

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 Kipert, 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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Ian Pickup



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Juvenile Dieting, Unsafe Over-the-counter Diet Products, and Recent Enforcement Efforts by the Federal Trade Commission United States. Congress. House. Committee on Small Business. Subcommittee on Regulation, Business Opportunities, and Energy, 1990 Abstract This hearing discusses the dangers of unsupervised dieting unsafe over the counter diet products and recent enforcement efforts by the FDA against companies perpetrating diet frauds Witnesses describe the unhealthy effects of these diets and suggest ways of confronting the operators of these companies Several cases of anorexia nervosa and bulimia are described **Weekly World News** ,1996-01-30 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world's only reliable news source since 1979 The online hub www.weeklyworldnews.com is a leading entertainment news site Health Care Financial Management for Nurse Managers Janne Dunham-Taylor, Joseph Z. Pinczuk, 2006 Enhances the financial skills that nurse managers and administrators need to navigate the health care system and the varying reimbursement issues facing different health care settings **The Lancet** ,1919 *Weekly World News* ,1988-03-08 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world's only reliable news source since 1979 The online hub www.weeklyworldnews.com is a leading entertainment news site **Journal of the American Dietetic Association** ,2002 Kiplinger's Personal Finance ,1991-10 The most trustworthy source of information available today on savings and investments taxes money management home ownership and many other personal finance topics A Manual of Pharmacology and Its Applications to Therapeutics and Toxicology Torald Hermann Sollmann, 1926 *History for Ready Reference ...* Josephus Nelson Larned, 1893 **History for Ready Reference: A to Electors** Josephus Nelson Larned, 1901 **Report for the Fiscal Year Ending June 30th** ,1928 **Report for the Fiscal Year Ending June 30th** University of Florida. Agricultural Experiment Station, 1919 British Medical Journal ,1911 McCall's ,1996 **Equine Reproduction** Angus O. McKinnon, Edward L. Squires, Wendy E. Vaala, Dickson D. Varner, 2011-07-05 Now in a much anticipated two volume new edition this gold standard reference stands as the most comprehensive and authoritative text on equine reproduction Serving theriogenologists practitioners and breeders worldwide as a one stop resource for the reproductive assessment and management of equine patients Equine Reproduction Second Edition provides detailed information on examination techniques breeding procedures pregnancy diagnosis and management reproductive tract diseases and surgery and foaling A companion website offers hundreds of images from the book in color For the Second Edition the stallion mare and foal sections have been thoroughly updated and revised to include the latest information on every subject New topics include discussion of nutritional and behavioral factors in the broodmare and stallion parentage testing fetal sexing and the health and management of older foals weanlings and yearlings Additionally this outstanding Second Edition features a new section on assisted reproductive techniques including detailed information on artificial

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