

# Weight Loss Menu

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

**HarperCollins**



## **Weight Loss Plan Guide:**

## Unveiling the Magic of Words: A Report on "**Weight Loss Plan Guide**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Weight Loss Plan Guide**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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