

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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Clinical Guide to Popular Diets Caroline Apovian, Elizabeth Brouillard, Lorraine Young, 2018-01-29 It is no secret that the United States is facing an obesity epidemic with the obesity rates continuing to rise year after year. According to the Center for Disease Control one third of Americans are now obese. It is no longer sufficient to simply point out the health risks of obesity to our patients as the reason to lose weight. Patients are seeking guidance in terms of what specific diet plan to follow and what foods should be eaten. There are thousands of diets on the market with new ones introduced daily. Not all diet plans have proven results nor will they work for every patient. More importantly not all diets marketed to the public are safe to follow for an extended timeframe. In fact research shows us that diet composition is not the key to long term success but compliance to a calorie deficient diet is the solution. So how does one choose which diet plan to recommend to patients? Finally a book for clinicians is here to help answer this question. This book provides information to help patients understand several different research proven diets on the market today including the Atkins diet, the DASH Dietary Approaches to Stop Hypertension diet, the I diet, the Mediterranean diet, Paleo Diets, South Beach Vegetarian diets, Weight Watchers and the Zone diet. Each diet is carefully and thoroughly reviewed in this book by some of America's top obesity medicine and weight management specialists to provide health practitioners a knowledge of the diet composition, current research evaluating the diet, typical weight loss results, the pros and cons of the diet as well as which patients would most benefit from each diet plan. This book provides the necessary tools for clinicians to feel comfortable discussing several of the more popular and scientifically researched diets with patients. This book offers solid information to advise patients based on their specific health history on which diet will afford the greatest chance for success.

The alli Diet Plan: Your Essential Guide to Success with alli
HarperCollins, 2016-08-31 It's time for a new approach to weight loss. Something different from anything you've tried before. Something that is proven to work.

The New York Times Practical Guide to Practically Everything, Second Edition
Amy D. Bernstein, Peter W. Bernstein, 2009-11-24 All the wisdom of The New York Times experts in every field is packed into

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Complete Idiot's Guide to Weight Loss Tracker Shirley Mathews,Jyni Holland,2005 The Complete Idiot s Guide to Weight Loss Trackerprovides the millions of those who have jumped on the dieting wagon the tools they need to manage their diets and accomplish their weight loss goals This book is designed to complement all of the popular diet books in the market while also appealing to those who aren t following a specific plan but who want to make a concerted effort to lose weight Inside readers will find the tools to help them Determine their body frame size and waist to hip ratio Identify their current Body Mass Index Calculate their Basal Metabolism Distinguish between good high and low carb foods at home and when eating out Graph their weight loss Keep track of exercises and calories burned And much more

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