

Weight Loss Menu

1200-1300 cal	 Breakfast	 Snack	 Lunch	 Snack	 Dinner	 Snack
Day 1 	1 whole green yogurt, 1/2 tablespoon of light cream cheese, 1/4 cup of whole wheat cereal with 1/4 cup of strawberries and 1/4 cup of strawberries (approx. 200 cal)	8 whole wheat crackers, 1/2 cup cheddar cheese and 1/4 cup of raw fat yogurt (approx. 180 cal)	1 slice of whole wheat bread, 2 hard-boiled eggs, 1 sliced tomato, 1 slice of lettuce with 1 tablespoon low fat dressing (approx. 470 cal)	1 medium orange, 1/2 small melon (approx. 180 cal)	1/2 cup of lettuce salad, 1 slice of baked salmon, 1/4 cup of steamed broccoli with 1/4 cup of low fat cream cheese (approx. 320 cal)	1/2 cup yogurt and 1/2 cup unsweetened protein (approx. 20 cal)
Day 2 	1/2 cup of frozen fruits and 1/4 cup of raw fat yogurt (approx. 170 cal)	1 low-fat and low-sodium granola bar (100 cal) and 1 bag grapes (approx. 190 cal)	3 ounces of raw fat and low sodium turkey slices, 1/4 cup of raw fat blueberries, 1 cup of raw carrots and celery, 1 cup of lettuce, 1/4 cup of whole wheat bread (approx. 210 cal)	1 medium orange, 1 sliced raw carrots, 1 tomato (approx. 170 cal)	1/2 cup of lettuce salad, 1 slice of baked salmon, 1/4 cup of steamed broccoli with 1/4 cup of low fat cream cheese (approx. 320 cal)	1 unsweetened protein and 1 bag strawberries (approx. 20 cal)
Day 3 	4 ounces of steamed crab, 1/2 cup of whole wheat cereal and 1 medium apple (approx. 200 cal)	1 cup of popcorn and 4 ounces of raw fat yogurt (approx. 180 cal)	1 low sodium slice of turkey, 1 tablespoon of olive oil and 1/2 cup of raw fat dressing (approx. 200 cal), 1/2 cup of steamed broccoli, 1 slice of raw carrots and 1/4 cup of raw fat blueberry dressing (approx. 300 cal)	1 medium orange and 1 granola cookie (170 cal) (approx. 140 cal)	1/2 cup of lettuce salad, 1 slice of olive oil, 1/2 cup of raw sodium turkey breast, 1/4 cup of raw carrots and 1/4 cup of raw sodium broccoli with 1/4 cup of raw fat cream cheese (approx. 240 cal)	1/2 cup of frozen fruits (approx. 40 cal)
Day 4 	1/2 cup of cooked pasta with 4 ounces of steamed crab and 1/2 cup of raw fat low sodium turkey slices (approx. 200 cal)	1 low-fat turkey yogurt (approx. 180 cal) and 1/4 cup of raw fat yogurt (approx. 180 cal)	1/2 cup of lettuce salad, 1 slice of lettuce salad chicken breast, 1 cup of raw carrots, 1 slice of raw carrots and 2 tablespoons of light salad dressing (approx. 300 cal)	1/2 cup of raw fat and 1/2 cup of whole wheat muffin (approx. 180 cal)	4 ounces of raw fat, low sodium turkey breast, 1/4 cup of turkey with 2 tablespoons of raw fat, 1/4 cup of raw sodium red wine strawberries (approx. 300 cal)	1 unsweetened protein and 1 medium apple (approx. 20 cal)
Day 5 	1/2 cup of whole wheat cereal with 4 ounces of raw fat yogurt and 1 cup of blueberries (approx. 180 cal)	8 low-fat whole-grain and 1 cup of unsweetened yogurt with 1/4 cup of strawberries and 1/4 cup of blueberries (approx. 180 cal)	1/2 cup of whole bread, 1/2 cup of lettuce salad, 1/4 cup of raw fat turkey with 1/4 cup of raw fat dressing and 1/2 cup of raw carrots (approx. 210 cal)	1/2 cup of granola and 1/2 cup of raw fat greek yogurt (approx. 220 cal)	2 greek yogurt and 1/2 cup of raw fat dressing, 1/2 cup of dried blueberries, 1/2 cup of raw carrots (approx. 200 cal), 1/2 cup of lettuce salad, 1/2 cup of raw fat turkey with 1/2 cup of raw fat dressing and 1/2 cup of raw fat yogurt (approx. 240 cal)	1 unsweetened protein (approx. 20 cal)
Day 6 	1/2 whole green yogurt with 2 tablespoons of light cream cheese and 1/4 cup of strawberries and 1/4 cup of strawberries (approx. 170 cal)	1/2 cup of unsweetened yogurt with 1/4 cup of strawberries and 1/2 cup of whole grain and unsweetened protein (180 cal) (approx. 180 cal)	1/2 cup of whole wheat pasta, 1 tablespoon of olive oil and 1/2 cup of raw fat dressing of pesto, 1 slice of grilled salmon, 2 slices of turkey, 1/2 cup of raw carrots and 1/2 cup of whole wheat pasta with 1/2 cup of raw fat dressing (approx. 310 cal)	1/2 cup of whole wheat and 1 granola cookie (170 cal) (approx. 130 cal)	1/2 cup of lettuce salad chicken breast, 1 slice of baked salmon and 1/4 cup of raw fat, low sodium dressing and 1/2 cup of raw carrots (approx. 320 cal)	1/2 cup of blueberries (approx. 40 cal)
Day 7 	1 slice of whole wheat bread, 1 slice of raw fat and low sodium cheese, 1 slice of unsweetened yogurt with 1/4 cup of strawberries (approx. 180 cal)	1/2 cup of berries and 1 granola bar (120 cal) (approx. 180 cal)	1/2 cup of whole bread, 1/2 cup of whole wheat pasta (160 cal), 1/2 cup of raw fat dressing, 1 slice of turkey and 1 tablespoon of pesto (approx. 210 cal)	1/2 cup of frozen fruits and 1 sliced apple (approx. 180 cal)	1/2 cup of lettuce salad, 1 slice of whole green vegetables, 1 slice of turkey, 1/2 cup of raw fat, low sodium dressing and 1/2 cup of raw carrots (approx. 200 cal)	1 medium orange (approx. 40 cal)

NOTE:

These menus should be prepared with little salt (light), 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 Reading Comprehension Tips

Kathleen T. McWhorter

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