

# 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



# Weight Loss Plan Best Open Now

**Sarí Harrar**

## **Weight Loss Plan Best Open Now:**

**The Customized No No-Nos Weight Loss Plan** Holly Bergeim,2001-09 No pain no pills no no nos no drawbacks no lifestyle changes rapid weight loss feeling good the whole time customize the plan to your needs with the doc s help and approval And prove to yourself that it can t fail What more can you want **Weekly World News** ,1985-04-30 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world s only reliable news source since 1979 The online hub [www.weeklyworldnews.com](http://www.weeklyworldnews.com) is a leading entertainment news site **Weekly World News** ,1985-03-26 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world s only reliable news source since 1979 The online hub [www.weeklyworldnews.com](http://www.weeklyworldnews.com) is a leading entertainment news site **Weekly World News** ,1985-03-12 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world s only reliable news source since 1979 The online hub [www.weeklyworldnews.com](http://www.weeklyworldnews.com) is a leading entertainment news site **Weekly World News** ,1985-01-29 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world s only reliable news source since 1979 The online hub [www.weeklyworldnews.com](http://www.weeklyworldnews.com) is a leading entertainment news site **Weekly World News** ,2002-10-29 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world s only reliable news source since 1979 The online hub [www.weeklyworldnews.com](http://www.weeklyworldnews.com) is a leading entertainment news site **Women's Health Today** Sarí Harrar,1998 **Dr. Rader's No-diet Program for Permanent Weight Loss** William Rader,1981 **The National Anti-compulsory-vaccination Reporter** ,1881 **Japan Weekly Mail** ,1898 **Weekly World News** ,2000-10-10 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world s only reliable news source since 1979 The online hub [www.weeklyworldnews.com](http://www.weeklyworldnews.com) is a leading entertainment news site **Weekly World News** ,1981-02-10 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world s only reliable news source since 1979 The online hub [www.weeklyworldnews.com](http://www.weeklyworldnews.com) is a leading entertainment news site **The Pritikin Weight Loss Breakthrough** Robert Pritikin,1998 Pritikin lays out a step by step program to bypass our genetic code and learn the behaviors that allow us to eat a naturally low fat high fiber diet Includes sixty new recipes **The Farmer's Magazine** ,1872 **The Encyclopaedia Britannica** ,1875 **Money** ,1981 **The Encyclopedia Britannica A Dictionary of Arts, Sciences, and General Literature** ,1890 **Scientific American** ,1870 Monthly magazine devoted to topics of general scientific interest **Cosmopolitan** ,1994-04 **Good Housekeeping** ,2004

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