

Weight Loss Menu

1200-1300 cal	⌚ Breakfast	⌚ Snack	⌚ Lunch	⌚ Snack	⌚ Dinner	⌚ Snack
	Day 1 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 toast, 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.)
	Day 2 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 toast (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.)
	Day 3 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. 180 cal.)	1 low sodium can of tuna, 1 teaspoon of olive oil and some lemon juice, 1 cup of 40 and 100 calories, 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 tilapia 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.)
	Day 4 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 crockpot 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 sauce 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 2 teaspoons of mayo, 2 teaspoons of low sodium red wine vinegar (Approx. 340 cal.)	1 unsweetened gelatin and 1 medium oat (Approx. 70 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.)	4 low fat turkey 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 ranch 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 (100% without 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.)
	Day 6 1/2 whole grain bagel with 2 teaspoons of light cream cheese and 1 teaspoon granola 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 cup 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 sauce 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.)
	Day 7 1 slice of whole wheat toast, 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)

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Padhraic Smyth

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the name Padhraic Smyth.

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Low GI Diet 12-week Weight-loss Plan Jennie Brand-Miller,Joanna Mcmillan-Price,Kaye Foster-Powell,2011-01-01 This updated edition of Australia s bestselling Low GI Diet program explains how a low GI diet can help you lose weight and keep it off Featuring twelve weeks of menus tailored to your weight and activity level and twelve weeks of easy to follow aerobic and resistance exercises that will take you just 30 minutes a day this book outlines a nutritionally balanced effective and healthy way to start losing weight and improve your overall health and includes Tools and tips to maintain weight loss for life Delicious recipes and a menu survival guide for eating out How to balance protein and carbohydrate Photographs of exercises Updated GI tables for your favourite foods The most significant dietary finding of the last 25 years the glycemic index GI is an easy to understand measure of how food affects blood glucose levels and has revolutionised the way we eat

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Aesthetic Surgery After Massive Weight Loss J. Peter Rubin,Alan Matarasso,2007 This illustrated atlas comprehensively examines techniques for managing aesthetic issues of the face and neck breast abdomen arms and legs commonly facing patients after bariatric surgery Over 85 color illustrations and 500 full color photographs display operative techniques pre operative appearance and post operative results

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Clinical Obesity in

Adults and Children Peter G. Kopelman, Ian D. Caterson, William H. Dietz, 2009-09-28 Obesity is a major problem facing doctors in the 21st century This third edition of a highly respected textbook combines the latest in clinical research with a practical approach to guide the successful evaluation management and treatment of the obese patient including the large number of complications and other conditions that can arise as a consequence of it Written by experts from around the globe this book is a truly international work recognizing that the approach for the treatment and management of obesity may vary between differing ethnicities and in different countries The book addresses obesity and its social and cultural aspects biology associated diseases life stages pediatric and adult management and environmental policy approaches in six sections As well as covering the latest approaches to treatment of obesity *Clinical Obesity in Adults and Children* considers the effects of the environment of gender and of culture on this problem This is an invaluable resource for all health care professionals research scientists and public health practitioners involved in the prevention and care of patients who are at risk of obesity or are already obese

Vegetarian Times, 1990-05 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that is exclusively vegetarian but wrapped in a fresh stylish mainstream package that is inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT's goal To embrace both

Metropolitan Management, Transportation and Planning, 1916 *Australasian Medical Gazette*, 1894 *British Medical Journal*, 1887

Poultry & Eggs Weekly, 1958 Endocrine Secrets Michael T. McDermott, 2005 The Secrets Series R is breaking new ground again This volume in the very popular Secrets Series R is back in an exciting updated and completely redesigned 4th Edition A new two color page layout a more portable size and a list of the Top 100 Secrets in endocrinology help readers to better meet the challenges they face today And at no extra charge purchasers also receive online access to the complete contents of the text via Elsevier's innovative STUDENTConsult.com website Readers will still find all of the features they rely on the Secrets Series R for a question and answer format lists mnemonics tables and an informal tone that make reference fast and easy No matter what questions arise in practice or while preparing for boards this 4th Edition has the answers in print and online The smart way to study Elsevier titles with STUDENT CONSULT will help you master difficult concepts and study more efficiently in print and online Perform rapid searches Integrate bonus content from other disciplines Download text to your handheld device And a lot more Each STUDENT CONSULT title comes with full text online a unique image library case studies USMLE style questions and online note taking to enhance your learning experience Offers access to the complete contents of the text and other community features online via the STUDENTConsult.com website Includes a list of the Top 100 Secrets to keep in mind during residency and practice Features a new more compact trim size 5 1 4 x 8 1 2 for enhanced portability Makes information easier to find with a new two color page layout and Key Points boxes Identifies useful websites to facilitate obtaining additional information on a specific topic and provides live links in online version Your

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