

# Weight Loss Menu

| 1200 - 1300 cal.   | Breakfast  | Snack  | Lunch   | Snack  | Dinner  | Snack   |
|--|--|--|---|--|---|---|
| <b>Day 1</b><br>   | 1 whole green burger,<br>1/2 tablespoon of light cream<br>cheese, 1/2 medium bowl<br>cottage cheese and 1 cup of decaffeinated<br>coffee with 1 cup of skimmed<br>milk (Approx. 1200 cal.) | 1 whole wheat croissant,<br>1 big sandwich and<br>1 bunch of low fat yogurt<br>(Approx. 1100 cal.)   | 1 slice of whole wheat bread,<br>1 unsalted yogurt,<br>1 sliced ham,<br>2 cups of lettuce with<br>1 tablespoon low fat dressing<br>(Approx. 1100 cal.)  | 1 medium orange,<br>1/2 small melon<br>(Approx. 1100 cal.)                                       | 1 bunch of romaine lettuce-chicken salad,<br>1 slice of whole wheat bread with<br>1 tablespoon low fat dressing,<br>1/2 baked potato with peanut and peanut<br>butter (Approx. 1270 cal.)   | 1/2 cup of cottage cheese<br>and 1/2 cup of<br>unsweetened yogurt<br>(Approx. 750 cal.) |
| <b>Day 2</b><br>   | 1/2 cup of frozen fruits and<br>1 cup of low fat yogurt<br>(Approx. 1100 cal.)   | 1 cup fat free low sodium granola<br>box (100 calories) and<br>1 big grapes (Approx. 100 cal.)   | 3 ounces of low fat and low sodium<br>turkey meat,<br>1 tablespoon low fat mayonnaise,<br>1 cup of low calorie salad dressings,<br>1 cup of lettuce and<br>1 slice whole wheat bread<br>(Approx. 1100 cal.)   | 1 medium orange<br>1 unsalted rice crackers,<br>a tomato<br>(Approx. 1100 cal.)                  | 1/2 cup of frozen fruits,<br>1 bunch of baked carrots,<br>2 cups of unsweetened broccoli with<br>1 tablespoon of low fat yogurt<br>(Approx. 1200 cal.)  | 1 unsweetened yogurt<br>and 1 big grapes<br>(Approx. 750 cal.)                          |
| <b>Day 3</b><br>   | 4 ounces of steamed rice,<br>1/2 cup of whole wheat bread<br>and 1 medium apple<br>(Approx. 1200 cal.)   | 1 cup of popcorn and<br>1 bunch of low fat yogurt<br>(Approx. 1100 cal.)   | 1 low sodium can of tuna,<br>1 tablespoon of olive oil and some lemon juice,<br>1 cup of fat free low sodium<br>cottage cheese and<br>1 tablespoon of low fat dressing<br>(Approx. 1000 cal.)   | 1 medium orange and<br>1 granola cookie<br>(150 calories)<br>(Approx. 1100 cal.)                 | 1 bunch of baked beans,<br>1 tablespoon of olive oil,<br>1/2 cup of low sodium bean<br>dressing and 1 tablespoon of low sodium and some<br>lettuce (Approx. 1200 cal.)  | 1/2 cup of frozen fruits<br>(Approx. 900 cal.)  |
| <b>Day 4</b><br>   | 1/2 cup of cooked oats with<br>4 ounces of steamed rice and<br>1 cup of low fat and low sodium turkey<br>sauce (Approx. 1200 cal.)   | 1 low fat turkey chicken salad<br>1 cup of low fat yogurt<br>(Approx. 1100 cal.)   | 1/2 cup of baked beans,<br>1 bunch of romaine lettuce-chicken salad,<br>1 cup of low sodium and 2 tablespoons of light<br>lettuce dressing (Approx. 1000 cal.)  | 1 cup of romaine lettuce<br>1/2 cup of whole wheat<br>multi-grain bread, 100 cal.)               | 4 ounces of low fat, low sodium turkey bread<br>1 cup of romaine with 2 tablespoons of lettuce<br>2 tablespoons of low sodium and some<br>lettuce (Approx. 1200 cal.)   | 1 unsweetened yogurt<br>and 1 medium apple<br>(Approx. 750 cal.)                        |
