

MEAL PLAN FOR WEIGHT LOSS

DAY 1

Breakfast

½ Grapefruit
1 Slice of Toast
2 Tablespoons of Peanut Butter

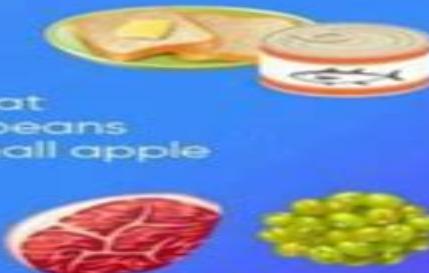
Lunch

½ Cup Tuna
1 Slice of Toast
1 Cup Coffee or tea



Dinner

3 ounces of meat
1 cup of green beans
½ banana, 1 small apple



DAY 6

Breakfast

1 Egg
1 Slice of Toast
½ banana



Lunch

1 cup of cottage cheese
1 hard boiled egg
5 saltine crackers

Dinner
2 hot dogs (without bun)
1 cup of broccoli, ½ cup carrots
½ Banana, ½ cup of vanilla ice cream

DAY 5

Breakfast

5 saltine crackers
1 small apple
1 slice of cheddar cheese

Lunch

1 hard boiled egg
1 slice of toast

Dinner

1 cup of tuna
½ banana
1 cup of vanilla ice cream

DAY 4

Breakfast

1 Egg
1 Slice of Toast
½ banana



Lunch

½ Grapefruit
1 Slice of Toast
2 Tablespoons of Peanut Butter

Dinner

2 hot dogs (without bun)
1 cup of broccoli, ½ cup carrots
½ Banana, ½ cup of vanilla ice cream

Better Me.

DAY 2

Breakfast

1 Egg
1 Slice of Toast
½ banana



Lunch

1 cup of cottage cheese
1 hard boiled egg
5 saltine crackers

Dinner

2 hot dogs (without bun)
1 cup of broccoli, ½ cup carrots
½ Banana, ½ cup of vanilla ice cream

DAY 3

Breakfast

5 saltine crackers
1 small apple
1 slice of cheddar cheese



Lunch

1 hard boiled egg
1 slice of toast

Dinner

1 cup of tuna
½ banana
1 cup of vanilla ice cream

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The Ladies' Home Journal ,2009-07 **Collier's** ,1899 **Working Woman** ,2001 **Popular Science** ,2002

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