

# Weight Loss Menu

1200-1300 cal	Breakfast	Snack	Lunch	Snack	Dinner	Snack
	1 whole green yogurt, 1/2 tablespoon of light cream cheese, 1/4 cup whole grain cereal with 1 scoop of protein mix (approx. 200 cal)	8 whole wheat crackers, 1/2 cup whole-grain cereal, 8 ounces of low-fat yogurt (approx. 180 cal)	1 slice of whole wheat bread, 2 hard-boiled eggs, 1 sliced tomato, 2 slices of lettuce with 1 tablespoon low-fat dressing (approx. 470 cal)	1 medium orange, 1/2 small melon (approx. 180 cal)	1 ounce of barbecue-grilled chicken breast, 1 slice of whole-wheat bread with 1 tablespoon of low-fat dressing, 1/2 portobello-patty with protein and veggie (approx. 370 cal)	1/8th cuppe rice, 1/2 cuppe whole-grain pasta (approx. 20 cal)
	1/2 cup of frozen fruits and 8 ounces of low-fat yogurt (approx. 170 cal)	1 low-fat and low-sodium granola bar (100 cal) and 1 bag grapes (approx. 180 cal)	8 ounces of low-fat and low-sodium turkey slices, 1 scoop low-fat cottage cheese, 1 cup of raw carrots and celery, 1 cup of lettuce, 1/2 cup whole-wheat bread (approx. 210 cal)	1 medium orange, 1 sliced raw carrots, 1 tomato (approx. 170 cal)	1/2 cup of brown rice, 1 ounce of baked carrots, 1/2 cup of steamed broccoli with 1 tablespoon of low-fat dressing (approx. 200 cal)	1 unseasoned granola and 1 bag strawberries (approx. 20 cal)
	8 ounces of steamed为代表的 cal, 1/2 cup of whole-wheat cereal and 1 medium apple (approx. 200 cal)	1 cup of popcorn and 8 ounces of low-fat yogurt (approx. 180 cal)	1 low-carb slice of turkey, 1 tablespoon of olive oil protein powder (approx. 120 cal), 1 cup of steamed broccoli, 2 cups of raw spinach and 1 tablespoon of low-fat Italian dressing (approx. 300 cal)	1 medium orange and 1 granola cookie (170 cal) (approx. 140 cal)	1 ounce of baked beans, 1 tablespoon of olive oil, 1/2 cup of low-sodium beans, 2 cups of baked squash and 2 tablespoons of low-sodium barbecue dressing (approx. 240 cal)	1/2 cup of frozen fruits (approx. 40 cal)
	1/2 cup of cooked meat with 4 ounces of steamed kale and 1/2 cup low-sodium turkey slices (approx. 200 cal)	1 low-fat turkey sausage (approx. 180 cal) and 8 ounces of low-fat yogurt (approx. 180 cal)	1/2 cup of baked rice, 1 ounce of barbecue-grilled chicken breast, 1 cup of raw carrots, 1 slice of raw chicken and 2 tablespoons of light ranch dressing (approx. 300 cal)	1/2 cup of water and 1/2 cup of whole-wheat muffin (approx. 180 cal)	8 ounces of low-fat, low-sodium turkey breast, 1/2 cup of baked ziti with 2 tablespoons of tomato and 1/2 ounce of low-sodium red wine vinegar (approx. 300 cal)	1 unseasoned granola and 1 medium apple (approx. 20 cal)
	1/2 cup of whole-wheat cereal with 4 ounces of low-fat yogurt and 1 cup of blueberries (approx. 180 cal)	8 low-fat cottage cheese and 1 cup of whole-grain cereal with 8 ounces of steamed kale (approx. 180 cal)	1/2 cup of black beans, 1/2 cup of brown rice, 2 cups of quinoa with low-fat ranch dressing and 1/2 cup of kimchi (approx. 210 cal)	1/2 cup of protein and 1 low-sodium granola bar (100 cal) (approx. 180 cal)	2 baked fish fillets (1 serving each) with 1/2 cup of steamed vegetables, 1/2 cup of baked macaroni, 1/2 cup of beans (approx. 200 cal), 1 ounce of salmon fillet, 1/2 cup of rice with 2 tablespoons of salsa and a dash of sriracha (approx. 180 cal), 1 sliced chicken (approx. 240 cal)	1 unseasoned granola (approx. 10 cal)
	1/2 whole green yogurt with 2 tablespoons of light cream cheese and 1/4 cup whole-grain granola with 1 scoop of protein mix (approx. 170 cal)	1/2 cup of whole-grain cereal with 8 ounces of steamed kale, 1/2 cup of whole-grain granola and 1 scoop of protein mix (approx. 180 cal)	1/2 cup of whole-wheat pasta, 1 tablespoon of olive oil and 1/2 tablespoon of pesto, 1/2 cup of grilled chicken, 2 cups of lettuce, tomatoes and cheese and 1/2 cup of whole-wheat pasta with 1/2 cup of pesto and 1/2 cup of light ranch dressing (approx. 310 cal)	1/2 cup of whole-wheat cereal and 1 granola cookie (170 cal) (approx. 180 cal)	1 ounce of barbecue-grilled chicken breast, 1 slice of whole-wheat bread and 1/2 cup of low-fat, low-sodium dressing and 1/2 cup of soybeans (approx. 230 cal)	1 cup of blueberries (approx. 40 cal)
	1 slice of whole-wheat bread, 8 ounces of low-fat and low-sodium cheese, 1 cup of decaffeinated coffee with 8 ounces of steamed kale (approx. 180 cal)	1/2 cup of frozen-pasta and 1 granola bar (100 cal) (approx. 180 cal)	1/2 cup of rice berries, 1/2 cup of whole-wheat pasta (macaroni), 1/2 cup of pesto and 1 slice of tomato and 1 tablespoon of pesto (cheese and salsa mix) (approx. 210 cal)	1/2 cup of frozen-fatty rice, 1/2 cup of rice, 1/2 cup of pesto and 1/2 cup of frozen rice (approx. 200 cal)	1 ounce of grilled tuna, 1 cup of whole-green vegetables, 1 slice of tomato, 1/2 cup of low-fat, low-sodium dressing and 1/2 cup of frozen rice (approx. 200 cal)	1 medium orange (approx. 40 cal)

**NOTE:-**

These menus should be prepared with little salt (if any), 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 Guide

**Sarah Chastain**

## **Weight Loss Plan Guide:**

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