

Weight Loss Menu

1200 - 1300 cal.	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Day 1 	1 whole green burger, 1/2 teaspoon of light cream cheese, 1/2 medium bowl cottage and 1 cup of decaffeinated coffee with 1 cup of skimmed milk (Approx. 1200 cal.)	1 whole wheat croissant, 1 big sandwich and 1 bunch of low fat yogurt (Approx. 1300 cal.)	1 slice of whole wheat bread, 1 unsalted yogurt, 1 sliced ham, 2 cups of lettuce with 1 tablespoon low fat dressing (Approx. 1200 cal.)	1 medium orange, 1/2 small melon (Approx. 1300 cal.)	1 bunch of romaine lettuce-chicken salad, 1 slice of whole wheat bread with 1 tablespoon low fat dressing, 1/2 baked potato with peanut and peanut butter (Approx. 1270 cal.)	1/2 cup of cottage and 1/2 cup of unsweetened yogurt (Approx. 1200 cal.)
Day 2 	1/2 cup of frozen fruits and 1 cup of low fat yogurt (Approx. 1200 cal.)	1 cup fat free low sodium granola box (100 calories) and 1 big grapes (Approx. 1300 cal.)	3 ounces of low fat and low sodium turkey meat, 1 tablespoon low fat mayonnaise, 1 cup of low calorie salad dressings, 1 cup of lettuce and 1 slice whole wheat bread (Approx. 1200 cal.)	1 medium orange 1 unsalted rice crackers, 1 banana (Approx. 1200 cal.)	1/2 cup of frozen fruits, 1 bunch of baked carrots, 1 cup of unsweetened broccoli with 1 tablespoon of low fat yogurt (Approx. 1200 cal.)	1 unsweetened yogurt and 1 big grapes (Approx. 1200 cal.)
Day 3 	4 ounces of steamed rice, 1/2 cup of whole wheat cereal and 1 medium apple (Approx. 1200 cal.)	1 cup of popcorn and 1 bunch of low fat yogurt (Approx. 1200 cal.)	1 low sodium cup of turkey, 1 tablespoon of olive oil and some lemon juice, 1 cup of fat free yogurt, 2 cups of rice spaghetti and 1 tablespoon of low fat dressing (Approx. 1200 cal.)	1 medium orange and 1 granola cookie (150 calories) (Approx. 1200 cal.)	1 bunch of baked beans, 1/2 cup of olive oil, 1/2 cup of low sodium beans, 2 cups of baked spaghetti and 1 tablespoon of low sodium and some olive oil (Approx. 1200 cal.)	1/2 cup of frozen fruits (Approx. 1200 cal.)
Day 4 	1/2 cup of cooked oats with 4 ounces of steamed rice and 1 cup of low fat and low sodium turkey steak (Approx. 1200 cal.)	1 low fat turkey chicken and 1 cup of low fat yogurt (Approx. 1200 cal.)	1/2 cup of baked beans, 1 bunch of romaine lettuce-chicken salad, 1 cup of low sodium and 2 tablespoons of light lettuce dressing (Approx. 1200 cal.)	1 cup of romaine and 1/2 cup of whole wheat multi-grain (Approx. 1200 cal.)	4 ounces of low fat, low sodium turkey breast 1 cup of romaine with 2 tablespoons of salsa, 2 tablespoons of low sodium and other vegetables (Approx. 1200 cal.)	1 unsweetened yogurt and 1 medium apple (Approx. 1200 cal.)
Day 5 	1/2 cup of whole wheat cereal with 4 ounces of low fat yogurt and 1 cup of blueberries (Approx. 1200 cal.)	4 low fat baked chicken and 1 cup of decaffeinated coffee with 1 cup of skimmed milk (Approx. 1300 cal.)	1/2 cup of baked beans, 1/2 cup of romaine 2 cups of lettuce with low fat ranch dressing (150) 1/2 of a banana (Approx. 1200 cal.)	1/2 cup of plain yogurt and 1 low sodium granola bar (140 calories) (Approx. 1200 cal.)	2 baked beans with 1/2 cup of salsa and 1/2 cup of low fat yogurt 1/2 cup of baked beans and 1/2 cup of salsa (150) 1/2 cup of salsa (150) 1/2 cup of salsa (150)	1 unsweetened yogurt (Approx. 1200 cal.)
Day 6 	1/2 whole green burger with 2 teaspoons of light cream cheese and 1/2 medium pasta and 1 cup of watercress (Approx. 1200 cal.)	1/2 cup of decaffeinated coffee with 4 ounces of skimmed milk, 1/2 of a banana and unsweetened coffee of 150 cal. (Approx. 1300 cal.)	1/2 cup of whole wheat pasta, 1 tablespoon of olive oil and 2 tablespoons of olive oil dressing, 1/2 cup of baked beans, 1/2 cup of whole wheat pasta and 1/2 cup of your favorite baked vegetables, your cup of fat free low fat dressing of light lettuce (Approx. 1200 cal.)	1 big chocolate bar 1 granola cookie (150 calories) (Approx. 1200 cal.)	1 bunch of romaine lettuce-chicken salad, 2 cups of baked beans and 2 tablespoons of low fat, low sodium dressing and 1/2 cup of salsa (150) (Approx. 1200 cal.)	1 cup of blueberries (Approx. 1200 cal.)
Day 7 	1 slice of whole wheat bread, 1 slice of low fat and low sodium cheese, 1 cup of decaffeinated coffee with 4 ounces of steamed rice (Approx. 1200 cal.)	1/2 cup of banana and 1 granola bar (100 cal.)	1/2 cup of whole wheat pasta (macaroni), 1/2 cup of whole wheat pasta (macaroni), 2 cups of lettuce and 1 tablespoon of romaine lettuce and some lettuce (Approx. 1200 cal.)	1/2 cup of baked beans and 1 baked zucchini (Approx. 1200 cal.)	4 ounces of baked beans, 4 cups of diet green vegetables, 1 sliced tomato, 2 tablespoons of low fat, low sodium dressing and 1/2 cup of salsa (150) (Approx. 1200 cal.)	1 medium papaya (Approx. 1200 cal.)

NOTE:

These menus should be prepared with little salt (light), should not be used consecutively
and it is essential to drink 8 glasses of water per day (no sugary drinks or beer).

Weight Loss Plan Guide

Barbara C. Hansen, Shauna S. Roberts

Weight Loss Plan Guide:

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