

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 (35g)	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

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Jeffrey I. Mechanick, Robert F. Kushner

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Lifestyle Medicine

Jeffrey I. Mechanick,Robert F. Kushner,2016-03-18 Lifestyle the manner in which people live is fundamental to health wellness and prevention of disease It follows that attention to lifestyle is critically important to effective and successful health care But here s the challenge health care professionals receive very little if any formal training about lifestyle counseling and therefore are ill equipped to incorporate lifestyle issues into clinical practice In response Lifestyle Medicine is evolving as a means to fill this knowledge gap Lifestyle medicine approaches health and wellness by harnessing the power of lifestyle related behaviors and influencing the environment we live in It is a formal approach that promises to enhance and strengthen a re invigorated health care system that is still outpaced by the epidemic proportions and complexity of chronic diseases like obesity diabetes depression hypertension and cancer among others **Lifestyle Medicine A Manual for Clinical**

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Commerce Business Daily, 2001

The Happiness Habits Transformation: 2nd Edition Michelle Reeves, 2023-01-26

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