

7-DAY DIET MEAL PLAN TO LOSE WEIGHT: 1,500 CALORIES

	Breakfast Aim for 250-300 cal.	A.M. Snack Aim to fulfill calories	Lunch Aim for 300-350 cal.	P.M. Snack Aim to fulfill calories	Dinner Aim for 400-500 cal.
Day 1	2 servings Baked Banana-Nut Oatmeal Cups and 1 clementine	1 medium apple, sliced and 1 Tbsp. peanut butter	1 serving Veggie & Hummus Sandwich	1 medium banana	1 serving Sheet-Pan Chicken Fajita Bowls with 1/3 cup cooked brown rice
Day 2	2 servings Baked Banana-Nut Oatmeal Cups and 1 clementine	1 oz. Cheddar cheese and 1 hard-boiled egg	1 serving Chipotle-Lime Cauliflower Taco Bowls	1 medium apple	1 serving Zucchini-Chickpea Veggie Burgers with Tahini-Ranch Sauce and 1 serving Oven Sweet-Potato Fries
Day 3	2 servings Baked Banana-Nut Oatmeal Cups and 1 clementine	1 medium apple	1 serving Chipotle-Lime Cauliflower Taco Bowls	1 medium banana and 1 Tbsp. peanut butter	1 serving Easy Salmon Cakes over 2 cups baby spinach and 1 (2-inch) piece whole-wheat baguette
Day 4	1 serving Muesli with Raspberries and 1 medium banana	1 hard-boiled egg sprinkled with a pinch each of salt and pepper	1 serving Chipotle-Lime Cauliflower Taco Bowls	1/2 cup raspberries and 1 oz. dark chocolate	1 serving Chicken & Cucumber Lettuce Wraps with Peanut Sauce
Day 5	1 serving Muesli with Raspberries	1 oz. Cheddar cheese and 1 hard-boiled egg	1 serving Chipotle-Lime Cauliflower Taco Bowls	1 medium banana and 1 Tbsp. peanut butter	1 serving Spinach Ravioli with Artichokes & Olives
Day 6	1 serving Muesli with Raspberries and 1 medium banana	1 medium apple and 1 Tbsp. peanut butter	1 serving Veggie & Hummus Sandwich and 1 clementine	1 hard-boiled egg sprinkled with a pinch each salt and pepper	1 serving Curried Sweet Potato & Peanut Soup and 1 (2-in.) slice whole-wheat baguette
Day 7	1 serving "Egg in a Hole" Peppers with Avocado Salsa	1 medium apple	1 serving Curried Sweet Potato & Peanut Soup	1 cup raspberries and 1 oz. dark chocolate	1 serving Spinach & Artichoke Dip Pasta



How to Meal Prep Your Week of Meals:

- Make a batch of the Baked Banana-Nut Oatmeal Cups to have for breakfast on Days 1 through 3. Freeze any leftovers.
- Meal prep a batch of the Chipotle-Lime Cauliflower Taco Bowls to have for lunch on Days 2 through 5.
- Hard boil 4 eggs to have for snacks on Days 2, 4, 5 and 6.

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Jenna Andrews

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Table of Contents Weight Loss Plan Discount Tutorial

1. Understanding the eBook Weight Loss Plan Discount Tutorial
 - The Rise of Digital Reading Weight Loss Plan Discount Tutorial
 - Advantages of eBooks Over Traditional Books
2. Identifying Weight Loss Plan Discount Tutorial
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Weight Loss Plan Discount Tutorial
 - User-Friendly Interface
4. Exploring eBook Recommendations from Weight Loss Plan Discount Tutorial

- Personalized Recommendations
- Weight Loss Plan Discount Tutorial User Reviews and Ratings
- Weight Loss Plan Discount Tutorial and Bestseller Lists

5. Accessing Weight Loss Plan Discount Tutorial Free and Paid eBooks

- Weight Loss Plan Discount Tutorial Public Domain eBooks
- Weight Loss Plan Discount Tutorial eBook Subscription Services
- Weight Loss Plan Discount Tutorial Budget-Friendly Options

6. Navigating Weight Loss Plan Discount Tutorial eBook Formats

- ePUB, PDF, MOBI, and More
- Weight Loss Plan Discount Tutorial Compatibility with Devices
- Weight Loss Plan Discount Tutorial Enhanced eBook Features

7. Enhancing Your Reading Experience

- Adjustable Fonts and Text Sizes of Weight Loss Plan Discount Tutorial
- Highlighting and Note-Taking Weight Loss Plan Discount Tutorial
- Interactive Elements Weight Loss Plan Discount Tutorial

8. Staying Engaged with Weight Loss Plan Discount Tutorial

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Weight Loss Plan Discount Tutorial

9. Balancing eBooks and Physical Books Weight Loss Plan Discount Tutorial

- Benefits of a Digital Library
- Creating a Diverse Reading Collection Weight Loss Plan Discount Tutorial

10. Overcoming Reading Challenges

- Dealing with Digital Eye Strain
- Minimizing Distractions
- Managing Screen Time

11. Cultivating a Reading Routine Weight Loss Plan Discount Tutorial

- Setting Reading Goals Weight Loss Plan Discount Tutorial
- Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Weight Loss Plan Discount Tutorial

- Fact-Checking eBook Content of Weight Loss Plan Discount Tutorial
- Distinguishing Credible Sources

13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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