

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

## Weight Loss Plan Last 90 Days Sign In

**Ian Pickup**



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## **Table of Contents Weight Loss Plan Last 90 Days Sign In**

1. Understanding the eBook Weight Loss Plan Last 90 Days Sign In
  - The Rise of Digital Reading Weight Loss Plan Last 90 Days Sign In
  - Advantages of eBooks Over Traditional Books
2. Identifying Weight Loss Plan Last 90 Days Sign In
  - 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 Sign In
  - User-Friendly Interface
4. Exploring eBook Recommendations from Weight Loss Plan Last 90 Days Sign In
  - Personalized Recommendations
  - Weight Loss Plan Last 90 Days Sign In User Reviews and Ratings
  - Weight Loss Plan Last 90 Days Sign In and Bestseller Lists
5. Accessing Weight Loss Plan Last 90 Days Sign In Free and Paid eBooks
  - Weight Loss Plan Last 90 Days Sign In Public Domain eBooks
  - Weight Loss Plan Last 90 Days Sign In eBook Subscription Services
  - Weight Loss Plan Last 90 Days Sign In Budget-Friendly Options
6. Navigating Weight Loss Plan Last 90 Days Sign In eBook Formats

- ePub, PDF, MOBI, and More
- Weight Loss Plan Last 90 Days Sign In Compatibility with Devices
- Weight Loss Plan Last 90 Days Sign In Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Weight Loss Plan Last 90 Days Sign In
  - Highlighting and Note-Taking Weight Loss Plan Last 90 Days Sign In
  - Interactive Elements Weight Loss Plan Last 90 Days Sign In
- 8. Staying Engaged with Weight Loss Plan Last 90 Days Sign In
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Weight Loss Plan Last 90 Days Sign In
- 9. Balancing eBooks and Physical Books Weight Loss Plan Last 90 Days Sign In
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Weight Loss Plan Last 90 Days Sign In
- 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 Sign In
  - Setting Reading Goals Weight Loss Plan Last 90 Days Sign In
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Weight Loss Plan Last 90 Days Sign In
  - Fact-Checking eBook Content of Weight Loss Plan Last 90 Days Sign In
  - 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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