| <b>Day 5</b><br>  | 1/2 cup of whole wheat bread with<br>4 ounces of low fat yogurt and<br>1 cup of blueberries<br>(Approx. 1100 cal.)   | 4 low fat baked chicken and<br>1 cup of decaffeinated coffee<br>with 1 cup of skimmed milk<br>(Approx. 1100 cal.)                                    | 1/2 cup of baked beans,<br>1/2 cup of romaine<br>2 cups of lettuce with low fat ranch<br>dressing (100)<br>1/2 cup of broccoli (Approx. 1200 cal.)  | 1/2 cup of plain yogurt and<br>1 low sodium granola bar<br>(140 calories)<br>(Approx. 1200 cal.) | 2 baked beans with 1 cup of whole<br>wheat popcorn<br>1/2 cup of baked beans and<br>1/2 cup of whole granola (100)<br>1 banana (100 calories), 1 cup of beans on the<br>grill with 2 tablespoons of salsa and a bunch of<br>whole popcorn (100)<br>1 baked potato (Approx. 1200 cal.) | 1 unsweetened yogurt<br>(Approx. 110 cal.)  |
| <b>Day 6</b><br> | 1/2 whole green burger with<br>2 tablespoons of light cream<br>cheese and 1/2 medium pasta<br>salad and 1 cup of watercress<br>(Approx. 1100 cal.)   | 1/2 cup of decaffeinated coffee<br>with 4 ounces of skimmed milk,<br>1/2 cup of fat free and unsweetened<br>grapes (100 cal.)<br>(Approx. 1100 cal.) | 1/2 cup of whole wheat pasta,<br>1 tablespoon of olive oil and 2 tablespoons of<br>low sodium cheese,<br>1/2 cup of grilled salmon,<br>2 cups of lettuce, romaine and whole-grain<br>1/2 cup of your favorite whole vegetables,<br>your eggs (100) and 2 tablespoons of light<br>lettuce dressing (Approx. 1000 cal.) | 1 big chocolate bar<br>1 granola cookie<br>(150 calories)<br>(Approx. 1100 cal.)                 | 1 bunch of romaine lettuce-chicken salad,<br>2 cups of baked beans and<br>2 tablespoons of low fat, low sodium dressing<br>and 1/2 cup of romaine (100)<br>(Approx. 1200 cal.)  | 1 cup of blueberries<br>(Approx. 110 cal.)  |
| <b>Day 7</b><br> | 1 slice of whole wheat bread,<br>1 slice of low fat and low sodium<br>cheese,<br>1 cup of decaffeinated coffee<br>with 4 ounces of steamed rice<br>(Approx. 1100 cal.)                     | 1/2 cup of banana-yogurt<br>1 granola bar (100 cal.)<br>(Approx. 1100 cal.)  | 1/2 cup of whole wheat pasta (macaroni),<br>1/2 cup of whole wheat pasta (macaroni),<br>2 cups of lettuce and<br>1 tablespoon of romaine cheese and some<br>lettuce (Approx. 1100 cal.)   | 1/2 cup of baked beans and<br>1 baked zucchini<br>(Approx. 1100 cal.)                            | 4 ounces of baked beans,<br>4 cups of diet green vegetables,<br>1 sliced tomato,<br>2 tablespoons of low fat,<br>low sodium dressing and<br>1/2 cup of romaine (100)<br>(Approx. 1200 cal.)   | 1 medium apple<br>(Approx. 100 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).

# Weight Loss Plan Tips

**Liying Dong**

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