

# 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 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



## 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.

# Weight Loss Plan Temu Ideas

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*Fluorine, Its Compounds, and Air Pollution* United States. Environmental Protection Agency. Office of Air Quality Planning and Standards, 1976     Genetics Abstracts ,1995     **Analysis of Infant and Child Mortality and Associated Factors in Taiwan and Thailand** Dah-Kuen Shieh, 1996     **Southern African Liberation Struggles** A. J. Temu, Joel das Neves Tembe, 2014 Les volumes 1 5 se concentrent sur les guerres de lib ration en Angola au Mozambique en Namibie en Afrique du Sud et au Zimbabwe Les volumes 5 7 relatent les exp riences v cues dans les tats de la ligne de front Botswana Tanzanie et Zambie et dans les pays d extension Lesotho Malawi et Swaziland chaque fois un chapitre historico analytique est suivi d une longue section d histoires personnelles non seulement en anglais mais aussi en portugais Mozambique en swahili Tanzanie et en shona Zimbabwe Les deux derniers volumes se concentrent sur les pays et les organisations internationales l int rieur et l ext rieur de l Afrique qui ont sympathis avec les mouvements de lib ration et les ont soutenus de diverses mani res     *INIS Atomindeks* ,1986     ISTF News ,1980     **The National Provisioner** ,1930     **FAMLI** ,1991     Off-forest Tree Resources of Africa A. B. Temu, 2000

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