

Weight Loss Menu

1200 - 1300 cal.	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Day 1 	1 whole green burger, 1/2 tablespoon 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. 1100 cal.)	1 slice of whole wheat bread, 1 unsalted yogurt, 1 sliced ham, 2 cups of lettuce with 1 tablespoon low fat dressing (Approx. 1100 cal.)	1 medium orange, 1/2 small melon (Approx. 1100 cal.)	1 bunch of romaine lettuce-chicken salad, 1 slice of whole wheat bread 1 tablespoon of low fat dressing 1/2 boiled potato with peanut and peanut butter (Approx. 1270 cal.)	1/2 cup of cottage cheese and 1/2 cup of unsweetened yogurt (Approx. 120 cal.)
Day 2 	1/2 cup of frozen fruits and 1 cup of low fat yogurt (Approx. 1100 cal.)	1 cup fat free low sodium granola box (100 calories) and 1 big grapes (Approx. 100 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. 1100 cal.)	1 medium orange 1 unsalted rice crackers a tomato (Approx. 1100 cal.)	1/2 cup of frozen fruits 1 bunch of boiled carrots, 1 cup of unsweetened broccoli with 1 tablespoon of low fat yogurt (Approx. 1200 cal.)	1 unsweetened yogurt and 1 big strawberries (Approx. 120 cal.)
Day 3 	4 ounces of steamed rice, 1/2 cup of whole wheat bread and 1 medium apple (Approx. 1200 cal.)	1 cup of popcorn and 1 bunch of low fat yogurt (Approx. 1100 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. 1000 cal.)	1 medium orange and 1 granola cookie (150 calories) (Approx. 1100 cal.)	1 bunch of boiled grapes 1 tablespoon of olive oil, 1/2 cup of low sodium soup, 2 cups of fresh carrots and 1 tablespoon of low sodium soy sauce dressing (Approx. 1200 cal.)	1/2 cup of frozen fruits (Approx. 120 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 sauce (Approx. 1200 cal.)	1 low fat turkey chicken and 1 cup of low fat yogurt (Approx. 1100 cal.)	1/2 cup of baked rice 1 bunch of romaine lettuce-chicken breast, 1 cup of low sodium and 2 tablespoons of light lettuce dressing (Approx. 1000 cal.)	1 cup of romaine lettuce 1/2 cup of whole wheat multi-grain (Approx. 120 cal.)	4 ounces of low fat, low sodium turkey breast 1 cup of romaine with 2 tablespoons of lettuce 2 tablespoons of low sodium red wine vinaigrette (Approx. 1200 cal.)	1 unsweetened yogurt and 1 medium apple (Approx. 120 cal.)
Day 5 	1/2 cup of whole wheat bread with 4 ounces of low fat yogurt and 1 cup of blueberries (Approx. 1100 cal.)	4 low fat baked chicken and 1 cup of decaffeinated coffee with 1 cup of skimmed milk (Approx. 1100 cal.)	1/2 cup of baked beans, 1/2 cup of beans beans 2 cups of lettuce with low fat ranch dressing (100) 1/2 cup of broccoli (Approx. 1200 cal.)	1/2 cup of plain yogurt and 1 low sodium granola bar (140 calories) (Approx. 1200 cal.)	2 baked fish fillets (100g each) with 100g low fat yogurt 1/2 cup of baked beans and 1/2 cup of whole grain bread 1/2 cup of beans beans (100g) 1/2 cup of beans beans (100g), cook beans on the grill with 2 tablespoons of olive oil and a dash of smoked paprika, (100) 1 boiled potato (Approx. 1200 cal.)	1 unsweetened yogurt (Approx. 120 cal.)
Day 6 	1/2 whole green burger with 2 tablespoons of light cream cheese and 1/2 medium pasta and 1 cup of watercress (Approx. 1100 cal.)	1/2 cup of decaffeinated coffee with 4 ounces of skimmed milk, 1/2 cup of beans and unsweetened coffee of 100 cal. (Approx. 1100 cal.)	1/2 cup of whole wheat pasta, 1 tablespoon of olive oil and 2 tablespoons of low sodium cheese, 1/2 cup of baked beans beans 2 cups of lettuce and 1/2 cup of whole wheat bread vegetables, 1 cup of low fat and low sodium of light lettuce dressing (Approx. 1000 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 beans beans (Approx. 1200 cal.)	1 cup of blueberries (Approx. 120 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. 1100 cal.)	1/2 cup of banana-yogurt 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 cheese and some lettuce (Approx. 1100 cal.)	1/2 cup of baked beans and 1 baked zucchini (Approx. 120 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 beans beans (Approx. 1200 cal.)	1 medium papaya (Approx. 120 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

Daniel S. Kirschenbaum

Weight Loss Plan Guide:

The Enigmatic Realm of **Weight Loss Plan Guide**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Weight Loss Plan Guide** a literary masterpiece penned by a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those who partake in its reading experience.

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