

Weight loss sample meal plan
(women)

| MEAL PLAN | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|-----------------|--|---|---|--|--|--|---|
| BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST |
| | | | | | | SMOOTHIE (Mix all ingredients below together in a blender) | |
| 1 Protein Unit | 1/2 cup fat free vanilla yoghurt | 175ml fat free milk | 175ml Fat Free Yoghurt | 1 Boiled Egg, with Grilled Tomato | 30g grated low fat cheese | 1/4 cup fat free Yoghurt & 1/4 cup Fat Free Milk | 40g Grilled Kipper, with grilled tomatoes & mushrooms |
| 1 Starch Unit | 1/2 cup All bran or 40-Fibre bran | 1/2 cup oats cooked in the fat free milk | 1/2 cup Swiss-style muesli | 1 slice Rye bread or seed loaf, Toasted | 1 low GI bran muffin | 2 Tbs. oat-bran | 1 slice low GI bread, toasted |
| 1 Fruit Unit | 1 Tbsp. raisins | 1 sliced Banana | 3 Sliced Strawberries, added to cereal | 1/2 cup Freshly Squeezed Orange Juice | 1 small banana | 1 small Banana & 80g Mango | 1/2 small mango |
| 1 Fat Unit | 1 Tbsp. flaked almonds | 2 tsp. peanut butter, added to porridge | 1/2 Tbsp. flaked almonds | 2 tsp. peanut butter | (fat in muffin) | 1 Tbsp. flaked almonds | 2 tsp. peanut butter |
| SNACK | SNACK | SNACK | SNACK | SNACK | SNACK | SNACK | SNACK |
| 1 Fruit Unit | 1 Yellow Cling Peach | 3-4 Strips Dried Mango (80g) | 1 Large Apple | 4 slices fresh Pineapple | 1 Pear | 1 Cup Fruit Salad (140g) | A handful of grapes |
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| 1 Protein Unit | 1 Tbsp Fat Reduced Hummus & 30g (2-3 slices) Shaved Turkey | 2 Chicken Strips | 30g Smoked Salmon | 30g Beef Strips | 1/2 tin of tuna or salmon | 30g Clover low fat cheese | 2 mini Chicken Kebabs (40g) |
| 1 Starch Unit | 1 slice Low GI Seed Bread | 2 mini Pita Breads, lightly toasted | 1 slice seed bread | 1 small cooked Meaty | 1/2 cup cooked pasta | 1 Povitica or 2 Ryvita | 1 cup cubed sweet potato, to roast |
| WITH Vegetables | Rocket, Lettuce, Sliced Tomatoes, Cucumber & Spring Onions | Fill pita with fresh coriander, cherry tomatoes and sweet Peppers | Butter Lettuce, Cherry Tomatoes, Pickled Cucumbers, Sprouts & Snap Peas | Shredded Coleslaw, grated Carrots & Diced Cucumber | Lettuce, rocket, diced Carrots & Grated Beetroot | Butter lettuce, Roma Tomatoes, Orange Peppers & sliced Onion Rings | Roasted Vegetables: diced Pumpkin, Brinjals, Sweet Peppers, Mango, hot Peas, Onion & Garlic |

Weight Loss Plan Last 90 Days

Helen Gurley Brown



Weight Loss Plan Last 90 Days:

The Customized No No-Nos Weight Loss Plan Holly Bergeim, 2001-09 No pain no pills no no nos no drawbacks no lifestyle changes rapid weight loss feeling good the whole time customize the plan to your needs with the doc's help and approval And prove to yourself that it can't fail What more can you want Weekly World News, 1996-01-30 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world's only reliable news source since 1979 The online hub www.weeklyworldnews.com is a leading entertainment news site **The Old Farmer's Almanac**, 1996 **Weekly World News**, 1988-06-21 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world's only reliable news source since 1979 The online hub www.weeklyworldnews.com is a leading entertainment news site **Health Care Food Service Systems**

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The (old) Farmer's Almanack Robert Bailey Thomas, 1996 *McCall's*, 1997 **Rural Living**, 1995-10 **The Old Farmer's Almanac 1997** Judson D. Hale, 1996 This annual favorite is as modern as its Internet site as traditional as its tide tables and advice on planting by the Moon Chock a block with astronomical data common sense tips recipes history and those famous long range weather forecasts the 1997 edition also includes a special 64 page section of unique and useful reference material on everything from General Rules for Pruning to The Sequence of Presidential Succession Illustrations

Doctor Kadans' Herbal Weight Loss Diet Joseph M. Kadans, 1982 **Orange Coast Magazine**, 1983-05 Orange Coast Magazine is the oldest continuously published lifestyle magazine in the region bringing together Orange County's most affluent coastal communities through smart fun and timely editorial content as well as compelling photographs and design Each issue features an award winning blend of celebrity and newsmaker profiles service journalism and authoritative articles on dining fashion home design and travel As Orange County's only paid subscription lifestyle magazine with circulation figures guaranteed by the Audit Bureau of Circulation Orange Coast is the definitive guidebook into the county's luxe lifestyle

Prospective Payment for Long-term Care Judith J. Baker, 1998 This text explains the composition of the Prospective Payment System allowing the reader to understand how the rates are built Special features include rate setting examples presented in a form that can be understood readily by the user worksheet examples presented in an easy to use format and a glossary designed for use by those not generally familiar with the long term care Prospective Payment System terminology

Cosmopolitan Helen Gurley Brown, 1995-10 *U.S. News & World Report*, 1999 **Good Housekeeping**, 1986 *PC*

Magazine ,2005

Canada Weekly ,1983

Nature Sir Norman Lockyer,2004

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