

# 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 2

Breakfast  
1 Egg  
1 Slice of Toast  
½ banana



### Lunch

2 slices of cheddar 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

½ Grapefruit  
1 Slice of Toast  
2 Tablespoons of Peanut Butter

## DAY 4

### 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 6

### 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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**Weight in America** Barbara Wexler, 2008-10 Contains studies surveys and statistics on issues related to weight in America covering weight and physical health dietary treatment for overweight and obesity political legal and social concerns and other topics

**The New Yorker** Harold Wallace Ross, William Shawn, Tina Brown, David Remnick, Katharine Sergeant Angell White, Rea Irvin, Roger Angell, 2008 **Catalogue** Montgomery Ward, 1972 **The (old) Farmer's Almanack** Robert Bailey Thomas, 1988 Library has 1983

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