

Weight Loss Menu

1200-1300 cal	Breakfast	Snack	Lunch	Snack	Dinner	Snack
	1 whole green yogurt, 1/2 tablespoon of light cream cheese, 1/4 cup whole grain cereal with 1 scoop of protein mix (Approx. 200 cal)	8 whole wheat crackers, 1/2 cup whole-grain cereal, 8 ounces of low-fat yogurt (Approx. 180 cal)	1 slice of whole wheat bread, 2 hard-boiled eggs, 1 sliced tomato, 2 slices of lettuce with 1 tablespoon low-fat dressing (Approx. 470 cal)	1 medium orange, 1/2 small melon (Approx. 180 cal)	1 ounce of barbecue-grilled chicken breast, 1 slice of whole-wheat bread with 1 tablespoon of low-fat dressing, 1/2 portobello-patty with protein and veggie (Approx. 370 cal)	1/8th cuppe rice, 1/2 cuppe whole-grain pasta (Approx. 20 cal)
	1/2 cup of frozen fruits and 8 ounces of low-fat yogurt (Approx. 170 cal)	1 low-fat and low-sodium granola bar (100 cal) and 1 bag grapes (Approx. 190 cal)	8 ounces of low-fat and low-sodium turkey slices, 1 scoop low-fat cottage cheese, 1 cup of raw carrots and celery, 1 cup of lettuce, 1/2 cup whole-wheat bread (Approx. 210 cal)	1 medium orange, 1 sliced raw carrots, 1 tomato (Approx. 170 cal)	1/2 cup of brown rice, 1 ounce of baked carrots, 1/2 cup of steamed broccoli with 1 tablespoon of low-fat dressing (Approx. 200 cal)	1 unseasoned granola and 1 bag strawberries (Approx. 20 cal)
	8 ounces of steamed为代表的 cal, 1/2 cup of whole-wheat cereal and 1 medium apple (Approx. 200 cal)	1 cup of popcorn and 8 ounces of low-fat yogurt (Approx. 180 cal)	1 low-carb slice of turkey, 1 tablespoon of olive oil protein powder (200 cal), 1 cup of steamed broccoli, 2 slices of raw spinach and 1 tablespoon of low-fat Italian dressing (Approx. 300 cal)	1 medium orange and 1 granola cookie (170 cal) (Approx. 140 cal)	1 ounce of baked beans, 1 tablespoon of olive oil, 1/2 cup of low-sodium beans, 2 cups of baked spaghetti and 2 tablespoons of low-sodium barbecue sauce (Approx. 240 cal)	1/2 cup of frozen fruits (Approx. 40 cal)
	1/2 cup of cooked meat with 4 ounces of steamed rice and 1/2 cup of low-sodium turkey slices (Approx. 200 cal)	1 low-fat turkey sausage (600 cal) and 8 ounces of low-fat yogurt (Approx. 180 cal)	1/2 cup of baked rice, 1 ounce of barbecue-grilled chicken breast, 1 cup of raw carrots, 1 slice of raw chicken and 2 tablespoons of light ranch dressing (Approx. 300 cal)	1/2 cup of water and 1/2 cup of whole-wheat muffin (Approx. 180 cal)	8 ounces of low-fat, low-sodium turkey breast, 1/2 cup of baked with 2 tablespoons of salsa, 1/2 ounce of low-sodium red wine vinegar (Approx. 200 cal)	1 unseasoned granola and 1 medium apple (Approx. 20 cal)
	1/2 cup of whole-wheat cereal with 4 ounces of low-fat yogurt and 1 cup of blueberries (Approx. 180 cal)	8 low-fat whole-grain cereal and 1 cup of whole-grain cereal with 8 ounces of steamed rice (Approx. 180 cal)	1/2 cup of whole beans, 1/2 cup of brown rice, 2 slices of turkey with low-fat ranch dressing and 1/2 cup of broccoli (Approx. 210 cal)	1/2 cup of protein and 1 low-sodium protein bar (100 cal) (Approx. 200 cal)	2 baked fish fillets (1 serving each) with 1/2 cup of steamed vegetables, 1/2 cup of baked macaroni, 1/2 cup of beans (approx. 200 cal), 1/2 ounce (1 ounce total), 1/2 cup of beans (approx. 200 cal), 1/2 cup of baked beans (approx. 240 cal)	1 unseasoned granola (Approx. 10 cal)
	1/2 whole green yogurt with 2 tablespoons of light cream cheese and 1/4 cup whole-grain granola with 1 scoop of protein mix (Approx. 170 cal)	1/2 cup of whole-grain cereal with 8 ounces of steamed rice, 1/2 cup of whole-grain granola and 1 scoop of protein mix (Approx. 180 cal)	1/2 cup of whole-wheat pasta, 1 tablespoon of olive oil and 1/2 tablespoon of pesto, 1/2 cup of grilled chicken, 2 slices of turkey, 1/2 cup of whole-grain pasta, 1/2 cup of whole-wheat pasta (Approx. 210 cal)	1/2 cup whole-wheat cereal and 1 granola cookie (170 cal) (Approx. 180 cal)	1 ounce of barbecue-grilled chicken breast, 1 slice of whole-wheat bread and 1/2 cup of barbecue sauce (Approx. 220 cal)	1 cup of blueberries (Approx. 40 cal)
	1 slice of whole-wheat bread, 1 slice of low-fat and low-sodium cheese, 1 slice of decaffeinated coffee with 8 ounces of steamed rice (Approx. 180 cal)	1/2 cup of frozen-pasta (100 cal) and 1 protein bar (100 cal) (Approx. 180 cal)	1/2 cup of rice berries, 1/2 cup of whole-wheat pasta (100 cal), 1/2 cup of whole-wheat pasta (100 cal), 1 slice of turkey and 1 tablespoon of pesto (100 cal) (Approx. 210 cal)	1/2 cup of frozen-fatty rice (100 cal)	1 ounce of baked beans, 1 cup of whole-green vegetables, 1 slice of turkey, 1/2 cup of low-fat, low-sodium dressing, and 1/2 cup of brown rice (Approx. 200 cal)	1 medium orange (Approx. 40 cal)

NOTE:-

These menus should be prepared with little salt (if any), 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

Nicholas Bjorn

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