

# 30 Day Meal Plan for Weight Loss

Patient name: Meagan Falkner

Age: 21 Height: 5'2" Weight: 160lbs

## Medical history

Pollen allergy, pre-diabetes

## Meal plan for 30 days

Week 1							
Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	1 low-fat plain Greek yogurt (8oz) 1/2 cup blueberries	3 egg whites and 1 whole egg, scrambled 2 slices of whole grain bread	1 whole grain English muffin 1 tablespoon peanut butter 1/2 cup blueberries 2 slices low-sodium turkey	3 egg whites and 1 whole egg, scrambled 1/2 cup blueberries	1/2 cup canned or frozen peaches 1 whole grain English muffin	1 low-fat plain Greek yogurt (8oz) 1/2 cup low-fat cottage cheese 1 slice whole grain bread	1/2 cup oatmeal (cooked in water) 1/2 cup blueberries 1/2 cup 1% milk
Lunch	Skinless roasted chicken, choice of fruits	Roast turkey, rye bread, side salad	Baked salmon with seaweed, choice of veggies	1 piece of grilled chicken (4oz) 1 cup brown rice	Tuna melt sandwich with cheese and tomatoes on whole grain bread	Chicken with brown rice and stir-fried vegetables	Fish (or tofu) with brown rice
Dinner	Chickpea and cauliflower curry with quinoa	Stir-fried chicken and mixed vegetables	Grilled salmon or preferred fish, choice of veggies	Roast beef, choice of veggies	Baked salmon with seaweed, choice of veggies	Grilled fish, choice of veggies and fruits	Roast turkey, rye bread, side salad
Snack	1 small 16oz non-fat, iced cappuccino	Low-sodium popcorn	1/2 cup low-fat cottage cheese 1/2 cup raspberries	Baby carrots	2 oranges and 20 nuts	3 cups air popped popcorn	1 cup of blueberries

## Grocery list for the week

Greek yogurt, fruits of choice, skinless chicken, salmon and other fishes, eggs, choice of veggies, brown rice, whole grain bread loaf, milk

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**No Penny Left Behind: 120 Amazing Tips To Jumpstart Your Financial Life** Nathan Johnson, 2012-01-16 This is a common sense book that will give the reader specific tools to help save money The author has used each of the 120 tips in the book From choosing the best credit card to saving for retirement this book has it all

**The Runner's World Big Book of Running for Beginners** Jennifer Van Allen, Bart Yasso, Amby Burfoot, Pamela Nisevich Bede, 2014-04-01 Every day people are reaching their get up or give up moments and resolving to change And they're realizing that running is the simplest, cheapest and most effective way to lose weight, gain confidence and relieve stress For newcomers the obstacles are fierce There are fears of pain and embarrassment There are schedules jam packed with stressful jobs, long commutes, endless meetings and sticky fingered toddlers **The Runner's World Big Book of Running for Beginners** provides all the information neophytes need to take their first steps as well as inspiration for staying motivated The book presents readers with tips for smart nutrition and injury prevention and includes realistic training plans that enable beginning runners to achieve gradual progress by gearing up for a 30 minute run, a 5 K or even a 5 miler Above all it will show newbies just how fun and rewarding the sport can be thanks to the help of several real runner testimonials

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