

Weight loss sample meal plan
(women)

MEAL PLAN	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
						SMOOTHIE (Mix all ingredients below together in a blender)	
1 Protein Unit	1/2 cup fat free vanilla yoghurt	175ml fat free milk	175ml Fat Free Yoghurt	1 Boiled Egg, with Grilled Tomato	30g grated low fat cheese	1/4 cup fat free Yoghurt & 1/4 cup Fat Free Milk	40g Grilled Kipper, with grilled tomatoes & mushrooms
1 Starch Unit	1/2 cup All bran or 40-Fibre bran	1/2 cup oats cooked in the fat free milk	1/2 cup Swiss-style muesli	1 slice Rye bread or seed loaf, Toasted	1 low GI bran muffin	2 Tbs. oat-bran	1 slice low GI bread, toasted
1 Fruit Unit	1 Tbsp. raisins	1 sliced Banana	3 Sliced Strawberries, added to cereal	1/2 cup Freshly Squeezed Orange Juice	1 small banana	1 small Banana & 80g Mango	1/2 small mango
1 Fat Unit	1 Tbsp. flaked almonds	2 tsp. peanut butter, added to porridge	1/2 Tbsp. flaked almonds	2 tsp. peanut butter	(fat in muffin)	1 Tbsp. flaked almonds	2 tsp. peanut butter
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
1 Fruit Unit	1 Yellow Cling Peach	3-4 Strips Dried Mango (80g)	1 Large Apple	4 slices fresh Pineapple	1 Pear	1 Cup Fruit Salad (140g)	A handful of grapes
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1 Protein Unit	1 Tbsp Fat Reduced Hummus & 30g (2-3 slices) Shaved Turkey	2 Chicken Strips	30g Smoked Salmon	30g Beef Strips	1/2 tin of tuna or salmon	30g Clover low fat cheese	2 mini Chicken Kebabs (40g)
1 Starch Unit	1 slice Low GI Seed Bread	2 mini Pita Breads, lightly toasted	1 slice seed bread	1 small cooked Meaty	1/2 cup cooked pasta	1 Povitica or 2 Ryvita	1 cup cubed sweet potato, to roast
WITH Vegetables	Rocket, Lettuce, Sliced Tomatoes, Cucumber & Spring Onions	Fill pita with fresh coriander, cherry tomatoes and sweet Peppers	Butter Lettuce, Cherry Tomatoes, Pickled Cucumbers, Sprouts & Snap Peas	Shredded Coleslaw, grated Carrots & Diced Cucumber	Lettuce, rocket, diced Carrots & Grated Beetroot	Butter lettuce, Roma Tomatoes, Orange Peppers & sliced Onion Rings	Roasted Vegetables: diced Pumpkin, Brinjals, Sweet Peppers, Mango, hot Peas, Onion & Garlic

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Table of Contents Weight Loss Plan Last 90 Days Open Now

1. Understanding the eBook Weight Loss Plan Last 90 Days Open Now
 - The Rise of Digital Reading Weight Loss Plan Last 90 Days Open Now
 - Advantages of eBooks Over Traditional Books
2. Identifying Weight Loss Plan Last 90 Days Open Now
 - 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 Last 90 Days Open Now
 - User-Friendly Interface
4. Exploring eBook Recommendations from Weight Loss Plan Last 90 Days Open Now
 - Personalized Recommendations

- Weight Loss Plan Last 90 Days Open Now User Reviews and Ratings
- Weight Loss Plan Last 90 Days Open Now and Bestseller Lists
- 5. Accessing Weight Loss Plan Last 90 Days Open Now Free and Paid eBooks
 - Weight Loss Plan Last 90 Days Open Now Public Domain eBooks
 - Weight Loss Plan Last 90 Days Open Now eBook Subscription Services
 - Weight Loss Plan Last 90 Days Open Now Budget-Friendly Options
- 6. Navigating Weight Loss Plan Last 90 Days Open Now eBook Formats
 - ePub, PDF, MOBI, and More
 - Weight Loss Plan Last 90 Days Open Now Compatibility with Devices
 - Weight Loss Plan Last 90 Days Open Now Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Weight Loss Plan Last 90 Days Open Now
 - Highlighting and Note-Taking Weight Loss Plan Last 90 Days Open Now
 - Interactive Elements Weight Loss Plan Last 90 Days Open Now
- 8. Staying Engaged with Weight Loss Plan Last 90 Days Open Now
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Weight Loss Plan Last 90 Days Open Now
- 9. Balancing eBooks and Physical Books Weight Loss Plan Last 90 Days Open Now
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Weight Loss Plan Last 90 Days Open Now
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Weight Loss Plan Last 90 Days Open Now
 - Setting Reading Goals Weight Loss Plan Last 90 Days Open Now
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Weight Loss Plan Last 90 Days Open Now
 - Fact-Checking eBook Content of Weight Loss Plan Last 90 Days Open Now

- 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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