

Weight Loss Menu

| 1200-1300 cal | Breakfast | Snack | Lunch | Snack | Dinner | Snack |
|--|---|--|--|--|--|--|
|  | 1 whole grain bagel, 1/2 teaspoon of light cream cheese, 1 teaspoon can without sugar and 1 cup of decaffeinated coffee with 4 ounces of skimmed milk (Approx. 200 cal.) | 8 whole wheat crackers, 4 big strawberries and 4 ounces of low fat yogurt (Approx. 190 cal.) | 1 slice of whole wheat bread, 2 hard-boiled eggs, 1 sliced tomato, 2 cups of lettuce with 1 teaspoon low fat dressing (Approx. 410 cal.) | 1 medium orange, 1/2 small muffin (Approx. 180 cal.) | 3 ounces of boneless grilled chicken breast, 1 cup of steamed broccoli with 1 teaspoon of low fat dressing 1/2 baked potato with pepper and onions (Approx. 270 cal.) | 1 little apple and 3/4 cup of unsweetened gelatin (Approx. 70 cal.) |
|  | 1/2 cup of frozen fruit and 4 ounces of low fat yogurt (Approx. 170 cal.) | 1 low fat and low sodium granola bar or 100 calories and 4 big grapes (Approx. 190 cal.) | 3 ounces of low fat and low sodium turkey steak, 1 teaspoon low fat mayonnaise, 1 cup of raw carrots and celery, 1 cup of lettuce, and 1 slice whole wheat bread (Approx. 270 cal.) | 1 medium tangerine, 3 chocolate nut crackers, 4 almonds (Approx. 170 cal.) | 1/2 cup of brown rice, 3 ounces of baked salmon, 2 cups of steamed broccoli with 1 teaspoon of low fat cream cheese (Approx. 320 cal.) | 1 unsweetened gelatin and 4 big strawberries (Approx. 70 cal.) |
|  | 4 ounces of skimmed milk, 1/2 cup of whole wheat cereal and 1 medium apple (Approx. 200 cal.) | 1 cup of grapes and 4 ounces of low fat yogurt (Approx. 140 cal.) | 1 low sodium can of tuna, 1 teaspoon of olive oil and some lemon juice, 1 cup of 40 and 60 cal. beans, 2 cups of raw spinach and 1 teaspoon of low fat Italian dressing (Approx. 300 cal.) | 1 medium orange and 1 granola cookie (70 calories) (Approx. 140 cal.) | 3 ounces of baked flounder 1 teaspoon of olive oil, 1/2 cup of low sodium corn, 2 cups of fresh spinach and 2 teaspoons of low sodium red wine vinegar (Approx. 340 cal.) | 1/2 cup of frozen fruit (Approx. 40 cal.) |
|  | 1/2 cup of cooked ribs with 4 ounces of skimmed milk and 3 low fat and low sodium turkey steak (Approx. 280 Cal.) | 1 low fat turkey crock and 4 ounces of low fat yogurt (Approx. 180 cal.) | 1/2 cup of brown rice, 3 ounces of boneless grilled chicken breast, 1 cup of raw carrots, 1 cup of raw carrots and 2 teaspoons of light mayo dressing (Approx. 300 cal.) | 1 cup of water and 1/2 of a whole wheat muffin (Approx. 130 cal.) | 4 ounces of low fat, low sodium turkey breast, 1 cup of lettuce with 1 teaspoon of mayo, 2 teaspoons of low sodium red wine vinegar (Approx. 340 cal.) | 1 unsweetened gelatin and 1 medium oat (Approx. 70 Cal.) |
|  | 1/2 cup of whole wheat cereal with 4 ounces of low fat yogurt and 1 cup of blueberries (Approx. 180 Cal.) | 4 low salt water crackers and 1 cup of decaffeinated coffee with 4 ounces of skimmed milk (Approx. 180 cal.) | 1/2 cup of black beans, 1/2 cup of brown rice, 2 cups of lettuce with low fat mayo dressing and 1/2 of a banana (Approx. 320 cal.) | 1/2 cup of pineapple and 1 low sodium granola bar (140 calories) (Approx. 220 cal.) | 2 grilled fish fillets (7 oz) with a little salt and pepper, 1/2 cup of baked mushrooms, 1/2 cup of beans (pinto or black), 1 tomato (sliced), cook them in the oil with 2 teaspoons of olive oil and a dash of black pepper, and 1 baked potato (Approx. 340 cal.) | 1 unsweetened gelatin (Approx. 10 Cal.) |
|  | 1/2 whole grain bagel with 2 teaspoons of light cream cheese and 1 teaspoon powder, and 1 cup of watermelon (Approx. 170 Cal.) | 1/2 cup of decaffeinated coffee with 4 ounces of skimmed milk, 1/2 of orange and unsweetened gelatin of 50 cal. (Approx. 180 cal.) | 1/2 cup of whole wheat pasta, 1 teaspoon of olive oil and two teaspoons of parmesan cheese, 1 oz. of grilled salmon, 2 cups of lettuce, tomatoes and onions and 1/2 cup of about lettuce, tomato, vegetables, you can also add two teaspoons of light sour cream (Approx. 340 cal.) | 4 big strawberries and 1 granola cookie (70 calories) (Approx. 100 cal.) | 3 ounces of boneless grilled chicken breast, 2 cups of baked broccoli and 2 teaspoons of low fat, low sodium dressing and 1/2 cup of brown rice (Approx. 320 cal.) | 1 cup of blueberries (Approx. 40 Cal.) |
|  | 1 slice of whole wheat bread, 1 slice of low fat and low sodium cheese, 1 cup of decaffeinated coffee with 4 ounces of skimmed milk (Approx. 180 cal.) | 1/2 of a banana and 1 granola bar or 100 cal. (Approx. 190 cal.) | 1/2 cup of red beans, 1/2 cup of whole wheat pasta (meatless), and 1/2 cup of water, 2 cups of lettuce and 1 teaspoon of parmesan cheese and some oil (Approx. 310 cal.) | 1/2 cup of frozen fruit and 2 bread sticks (Approx. 130 cal.) | 3 ounces of grilled tuna, 2 cups of dark green vegetables, 1 sliced tomato, 2 teaspoons of low fat, low sodium dressing, and 1/2 cup of brown rice (Approx. 300 cal.) | 1 medium apple (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 Tips

Susie Burrell



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