

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)	
3 Protein Unit	1/2 cup fat free vanilla yoghurt	175ml fat free milk	175ml Fat Free Yoghurt	1 Boiled Egg, with Grilled Tomato	10g grated low fat cheese	1/4 cup fat free Yoghurt & 1/4 cup Fat Free Milk	40g Grilled Pepper, with grilled tomatoes & mushrooms
1 Starch Unit	1/2 cup All bran or Hi-Fibre bran	1/2 cup oats cooked in the fat free milk	1/2 cup Swiss-style muesli	1 slice fat 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. Baked almonds	2 tbs. peanut butter, added to porridge	1/2 Tbsp. Baked almonds	2 tbs. peanut butter	(fat in muffin)	1 Tbsp. Baked almonds	2 tbs. peanut butter
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
1 Fruit Unit	1 Yellow Cling Peach	3-4 Strips Dried Mango (60g)	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
3 Protein Unit	100g* fat Reduced Hummus & 20g (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 Bread, lightly toasted	1 slice seed bread	1 small cooked Meaty	1/2 cup cooked pasta	1/2 Protein or 2 Ryvian	1 cup cubed sweet potato, to roast
WITH Vegetables	Rocket, lettuce, sliced Tomato, Cucumber & Spring Onions	Fill pizza with fresh coriander, cherry tomatoes and sweet Peppers	Butter Lettuce, Cherry Tomatoes, Pickled Cucumber, Sprouts & Snap Peas	Shredded Coleslaw, grated Carrots & Diced Cucumber	Lettuce, rocket, diced Carrots & Grated Beetroot	Butter lettuce, Red Tomato, Orange Peppers & sliced Onion Rings	Roasted Vegetables: diced Pumpkin, Brinjal, Sweet Peppers, Mange tout 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

- eBook, 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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