



# Weight Loss Menu

1200 - 1300 cal.	Breakfast	Snack	Lunch	Snack	Dinner	Snack
	1 whole green yogurt 1/2 teaspoon of light cream cheese cheese, shredded cheese without sugar and 1 scoop of decaffeinated coffee with a scoop of decaffeinated milk (Approx. 200 cal.)	8 whole wheat croissants, 1 big sandwich bread 8 ounces of low fat yogurt (Approx. 180 cal.)	1 slice of whole wheat bread, 2 hard-boiled eggs, 1 sliced ham, 2 slices of lettuce with 1/2 teaspoon low fat dressing (Approx. 410 cal.)	1 medium orange 1/2 small peach (Approx. 150 cal.)	1 ounce of barbecue grilled chicken breast, 1 slice of deli ham with 1/2 teaspoon of low fat dressing 1/2 package pasta with cheese and sausages (Approx. 270 cal.)	1/2 cup apples and 1/2 cup unsweetened grapes (Approx. 100 cal.)
	1/2 cup of frozen fruits and 8 ounces of low fat yogurt (Approx. 170 cal.)	1 cup of raw low sodium greens cup of 100% juice and 1 big grapes (Approx. 190 cal.)	1 ounce of low fat and low sodium turkey sticks, 1/2 teaspoon low fat mayonnaise 1 cup of raw carrots and celery, 1 cup of lettuce, snap 1 slice of whole wheat bread (Approx. 210 cal.)	1 medium orange 8 whole wheat crackers 1 banana (Approx. 170 cal.)	1/2 cup of raw carrots, 1 ounce of baked carrots, 2 cups of raw corn bread with 1/2 teaspoon of low fat dressing 1/2 package (Approx. 200 cal.)	1 unsweetened grapes and 1 big orange (Approx. 20 cal.)
	8 ounces of almond milk, 1/2 cup of whole wheat cereal and 1 medium orange (Approx. 210 cal.)	1 cup of popcorn and 4 ounces of low fat yogurt (Approx. 160 cal.)	1 box sodium free of tortilla, 1/2 teaspoon of salsa (or guacamole) (approx. 100 cal.) 1/2 cup of sliced bell peppers 2 cups of raw carrots and 1/2 teaspoon of low fat salsa dressing (Approx. 300 cal.)	1 medium orange and 1 granola cookie (75 cal.) (Approx. 160 cal.)	1 ounce of baked beans, 1/2 teaspoon of plain (approx. 100 cal.), 1/2 cup of raw carrots and 1/2 teaspoon of raw sodium sulphite (Approx. 260 cal.)	1/2 cup of frozen fruits (Approx. 40 cal.)
	1/2 slice of cooked pizza with 4 ounces of almond milk and 1/2 cup of low sodium turkey sticks (Approx. 200 cal.)	1/2 low fat turkey (approx. 100 g) of bacon or barbecue grilled chicken breast (Approx. 150 cal.)	1/2 slice of turkey meat 1/2 cup of barbecue chicken breast, 1/2 cup of low sodium lettuce and 2 teaspoons of light mayonnaise (Approx. 300 cal.)	1/2 cup of orange and 1/2 cup of whole wheat muffin (Approx. 180 cal.)	1 ounce of low fat, raw sodium turkey breast 1/2 cup of turkey with 1/2 tablespoon of bacon 1/2 teaspoon of raw sodium red wine vinaigrette (Approx. 200 cal.)	1 unsweetened grapes and 1 medium orange (Approx. 20 cal.)
	1/2 cup of whole wheat cereal with 4 ounces of low fat yogurt and 1 cup of blueberries (Approx. 180 cal.)	4 low fat coffee-cookies and 1 cup of decaffeinated coffee with a scoop of decaffeinated milk (Approx. 180 cal.)	1/2 cup of black beans, 1/2 cup of turkey meat 2 cups of lettuce with low fat ranch dressing (approx. 200 cal.) 1/2 cup of carrots (Approx. 210 cal.)	1/2 cup of pecan pie and 1/2 cup of whole grain muffin (Approx. 200 cal.)	2 grilled turkey slices (100g each), 1/2 cup of grapes 1/2 cup of raw carrots 1/2 cup of raw onions 1/2 cup of raw onions (approx. 100 cal.) 1 turkey bacon (100g), 1/2 cup beans on the grill with 1/2 teaspoon of olive oil and a small block of cheese (approx. 100 cal.) 1 boiled potato (approx. 240 cal.)	1 unsweetened grapes (approx. 10 cal.)
	1/2 whole green yogurt with 2 teaspoons of light cream cheese cheese and shredded cheese and 1 cup of watermelon (Approx. 170 cal.)	1/2 cup of decaffeinated coffee with 4 ounces of almond milk 1/2 cup orange and unsweetened grapes (150 cal.) (Approx. 160 cal.)	1/2 cup of whole wheat pasta 1/2 teaspoon of dried decaffeinated herbs of summer (approx. 100 cal.) 1/2 cup of grilled chicken, 2 cups of lettuce (approx. 150-200 cal.) 1/2 cup of raw carrots (approx. 100 cal.) 1/2 cup of raw broccoli (approx. 100 cal.) 1/2 cup of raw carrots (approx. 100 cal.)	1/2 cup chocolate chips and 1 granola cookie (100 cal.) (Approx. 160 cal.)	1 ounce of barbecue grilled chicken breast, 2 cups of baked beans and 1/2 teaspoon of low fat, raw sodium dressing and 1/2 cup of baked rice (Approx. 220 cal.)	1 cup of blueberries (Approx. 40 cal.)
	1 slice of whole wheat bread, 1 slice of low fat and low sodium cheese, 1 cup of decaffeinated coffee with 1 scoop of decaffeinated milk (Approx. 180 cal.)	1/2 cup of bacon (approx. 100 g) 1/2 cup of 100% juice (Approx. 170 cal.)	1/2 cup of red beans, 1/2 cup of whole wheat pasta (macaroni), 1/2 cup of carrots 2 cups of lettuce and 1/2 teaspoon of guacamole salsa and salsa 1/2 cup of salsa (approx. 210 cal.)	1/2 cup of frozen fruits and 2 slices of whole wheat bread (Approx. 170 cal.)	1 ounce of grilled turkey, 2 cups of raw green vegetables, 1 sliced tomato, 1/2 teaspoon of low fat, raw sodium dressing (approx. 150 cal.) 1/2 cup of baked rice (approx. 160 cal.)	1 medium apple (Approx. 100 cal.)

