

Weight Loss Menu

1200-1300 cal	Breakfast	Snack	Lunch	Snack	Dinner	Snack
	1 whole green yogurt, 1/2 tablespoon of light cream cheese, 1/4 cup whole grain cereal with 1 scoop of protein mix (approx. 200 cal)	8 whole wheat crackers, 1/2 cup whole-milk yogurt, 1/2 cup of raw fat yogurt (approx. 180 cal)	1 slice of whole wheat bread, 2 hard-boiled eggs, 1 sliced tomato, 2 slices of lettuce with 1 tablespoon low fat dressing (approx. 470 cal)	1 medium orange, 1/2 small melon (approx. 180 cal)	1/2 ounce of boneless grilled chicken breast, 1 slice of whole-wheat bread with 1 tablespoon of low fat dressing, 1/2 portobello pizza with protein and toppings (approx. 370 cal)	1/2 cup yogurt and 1/2 ounce unsweetened protein (approx. 70 cal)
	1/2 cup of frozen fruits and 1 scoop of low fat yogurt (approx. 170 cal)	1 low-fat and low-sodium granola bar (100 cal) and 1 bag grapes (approx. 190 cal)	3 ounces of low fat and low sodium turkey slices, 1 scoop low-fat cottage cheese, 1 cup of raw carrots and celery, 1 cup of lettuce, 1/2 cup whole wheat bread (approx. 210 cal)	1 medium orange, 1 sliced raw carrots, 1 tomato (approx. 170 cal)	1/2 cup of brown rice, 1 ounce of baked carrots, 1/2 cup of steamed broccoli with 1 tablespoon of low fat protein (approx. 220 cal)	1 unsweetened protein and 1 bag strawberries (approx. 20 cal)
	4 ounces of steamed crab, 1/2 cup of whole wheat cereal and 1 medium apple (approx. 200 cal)	1 cup of popcorn and 4 ounces of raw fat yogurt (approx. 180 cal)	1 low sodium slice of turkey, 1 tablespoon of olive oil protein powder (approx. 140 cal), 1/2 cup of steamed broccoli, 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 ounce of baked beans, 1 tablespoon of olive oil, 1/2 cup of raw sodium-free beans, 2 cups of baked asparagus and 2 tablespoons of raw sodium-free whole strawberries (approx. 240 cal)	1/2 cup of frozen fruits (approx. 40 cal)
	1/2 cup of cooked meat with 4 ounces of steamed crab, 1/2 cup low fat and low sodium turkey slices (approx. 200 cal)	1 low-fat turkey sausage (approx. 160 cal) and 4 ounces of raw fat yogurt (approx. 180 cal)	1/2 cup of baked rice, 1 ounce of boneless grilled chicken breast, 1 cup of raw carrots, 1/2 cup 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, 1/2 cup of baked with 2 tablespoons of salsa, 1/2 ounce of low sodium red wine strawberries (approx. 260 cal)	1 unsweetened protein and 1 medium apple (approx. 70 cal)
	1/2 cup of whole-wheat cereal with 4 ounces of raw fat yogurt and 1 cup of blueberries (approx. 180 cal)	8 low-fat whole-grain cereal and 1 cup of unsweetened yogurt with 1 scoop of protein mix (approx. 180 cal)	1/2 cup of black beans, 1/2 cup of brown rice, 2 ounces of sodium-free raw fat ranch dressing and 1/2 cup of salsa (approx. 210 cal)	1/2 cup of protein and 1 low sodium protein bar (full portion) (approx. 220 cal)	2 baked fish fillets (1 serving each) with 1/2 cup of steamed vegetables, 1/2 cup of baked macaroni, 1/2 cup of beans (approx. 240 cal), 1/2 ounce of beans (approx. 240 cal)	1 unsweetened protein (approx. 10 cal)
	1/2 whole green yogurt with 2 tablespoons of light cream cheese and 1/4 cup whole grain cereal with 1 scoop of protein mix (approx. 170 cal)	1/2 cup of unsweetened yogurt with 4 ounces of steamed crab, 1/2 cup of whole grain cereal and 1 scoop of protein mix (approx. 180 cal)	1/2 cup of whole-wheat pasta, 1 tablespoon of olive oil and 1/2 tablespoon of pesto, 1/2 cup of grilled chicken, 2 cups of lettuce, tomatoes and cheese and 1/2 cup of whole-wheat pasta pesto, 1/2 cup of raw carrots and 1/2 cup of light ranch dressing (approx. 310 cal)	1/2 cup whole-wheat and 1 granola cookie (170 cal) (approx. 180 cal)	1/2 ounce of boneless grilled chicken breast, 1 slice of whole-wheat bread and 1 tablespoon of low fat, low sodium dressing and 1/2 cup of soybeans (approx. 220 cal)	1 cup of blueberries (approx. 40 cal)
	1 slice of whole-wheat bread, 1 slice of low fat and low sodium cheese, 1 slice of deconstructed yogurt with 1 scoop of steamed crab (approx. 180 cal)	1/2 cup of berries and 1 granola bar (100 cal) (approx. 180 cal)	1/2 cup of rice berries, 1/2 cup of whole-wheat pasta (macaroni), 1/2 cup of pesto, 1/2 cup of pesto, 1 slice of lettuce and 1 tablespoon of pesto (approx. 210 cal)	1/2 cup of frozen tutti-frutti (approx. 180 cal)	1 ounce of grilled tuna, 1 cup of whole green vegetables, 1 slice of tomato, 1/2 cup of raw fat, low sodium dressing and 1/2 cup of beans (approx. 200 cal)	1 medium orange (approx. 40 cal)

NOTE:-

These menus should be prepared with little salt (if any), 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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Michael Seilmair

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