

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 (50g) | 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 loaf Peas, Onion & Garlic |

Weight Loss Plan Last 90 Days

Guillaume Favre



Weight Loss Plan Last 90 Days:

Decoding **Weight Loss Plan Last 90 Days**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Weight Loss Plan Last 90 Days**," a mesmerizing literary creation penned with a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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