

# WEEKLY WEIGHT LOSS CHART FOR FEMALE

## 1-Week Weight Loss Plan

Reach a 1,500-calorie diet daily, and repeat the same process weekly to lose 1 to 2 pounds per week. Switch to different food to avoid monotony. Pair with a regular exercise routine.

<b>Day 1</b>	<ul style="list-style-type: none"><li>• Grain (Oats)</li><li>• Apple, peanut butter, and banana for snacks</li><li>• Vegetables</li><li>• Top up protein</li></ul>
<b>Day 2</b>	<ul style="list-style-type: none"><li>• Grain (Oats)</li><li>• Apple, peanut butter, and banana for snacks</li><li>• Vegetables</li><li>• Top up protein</li></ul>
<b>Day 3</b>	<ul style="list-style-type: none"><li>• Grain (Oats)</li><li>• Apple, peanut butter, and banana for snacks</li><li>• Vegetables</li><li>• Top up protein</li></ul>
<b>Day 4</b>	<ul style="list-style-type: none"><li>• Fruits</li><li>• Egg and dark chocolate for snacks</li><li>• Vegetables for lunch</li><li>• High-carb</li></ul>
<b>Day 5</b>	<ul style="list-style-type: none"><li>• Fruits</li><li>• Hard-boiled egg and dark chocolate for snacks</li><li>• Vegetables</li><li>• High-carb</li></ul>
<b>Day 6</b>	<ul style="list-style-type: none"><li>• Fruits</li><li>• Hard-boiled egg and dark chocolate for snacks</li><li>• Vegetables; veggie soups</li><li>• Starchy; high-carb</li></ul>
<b>Day 7</b>	<ul style="list-style-type: none"><li>• Fruits with protein</li><li>• Apple, raspberries, and dark chocolate for snacks</li><li>• Vegetable; veggie soups</li><li>• High-carb</li></ul>

# Weight Loss Plan Nfl Schedule Tips

**Didier Musso**



## **Weight Loss Plan Nfl Schedule Tips:**

The All-Pro Diet Tony Gonzalez, Mitzi Dulan, 2009-08-18 A perennial Pro Bowler NFL tight end Tony Gonzalez has been an unstoppable force for all of his 12 years in the NFL. But for a long time he ate like an average American: red meat, pizza, fast food, whatever was plentiful and convenient. Concerned about his long-term post-career health, Tony decided to change his diet. With the help of Mitzi Dulan, nutritionist for the Kansas City Chiefs and the Kansas City Royals, Tony embarked on a revolutionary new clean eating and exercise regimen that changed his life, elevated his physical and mental performance, and resulted in dramatic measurable improvements on and off the field. It was this dietary change that led him to break two NFL records: most touchdowns and receptions by any tight end in NFL history in a single season. Now in *The All-Pro Diet*, Gonzalez reveals the program: low in animal protein and high in whole organic plant-based and unprocessed foods that has given him more strength, stamina, and energy than ever before. The first-ever diet and fitness plan from an NFL player, this book will show you how to make simple lifestyle changes and dietary adjustments so you can feel stronger, healthier, and more energetic than ever before. *The All-Pro Diet* includes meal plans designed to take the guesswork out of making smart food choices. An array of delicious and wholesome recipes for every meal. Tony's Ultimate Fitness Program: no weight machines required. The 8-Point Plan of Attack for achieving the All-Pro Mindset. You don't have to be a pro player to get the insider nutrition advice. *The All-Pro Diet* is an eating plan for anyone who wants to live a longer, healthier life. Get started today.

The Powerfood Nutrition Plan Susan Kleiner, Jeff O'Connell, 2006-05-30 The ultimate nutrition resource presenting targeted meal plans for everything from weight loss to energy and memory gain with sound advice to achieve the cut body and smoking sex life every guy wants. This straightforward guide by well-known sports nutritionist Susan M. Kleiner shows men of all ages how to use food to improve every aspect of their lives. Kleiner whips up a recipe for success that works for everyone from seasoned athletes to newly reformed fast-food junkies. Readers will find pages of flavorful, varied meals: breakfast, lunch, dinner, and snack menus for every guy, whether he's diabetic, athletic, overweight, or heart-health-conscious. Practical and proven tips on the smart use of supplements. Cutting-edge information on the latest nutrition science, including life-extending foods, dangerous trans fats, and important antioxidants. With menus for weight loss, muscle gain, extra energy, and vitality. *The PowerFood Nutrition Plan* is for everyone who recognizes that our health and well-being relies on the food we eat. Readers will discover that even small dietary changes can have a big impact.      *How to Exercise When You're Expecting* Lindsay Brin, 2011-03-29 A simple, easy-to-follow guide for staying fit while pregnant and shedding the post-baby pounds after. Being a mom is the toughest job in the world. It's difficult to take time for yourself. Now in *How to Exercise When You're Expecting*, even the busiest moms can learn how to stay strong and fit during their pregnancy and lose the post-baby weight after. Lindsay Brin, a women's fitness expert and creator of 1 bestselling *Moms Into Fitness* DVD series, shares insider tips to understanding and tackling food cravings. Exercises that are safe to perform during different stages of

pregnancy Preparing for labor through relaxation and yoga techniques How your body and metabolism changes after childbirth Keeping fitness and nutrition a priority when time is scarce Battle tested through Lindsay s own pregnancies How to Exercise When You re Expecting offers a before during and after guide that will get moms back in pre baby shape or better

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