce with low fat ranch dressing and 1/2 of a banana (Approx. 310 cal.)	1/2 cup of pineapple and 1 low sodium granola bar (140 calories) (Approx. 220 cal.)	2 grilled Tofu slices (1 inch) sprinkled with little salt and pepper, 1/2 cup of sliced mushrooms, 1/2 cup of onions (julienne style), 1 tomato (julienne style), cook them on the grill with 1 teaspoons of olive oil and a dash of black pepper, and 1 baked potato (Approx 340 cal.)	1 unsweetened gelatin (Approx. 10 Cal.)
Day 6	1/2 whole grain bagel with 2 teaspoons of light cream cheese and cinnamon powder and 1 cup of watermelon (Approx 175 Cal.)	1/2 cup of decaffeinated coffee with 8 ounces of skimmed milk, 1/2 of mango and unsweetened gelatin of 50 cal. (Approx. 180 cal.)	1/2 cup of whole wheat pasta, 1 teaspoon of olive oil and two teaspoons of parmesan cheese, 1 oz. of grilled salmon, 2 cups of lettuce, tomatoes and onions and 1/2 cup of your favorite steam vegetables, you can also add two teaspoons of light sour cream (Approx. 365 cal.)	6 big strawberries and 1 granola cookie (70 calories) (Approx. 130 cal.)	3 ounces of boneless grilled chicken breast, 2 cups of boiled broccoli and 2 teaspoons of low fat, low sodium dressing and 1/2 cup of brown rice (Approx. 325 cal.)	1 cup of Strawberries (Approx. 40 Cal.)
Day 7	1 slice of whole wheat bread, 1 slice of low fat and low sodium cheese, 1 cup of decaffeinated coffee with 4 ounces of skimmed milk (Approx. 185 cal.)	1/2 of a banana and 1 granola bar of 100 cal. (Approx. 190 cal.)	1/2 cup of red beans, 1/2 cup of whole wheat pasta (macaroni), add salt and pepper, 2 cups of lettuce and 1 teaspoon of parmesan cheese and some cold (Approx. 310 cal.)	1/2 cup of frozen fruits and 2 bread sticks (Approx. 130 cal.)	3 ounces of grilled tuna, 2 cups of dark green vegetables, 1 sliced tomato, 2 teaspoons of low fat, low sodium dressing, and 1/2 cup of brown rice (Approx. 325 cal.)	1 medium apple (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 Tips

Shirley Mathews,Jyni Holland

Weight Loss Plan Tips:

This book delves into Weight Loss Plan Tips. Weight Loss Plan Tips is a vital topic that needs to be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Weight Loss Plan Tips, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
    - Chapter 1: Introduction to Weight Loss Plan Tips
    - Chapter 2: Essential Elements of Weight Loss Plan Tips
    - Chapter 3: Weight Loss Plan Tips in Everyday Life
    - Chapter 4: Weight Loss Plan Tips in Specific Contexts
    - Chapter 5: Conclusion
2. In chapter 1, this book will provide an overview of Weight Loss Plan Tips. This chapter will explore what Weight Loss Plan Tips is, why Weight Loss Plan Tips is vital, and how to effectively learn about Weight Loss Plan Tips.
3. In chapter 2, this book will delve into the foundational concepts of Weight Loss Plan Tips. This chapter will elucidate the essential principles that must be understood to grasp Weight Loss Plan Tips in its entirety.
4. In chapter 3, the author will examine the practical applications of Weight Loss Plan Tips in daily life. The third chapter will showcase real-world examples of how Weight Loss Plan Tips can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Weight Loss Plan Tips in specific contexts. This chapter will explore how Weight Loss Plan Tips is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Weight Loss Plan Tips. This chapter will summarize the key points that have been discussed throughout the book.
   The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Weight Loss Plan Tips.

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