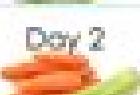


Weight Loss Menu

1200-1300 cal	 Breakfast	 Snack	 Lunch	 Snack	 Dinner	 Snack
Day 1 	1 whole green yogurt, 1/2 tablespoon of light cream cheese, 1/4 cup of whole wheat cereal with 1/4 cup of unsweetened coffee with 1/4 cup of unsweetened milk (Approx. 200 cal)	8 whole wheat crackers, 1/2 cup whole-wheat cereal, 1/4 cup of low-fat yogurt (Approx. 180 cal)	1 slice of whole wheat bread, 2 hard-boiled eggs, 1 sliced tomato, 1 slice of lettuce with 1 tablespoon low-fat dressing (Approx. 410 cal)	1 medium orange, 1/2 small melon (Approx. 180 cal)	1/2 cup of lettuce salad, 1 slice of baked salmon, 1/4 cup of steamed broccoli with 1/4 cup of low-fat dressing (Approx. 320 cal)	1/2 cup yogurt and 1/2 cup unsweetened coffee (Approx. 20 cal)
Day 2 	1/2 cup of frozen fruits and 1/4 cup of low-fat yogurt (Approx. 170 cal)	1 low-fat and low-sodium granola bar (100 cal) with 1/4 cup grapes (Approx. 190 cal)	3 ounces of low-fat and low-sodium turkey slices, 1/4 cup of low-fat blueberries, 1 cup of low-fat greek yogurt, 1/4 cup of whole-wheat cereal (Approx. 210 cal)	1 medium orange, 1 sliced low-fat cheese, 1 tomato (Approx. 170 cal)	1/2 cup of lettuce salad, 1 slice of baked salmon, 1/4 cup of steamed broccoli with 1/4 cup of low-fat dressing (Approx. 320 cal)	1 unsweetened granola and 1/4 cup strawberries (Approx. 20 cal)
Day 3 	4 ounces of steamed crab, 1/2 cup of whole-wheat cereal and 1 medium apple (Approx. 200 cal)	1 slice of popcorn and 4 ounces of low-fat yogurt (Approx. 180 cal)	1 low-carb slice of turkey, 1 tablespoon of whole-grain mustard (100 cal), 1/2 cup of steamed red beets, 2 slices of raw asparagus and 1 tablespoon of low-fat Italian dressing (Approx. 300 cal)	1 medium orange and 1 granola cookie (170 cal) (Approx. 140 cal)	1 slice of baked salmon, 1 slice of whole-grain bread, 1/2 cup of whole-wheat pasta, 1/4 cup of baked beans with 1/4 cup greek yogurt and 1/4 cup of low-sodium canned white beans (Approx. 340 cal)	1/2 cup of frozen fruits (Approx. 40 cal)
Day 4 	1/2 cup of cooked pasta with 4 ounces of steamed crab meat, 1/2 cup of low-fat low-sodium turkey slices (Approx. 200 cal)	1 low-fat turkey sausage (100 cal) with 1/4 cup of low-fat yogurt (Approx. 180 cal)	1/2 cup of lettuce salad, 1 slice of lettuce-grilled chicken breast, 1 slice of raw zucchini, 1 slice of raw carrots 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)	4 ounces of low-fat, low-sodium turkey breast, 1 slice of turkey with 2 tablespoons of salsa, 1/4 cup of low-sodium red wine vinegar (Approx. 300 cal)	1 unsweetened granola and 1 medium apple (Approx. 20 cal)
Day 5 	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 whole-grain bread and 1 cup of unsweetened coffee with 1/4 cup of unsweetened milk (Approx. 180 cal)	1/2 cup of whole bread, 1/2 cup of lettuce salad, 2 slices of turkey with low-fat ranch dressing and 1/2 cup of romaine (Approx. 210 cal)	1/2 cup of pineapple and 1 low-sodium granola bar (100 cal) (Approx. 180 cal)	2 grilled fish fillets (1 serving each) with 1/2 cup of asparagus, 1/2 cup of baked beans, 1/2 cup of whole carrots (100 cal), 1/2 cup of whole beans (100 cal), 1/2 cup of whole beans (100 cal) with 1/4 cup of salsa and a slice of whole yogurt (100 cal)	1 unsweetened granola (Approx. 20 cal)
Day 6 	1/2 whole green yogurt with 1 tablespoon of light cream cheese and 1/4 cup of whole-wheat granola and 1/2 cup of unsweetened coffee (Approx. 170 cal)	1/2 cup of unsweetened coffee with 4 ounces of steamed crab, 1/2 cup of whole-wheat granola and 1/2 cup of whole-wheat granola (180 cal) (Approx. 180 cal)	1/2 cup of whole-wheat pasta, 1 tablespoon of olive oil and 1/2 cup greek yogurt of whole-wheat pasta, 1 cup of grilled salmon, 2 slices of turkey, 1/2 cup of whole-wheat pasta, 1/2 cup of whole-wheat pasta (Approx. 310 cal)	4 1/2 oz. whole-wheat bread and 1 granola cookie (170 cal) (Approx. 180 cal)	1 slice of lettuce-grilled chicken breast, 1 slice of whole-wheat bread, 1/4 cup of low-fat, low-sodium dressing and 1/2 cup of soybeans (Approx. 320 cal)	1 cup of blueberries (Approx. 40 cal)
Day 7 	1 slice of whole-wheat bread, 1 slice of low-fat and low-sodium cheese, 1 slice of decaffeinated coffee with 1/4 cup of steamed crab (Approx. 180 cal)	1/2 cup of berries and 1 granola bar (100 cal) (Approx. 180 cal)	1/2 cup of whole bread, 1/2 cup of whole-wheat pasta (100 cal), 1/2 cup of greek yogurt, 1 slice of turkey and 1 tablespoon of greek yogurt (100 cal) (Approx. 210 cal)	1/2 cup of frozen fruits and 1 sliced apple (100 cal) (Approx. 180 cal)	1 slice of grilled tuna, 1 slice of whole green vegetables, 1 slice of salmon, 1/2 cup of lettuce salad, 1/4 cup of low-fat, low-sodium dressing and 1/2 cup of steamed rice (Approx. 310 cal)	1 medium orange (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).

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Susan McQuillan, Edward J. Saltzman

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