

# 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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**Annelies Wilder-Smith**



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