**NOTE:**

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

# Weight Loss Plan Ideas Tutorial

**Gabriel Chavez**

## Weight Loss Plan Ideas Tutorial:

**17 Day Diet Recipes For Blenders: Guide For Beginners** Juliana Baldec, 2014-06-21 Red Hot New 17 Day Diet Guide A Practical 17 Day Diet Guide How To Double Your Weight Loss Results With Your 17 Day Diet Plan Healthy Easy Quick 17 Day Diet Shaker Blender Smoothies Recipes You Can Integrate Into Your 17 Day Diet For Maximum Effect Release Spend a little time with this amazing compilation of 5 books that includes a collection of Juliana Baldec's healthy scrumptious smoothies that you can add to your 17 Day Diet Today for awesome pound dropping results Inside you'll find Book 1 Book 1 21 Amazing Weight Loss Smoothie Recipes Book 2 Book 2 Clean Eating 17 Eating Clean Drinking Clean Recipes With High Speed Blenders Book 3 Paleo Is Like You You will love discovering some new smoothie recipes that you might add to your 17 Day Diet Consider these healthy scrumptious smoothies to spice up any boring diet finally get the results you want If you love smoothies blender drinks you will love this compilation to complete your smoothie recipe collection Forget the old concept because there is no need to waste your time in the kitchen with old school recipes that take too long to make There is every reason to make smoothies the new 5 minute quick way so that you will gain more time out of your day life Learn the new way of adding smoothies to your 17 Day Diet today if you want to achieve your dream weight Empower yourself via healthy and pound dropping smoothies live a healthier leaner and cleaner lifestyle This compilation will give you some amazing insights into the wonderful world of Smoothies the healthy Smoothie lifestyle how you can connect your diet goals with the Smoothie lifestyle in order to achieve your dream figure a happier healthier you without being hungry all the time By applying the knowledge of the Smoothie lifestyle you will become healthier happier leaner cleaner Double Your Life Today with these healthy scrumptious smoothies that you can add to your 17 Day Diet

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Markus Scuhlz, This book is the answer for everyone who wants to eat healthier without sacrificing what is most important to them delicious flavor and best of all dinner can be on the table in less than 30 minutes Diabetes Heart Disease Paleo Diet Friendly Dairy Free Gluten Free Nut Free Soy Free Recipes These recipes are for everyone in the family can enjoy these healthy and well balanced recipes Recipes also include calories to help you to plan your diet

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Kirstie Alley, 2014-03-17 Shred is a six week cycle diet that claims to teach you how to make smarter choices and has specific strategies embedded in the daily meal and exercise plans Week 1 Prime Week 2 Challenge Week 3 Transformation Week 4 Ascend Week 5 Cleanse Week 6 Explode The diet plan involves scheduling meals mainly of plant based foods in controlled portions to create a negative energy balance where your body extracts energy from stored fat thereby boosting calorie burn and reducing fat Most dieters don't realize that simply by cutting back as little as 20 percent at each meal they can lose a significant amount of weight In this book you will find Glycemic load SUPER SHRED Diet recipes suitable for all six week cycle snacks recipes Smoothies Under 200 Calories Meals Under 200 Calories with Vegetables Veggie Snacks Under 100 Calories 95 Soups

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