

# Weight Loss Menu

| 1200-1300 cal  | ⌚ Breakfast   | ⌚ Snack  | ⌚ Lunch  | ⌚ Snack  | ⌚ Dinner  | ⌚ Snack  |
|--|---|--|--|--|---|--|
|    | <b>Day 1</b><br>1 whole grain bagel,<br>1/2 teaspoon of light cream<br>cheese, 1 teaspoon can without<br>sugar and 1 cup of decaffeinated<br>coffee with 4 ounces of skimmed<br>milk (Approx. 200 cal.) | 8 whole wheat crackers,<br>4 big strawberries and<br>4 ounces of low fat yogurt<br>(Approx. 190 cal.)  | 1 slice of whole wheat bread,<br>2 hard-boiled eggs,<br>1 sliced tomato,<br>2 cups of lettuce with<br>1 teaspoon low fat dressing<br>(Approx. 410 cal.)  | 1 medium orange,<br>1/2 whole muffin<br>(Approx. 180 cal.)                                   | 3 ounces of boneless grilled chicken breast,<br>1 cup of steamed broccoli with<br>1 teaspoon of low fat dressing<br>1/2 baked potato with pepper and onions<br>(Approx. 270 cal.)   | 1 little apple and<br>3/4 cup of<br>unsweetened gelatin<br>(Approx. 70 cal.) |
|    | <b>Day 2</b><br>1/2 cup of frozen fruit and<br>4 ounces of low fat yogurt<br>(Approx. 170 cal.)   | 1 low fat and low sodium granola<br>bar or 100 calories and<br>4 big grapes (Approx. 190 cal.)   | 3 ounces of low fat and low sodium<br>turkey steak,<br>1 teaspoon low fat mayonnaise,<br>1 cup of raw carrots and celery,<br>1 cup of lettuce, and<br>1 slice whole wheat bread<br>(Approx. 270 cal.)  | 1 medium tangerine,<br>3 chocolate nut crackers,<br>4 almonds<br>(Approx. 170 cal.)          | 1/2 cup of brown rice,<br>3 ounces of baked salmon,<br>2 cups of steamed broccoli with<br>1 teaspoon of low fat cream<br>cheese (Approx. 320 cal.)  | 1 unsweetened gelatin<br>and 4 big strawberries<br>(Approx. 70 cal.)         |
|    | <b>Day 3</b><br>4 ounces of skimmed milk,<br>1/2 cup of whole wheat cereal<br>and 1 medium apple<br>(Approx. 200 cal.)  | 1 cup of grapes and<br>4 ounces of low fat yogurt<br>(Approx. 140 cal.)  | 1 low sodium can of tuna,<br>1 teaspoon of olive oil and some lemon juice,<br>1 cup of 40 and 100 calories,<br>2 cups of raw spinach and<br>1 teaspoon of low fat Italian dressing<br>(Approx. 300 cal.)   | 1 medium orange and<br>1 granola cookie<br>(70 calories)<br>(Approx. 140 cal.)               | 3 ounces of baked tilapia<br>1 teaspoon of olive oil,<br>1/2 cup of low sodium corn,<br>2 cups of fresh spinach and<br>1 teaspoon of low sodium red wine<br>vinegar (Approx. 340 cal.)  | 1/2 cup of frozen fruit<br>(Approx. 40 cal.)                                 |
|    | <b>Day 4</b><br>1/2 cup of cooked ribs with<br>4 ounces of skimmed milk and<br>3 low fat and low sodium turkey<br>steak (Approx. 280 Cal.)  | 1 low fat turkey chicken and<br>4 ounces of low fat yogurt<br>(Approx. 180 cal.)   | 1/2 cup of brown rice,<br>3 ounces of boneless grilled chicken breast,<br>1 cup of raw carrots,<br>1 cup of raw carrots and 2 teaspoons of light<br>sauce dressing (Approx. 300 cal.)  | 1 cup of water and<br>1/2 of a whole wheat<br>muffin (Approx. 130 cal.)                      | 4 ounces of low fat, low sodium turkey breast,<br>1 cup of lettuce with 1 teaspoon of mayo,<br>2 teaspoons of low sodium red wine<br>vinegar (Approx. 340 cal.)   | 1 unsweetened gelatin<br>and 1 medium oat<br>(Approx. 70 Cal.)               |
