

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 (30g)                                      | 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

**Yicheng Fang**



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