

Weight Loss Menu

1200 - 1300 cal.	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Day 1 	1 whole green burger, 1/2 tablespoon 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. 1300 cal.)	1 slice of whole wheat bread, 1 unsalted yogurt, 1 sliced ham, 2 cups of lettuce with 1 tablespoon low fat dressing (Approx. 1200 cal.)	1 medium orange, 1/2 small melon (Approx. 1300 cal.)	1 bunch of romaine lettuce-chicken salad, 1 slice of whole wheat bread with 1 tablespoon low fat dressing, 1/2 baked potato with peanut and peanut butter (Approx. 1270 cal.)	1/2 cup of cottage and 1/2 cup of unsweetened yogurt (Approx. 1200 cal.)
Day 2 	1/2 cup of frozen fruits and 1 cup of low fat yogurt (Approx. 1200 cal.)	1 cup fat free low sodium granola box (100 calories) and 1 big grapes (Approx. 1300 cal.)	3 ounces of low fat and low sodium turkey meat, 1 tablespoon low fat mayonnaise, 1 cup of low calorie salad dressings, 1 cup of lettuce and 1 slice whole wheat bread (Approx. 1200 cal.)	1 medium orange 1 unsalted rice crackers, 1 banana (Approx. 1200 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 grapes (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. 1200 cal.)	1 low sodium cup of turkey, 1 tablespoon of olive oil and some lemon juice, 1 cup of fat free yogurt, 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. 1200 cal.)	1 bunch of baked beans, 1 tablespoon of olive oil, 1/2 cup of low sodium lean chicken (Approx. 1200 cal.)	1/2 cup of frozen fruits (Approx. 1200 cal.)
Day 4 	1/2 cup of cooked rice with 4 ounces of steamed rice and 1 cup of low fat and low sodium turkey steak (Approx. 1200 cal.)	1 low fat turkey chicken salad 1 cup of low fat yogurt (Approx. 1200 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 (Approx. 1200 cal.)	4 ounces of low fat, low sodium turkey breast 1 cup of romaine with 2 tablespoons of lettuce 2 tablespoons of low sodium red wine vinaigrette (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. 1200 cal.)	4 low fat baked chicken and 1 cup of decaffeinated coffee with 1 cup of skimmed milk (Approx. 1300 cal.)	1/2 cup of baked beans, 1/2 cup of romaine 2 cups of lettuce with low fat ranch dressing (100) 1/2 cup of broccoli (Approx. 1200 cal.)	1/2 cup of plain yogurt and 1 low sodium granola bar (140 calories) (Approx. 1200 cal.)	2 baked beans (140 calories) and 1/2 cup low fat yogurt 1/2 cup of baked beans and 1/2 cup of plain granola (120) 1 banana (120 calories), 1 cup beans on the go with 2 tablespoons of salsa and a bunch of whole grapes (120) 1 baked potato (Approx. 1200 cal.)	1 unsweetened yogurt (Approx. 1200 cal.)
Day 6 	1/2 whole green burger with 2 tablespoons of light cream cheese and 1/2 medium pasta salad and 1 cup of watercress (Approx. 1200 cal.)	1/2 cup of decaffeinated coffee with 4 ounces of skimmed milk, 1/2 cup of fat free and unsweetened grapes (100 cal) (Approx. 1300 cal.)	1/2 cup of whole wheat pasta, 1 tablespoon of olive oil and 2 tablespoons of low sodium cheese, 1/2 cup of baked beans and 1/2 cup of your favorite lean vegetables, plus 1 cup fat free低 fat dressing of light lettuce (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 fruits (Approx. 1200 cal.)	1 cup of blueberries (Approx. 1200 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. 1200 cal.)	1/2 cup of banana-yogurt 1 granola bar (100 cal) (Approx. 1300 cal.)	1/2 cup of whole wheat pasta (macaroni), 1/2 cup of fat-free pasta, 2 cups of lettuce and 1 tablespoon of low sodium cheese and some lettuce (Approx. 1200 cal.)	1/2 cup of baked beans and 1 baked zucchini (Approx. 1200 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 fruits (Approx. 1200 cal.)	1 medium apple (Approx. 1200 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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George Ripley,Charles Anderson Dana

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Exercise Exchange Program James M. Rippe,1993-02-01 The Exercise Exchange Program is for anyone who has ever found diet and fitness programs restrictive regimented dull and just plain ineffective Dr James M Rippe author of the bestselling Rockport Walking Program has developed an innovative concept of nutritional and exercise exchanges that lets you mix and match many different foods and activities as you develop a plan designed to fit your own unique tastes and needs

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