|   | <b>Day 5</b><br>1/2 cup of whole wheat cereal with<br>4 ounces of low fat yogurt and<br>1 cup of blueberries<br>(Approx. 180 Cal.)  | 4 low salt turkey crackers and<br>1 cup of decaffeinated coffee<br>with 4 ounces of skimmed milk<br>(Approx. 180 cal.)                         | 1/2 cup of black beans,<br>1/2 cup of brown rice,<br>2 cups of lettuce with low fat ranch<br>dressing and<br>1/2 of a banana (Approx. 320 cal.)  | 1/2 cup of pineapple and<br>1 low sodium granola bar<br>(140 calories)<br>(Approx. 220 cal.) | 2 grilled fish steaks (70 cal) with a little salt<br>and pepper,<br>1/2 cup of baked mushrooms,<br>1/2 cup of beans (skinnier style),<br>1 tomato (skinnier style), cook them in the<br>oil with 2 teaspoons of olive oil and a dash of<br>black pepper, and<br>1 baked potato (Approx. 340 cal.) | 1 unsweetened gelatin<br>(Approx. 10 Cal.)                                   |
|  | <b>Day 6</b><br>1/2 whole grain bagel with<br>2 teaspoons of light cream<br>cheese and 1 teaspoon granola<br>and 1 cup of watermelon<br>(Approx. 170 Cal.)  | 1/2 cup of decaffeinated coffee<br>with 4 ounces of skimmed milk,<br>1/2 of orange and unsweetened<br>gelatin of 50 cal.<br>(Approx. 180 cal.) | 1/2 cup of whole wheat pasta,<br>1 teaspoon of olive oil and two teaspoons<br>of parmesan cheese,<br>1 cup of grilled salmon,<br>2 cups of lettuce, tomatoes and onions and<br>1/2 cup of about lettuce steamed vegetables,<br>you can also add two teaspoons of light<br>sauce cream (Approx. 340 cal.) | 4 big strawberries and<br>1 granola cookie<br>(70 calories)<br>(Approx. 100 cal.)            | 3 ounces of boneless grilled chicken breast,<br>2 cups of baked broccoli and<br>2 teaspoons of low fat, low sodium dressing<br>and 1/2 cup of brown rice<br>(Approx. 320 cal.)  | 1 cup of blueberries<br>(Approx. 40 Cal.)                                    |
|  | <b>Day 7</b><br>1 slice of whole wheat bread,<br>1 slice of low fat and low sodium<br>cheese,<br>1 cup of decaffeinated coffee<br>with 4 ounces of skimmed milk<br>(Approx. 180 cal.)                   | 1/2 of a banana and<br>1 granola bar or 100 cal.<br>(Approx. 190 cal.)   | 1/2 cup of red beans,<br>1/2 cup of whole wheat pasta (measured),<br>and 1/2 cup of water,<br>2 cups of lettuce and<br>1 teaspoon of parmesan cheese and some<br>oil (Approx. 310 cal.)  | 1/2 cup of frozen fruit and<br>2 bread sticks<br>(Approx. 130 cal.)                          | 3 ounces of grilled tuna,<br>2 cups of dark green vegetables,<br>1 sliced tomato,<br>1 teaspoon of low fat,<br>low sodium dressing, and<br>1/2 cup of brown rice<br>(Approx. 300 cal.)  | 1 medium apple<br>(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)

# Weight Loss Plan Guide

**Susan McQuillan, Edward J. Saltzman**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the authors' names.

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