

Weight Loss Menu

1200 - 1300 cal.	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Day 1 	1 whole green burger, 1/2 teaspoon of light cream cheese, 1/2 medium bowl cottage and 1 cup of decaffeinated coffee with 1 cup of skimmed milk (Approx. 1200 cal.)	1 whole wheat croissant, 1 big sandwich and 1 bunch of low fat yogurt (Approx. 1100 cal.)	1 slice of whole wheat bread, 1 unsalted yogurt, 1 sliced ham, 2 cups of lettuce with 1 tablespoon low fat dressing (Approx. 1100 cal.)	1 medium orange, 1/2 small melon (Approx. 1100 cal.)	1 bunch of romaine lettuce-chicken salad, 1 slice of whole wheat bread 1/2 cup of low fat dressing 1/2 cup of low fat yogurt (Approx. 1200 cal.)	1/2 cup of unsweetened yogurt and 1 big sandwich (Approx. 1200 cal.)
Day 2 	1/2 cup of frozen fruits and 1 cup of low fat yogurt (Approx. 1100 cal.)	1 cup fat free low sodium granola box (100 calories) and 1 big yogurt (Approx. 1100 cal.)	3 ounces of low fat and low sodium turkey meat, 1/2 cup of low fat vegetables, 1 cup of low sodium tortilla chips, 1 cup of lettuce (lettuce salad with whole wheat bread (Approx. 1100 cal.)	1 medium orange 1 unsalted rice crackers a sandwich (Approx. 1100 cal.)	1/2 cup of frozen fruits, 1 bunch of baked carrots, 1 cup of unsweetened broccoli with 1 tablespoon of low fat yogurt (Approx. 1200 cal.)	1 unsweetened yogurt and 1 big sandwich (Approx. 1200 cal.)
Day 3 	4 ounces of steamed rice, 1/2 cup of whole wheat cereal and 1 medium apple (Approx. 1200 cal.)	1 cup of popcorn and 1 bunch of low fat yogurt (Approx. 1100 cal.)	1 low sodium can of tuna, 1 tablespoon of olive oil and some lemon juice 1 cup of steamed vegetables, 2 cups of rice spaghetti and 1 tablespoon of low fat dressing (Approx. 1200 cal.)	1 medium orange and 1 granola cookie (150 calories) (Approx. 1100 cal.)	1 bunch of baked beans, 1/2 cup of olive oil, 1/2 cup of low sodium beans, 2 cups of baked spaghetti and 1 tablespoon of low sodium and some olive oil (Approx. 1200 cal.)	1/2 cup of frozen fruits (Approx. 1100 cal.)
Day 4 	1/2 cup of cooked oats with 4 ounces of steamed rice and 1 cup of low fat and low sodium turkey salad (Approx. 1200 cal.)	1 low fat turkey chicken and 1 cup of low fat yogurt (Approx. 1100 cal.)	1/2 cup of baked beans, 1 bunch of romaine lettuce-chicken salad, 1 cup of low sodium and 2 tablespoons of light lettuce dressing (Approx. 1200 cal.)	1 cup of romaine lettuce 1/2 cup of whole wheat multi-grain (150 cal.)	4 ounces of low fat, low sodium turkey bread 1 cup of romaine with 2 tablespoons of lettuce 2 tablespoons of low sodium and some olive oil (Approx. 1200 cal.)	1 unsweetened yogurt and 1 medium apple (Approx. 1200 cal.)
Day 5 	1/2 cup of whole wheat cereal with 4 ounces of low fat yogurt and 1 cup of blueberries (Approx. 1100 cal.)	4 low fat baked chicken and 1 cup of decaffeinated coffee with 1 cup of skimmed milk (Approx. 1100 cal.)	1/2 cup of baked beans, 1/2 cup of romaine 2 cups of lettuce with low fat ranch dressing (150) 1/2 cup of broccoli (Approx. 1200 cal.)	1/2 cup of plain yogurt and 1 low sodium granola bar (150 calories) (Approx. 1200 cal.)	2 baked beans (150), 1/2 cup of light yogurt 1/2 cup of baked beans and 1/2 cup of plain granola (150) 1/2 broccoli (150), 1/2 cup beans on the grill with 2 tablespoons of salsa and a bunch of whole wheat (150) 1/2 baked potato (Approx. 1200 cal.)	1 unsweetened yogurt (Approx. 1100 cal.)
Day 6 	1/2 whole green burger with 2 teaspoons of light cream cheese and 1/2 medium pasta salad and 1 cup of watercress (Approx. 1100 cal.)	1/2 cup of decaffeinated coffee with 4 ounces of skimmed milk, 1/2 cup of frozen and unsweetened grapes (150 cal.) (Approx. 1100 cal.)	1/2 cup of whole wheat pasta, 1 tablespoon of olive oil and 2 tablespoons of olive oil dressing, 1/2 cup of grilled salmon, 2 cups of lettuce, romaine and whole-grain 1/2 cup of your favorite whole vegetables, your own toppings (low fat) 2 tablespoons of light lettuce dressing (Approx. 1200 cal.)	1 big chocolate bar 1 granola cookie (150 calories) (Approx. 1200 cal.)	1 bunch of romaine lettuce-chicken salad, 2 cups of baked beans and 2 tablespoons of low fat, low sodium dressing and 1/2 cup of frozen grapes (Approx. 1200 cal.)	1 cup of blueberries (Approx. 1100 cal.)
Day 7 	1 slice of whole wheat bread, 1 slice of low fat and low sodium cheese, 1 cup of decaffeinated coffee with 4 ounces of steamed rice (Approx. 1100 cal.)	1/2 cup of banana-yogurt 1 granola bar (150 cal.) (Approx. 1100 cal.)	1/2 cup of whole wheat pasta (macaroni), 1/2 cup of whole wheat pasta (macaroni), 2 cups of lettuce and 1 tablespoon of romaine lettuce and some lettuce (Approx. 1100 cal.)	1/2 cup of baked beans and 1 baked zucchini (Approx. 1100 cal.)	4 ounces of baked beans, 4 cups of diet green vegetables, 1 sliced tomato, 2 tablespoons of low fat low sodium dressing and 1/2 cup of frozen grapes (Approx. 1200 cal.)	1 medium apple (Approx. 1100 cal.)

NOTE:

These menus should be prepared with little salt (light), should not be used consecutively
and it is essential to drink 8 glasses of water per day (no sugary drinks or beer).

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