

Weight loss sample meal plan  
(women)

| MEAL PLAN       | DAY 1  | DAY 2   | DAY 3   | DAY 4  | DAY 5  | DAY 6  | DAY 7   |
|-----------------|--|---|---|--|--|--|---|
| BREAKFAST       | BREAKFAST  | BREAKFAST   | BREAKFAST   | BREAKFAST  | BREAKFAST  | BREAKFAST  | BREAKFAST   |
|                 |  |   |   |  |  | SMOOTHIE (Mix all ingredients below together in a blender)         |   |
| 1 Protein Unit  | 1/2 cup fat free vanilla yoghurt                           | 175ml fat free milk   | 175ml Fat Free Yoghurt  | 1 Boiled Egg, with Grilled Tomato                  | 30g grated low fat cheese                        | 1/4 cup fat free Yoghurt & 1/4 cup Fat Free Milk                   | 40g Grilled Kipper, with grilled tomatoes & mushrooms                                       |
| 1 Starch Unit   | 1/2 cup All bran or 40-Fibre bran                          | 1/2 cup oats cooked in the fat free milk                          | 1/2 cup Swiss-style muesli  | 1 slice Rye bread or seed loaf, Toasted            | 1 low GI bran muffin                             | 2 Tbs. oat-bran  | 1 slice low GI bread, toasted   |
| 1 Fruit Unit    | 1 Tbsp. raisins  | 1 sliced Banana   | 3 Sliced Strawberries, added to cereal                                  | 1/2 cup Freshly Squeezed Orange Juice              | 1 small banana                                   | 1 small Banana & 80g Mango   | 1/2 small mango   |
| 1 Fat Unit      | 1 Tbsp. flaked almonds                                     | 2 tsp. peanut butter, added to porridge                           | 1/2 Tbsp. flaked almonds  | 2 tsp. peanut butter                               | (fat in muffin)                                  | 1 Tbsp. flaked almonds   | 2 tsp. peanut butter  |
| SNACK           | SNACK  | SNACK   | SNACK   | SNACK  | SNACK  | SNACK  | SNACK   |
| 1 Fruit Unit    | 1 Yellow Cling Peach                                       | 3-4 Strips Dried Mango (80g)                                      | 1 Large Apple   | 4 slices fresh Pineapple                           | 1 Pear   | 1 Cup Fruit Salad (140g)   | A handful of grapes   |
| LUNCH           | LUNCH  | LUNCH   | LUNCH   | LUNCH  | LUNCH  | LUNCH  | LUNCH   |
| 1 Protein Unit  | 1 Tbsp Fat Reduced Hummus & 30g (2-3 slices) Shaved Turkey | 2 Chicken Strips  | 30g Smoked Salmon   | 30g Beef Strips                                    | 1/2 tin of tuna or salmon                        | 30g Clover low fat cheese  | 2 mini Chicken Kebabs (40g)   |
| 1 Starch Unit   | 1 slice Low GI Seed Bread                                  | 2 mini Pita Breads, lightly toasted                               | 1 slice seed bread  | 1 small cooked Meaty                               | 1/2 cup cooked pasta                             | 1 Povitica or 2 Ryvita   | 1 cup cubed sweet potato, to roast  |
| WITH Vegetables | Rocket, Lettuce, Sliced Tomatoes, Cucumber & Spring Onions | Fill pita with fresh coriander, cherry tomatoes and sweet Peppers | Butter Lettuce, Cherry Tomatoes, Pickled Cucumbers, Sprouts & Snap Peas | Shredded Coleslaw, grated Carrots & Diced Cucumber | Lettuce, rocket, diced Carrots & Grated Beetroot | Butter lettuce, Roma Tomatoes, Orange Peppers & sliced Onion Rings | Roasted Vegetables: diced Pumpkin, Brinjals, Sweet Peppers, Mango loaf Peas, Onion & Garlic |

# Weight Loss Plan Last 90 Days

**Minjie Lin**



**Weight Loss Plan Last 90 Days:**

Weight Loss Plan Last 90 Days: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels enthralling the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the captivating narratives that have captivated audiences this year. Weight Loss Plan Last 90 Days : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and thrilling novel that will keep you wondering until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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