







Weight Loss Menu

1200-1300 cal	⌚ Breakfast	⌚ Snack	⌚ Lunch	⌚ Snack	⌚ Dinner	⌚ Snack
	1 whole grain toast, 1/2 teaspoon of light cream cheese, strawberry jam without sugar and 1 cup of decaffeinated coffee with 4 ounces of skimmed milk (Approx. 200 cal.)	8 whole wheat crackers, 4 big strawberries and 4 ounces of low fat yogurt (Approx. 190 cal.)	1 slice of whole wheat bread, 2 hard-boiled eggs, 1 sliced tomato, 2 cups of lettuce with 1 teaspoon low fat dressing (Approx. 410 cal.)	1 medium orange, 1/2 whole muffin (Approx. 180 cal.)	2 ounces of boneless grilled chicken breast, 1 cup of steamed broccoli with 1 teaspoon of low fat dressing, 1/2 baked potato with pepper and onions (Approx. 270 cal.)	1 apple and 3-5 ounces unsweetened gelatin (Approx. 70 cal.)
	1/2 cup of frozen fruit and 4 ounces of low fat yogurt (Approx. 170 cal.)	1 low fat and low sodium granola bar or 100 calories and 4 big grapes (Approx. 190 cal.)	2 ounces of low fat and low sodium turkey steak, 1 teaspoon low fat mayonnaise, 1 cup of low sodium corn and peas, 1 cup of lettuce and 1 slice whole wheat bread (Approx. 270 cal.)	1 medium orange, 3 steamed blueberries, a strawberry (Approx. 170 cal.)	1/2 cup of brown rice, 2 ounces of baked salmon, 2 cups of steamed broccoli with 1 teaspoon of low fat cream cheese (Approx. 320 cal.)	1 unsweetened gelatin and 4 big strawberries (Approx. 70 cal.)
	4 ounces of skimmed milk, 1/2 cup of whole wheat cereal and 1 medium apple (Approx. 200 cal.)	1 cup of grapes and 4 ounces of low fat yogurt (Approx. 160 cal.)	1 low sodium slice of turkey, 1 teaspoon of olive oil and cream sauce (sauce, 1 cup of 40 and 60 and 80 calories), 2 cups of corn and peas and 1 teaspoon of low fat Italian dressing (Approx. 300 cal.)	1 medium orange and 1 granola cookie (70 calories) (Approx. 140 cal.)	2 ounces of baked tilapia, 1 teaspoon of olive oil, 1/2 cup of low sodium corn, 2 cups of fresh spinach and 2 teaspoons of low sodium soy wine vinaigrette (Approx. 340 cal.)	1/2 cup of frozen fruit (Approx. 40 cal.)
	1/2 cup of cooked oats with 4 ounces of skimmed milk and 3 low fat and low sodium turkey steak (Approx. 220 cal.)	1 low fat honey cracker and 4 ounces of low fat yogurt (Approx. 180 cal.)	1/2 cup of baked rice, 2 ounces of boneless grilled chicken breast, 1 cup of low carbs, 1 cup of low carbs and 2 teaspoons of light sauce dressing (Approx. 300 cal.)	1 cup of water and 1/2 of a whole wheat muffin (Approx. 180 cal.)	4 ounces of low fat, low sodium turkey breast, 2 cups of lettuce with 2 teaspoons of mayo, 2 teaspoons of low sodium soy wine vinaigrette (Approx. 300 cal.)	1 unsweetened gelatin and 1 medium pea (Approx. 70 Cal.)
	1/2 cup of whole wheat cereal with 4 ounces of low fat yogurt and 1 cup of blueberries (Approx. 180 Cal.)	4 low salt water crackers and 1 cup of decaffeinated coffee with 4 ounces of skimmed milk (Approx. 180 cal.)	1/2 cup of black beans, 1/2 cup of brown rice, 2 cups of lettuce with low fat ranch dressing and 1/2 of a banana (Approx. 370 cal.)	1/2 cup of pineapple and 1 low sodium granola bar (140 calories) (Approx. 220 cal.)	2 grilled fish steaks (100% water) a little salt and pepper, 1/2 cup of sliced mushrooms, 1/2 cup of beans (garbanzo style), 1 tomato (garbanzo style), cook them on the grill with 2 teaspoons of olive oil and a dash of black pepper, and 1 baked potato (Approx. 340 cal.)	1 unsweetened gelatin (Approx. 10 Cal.)
	1/2 whole grain toast with 2 teaspoons of light cream cheese and cinnamon powder and 1 cup of watermelon (Approx. 170 Cal.)	1/2 cup of decaffeinated coffee with 4 ounces of skimmed milk, 1/2 of orange and unsweetened gelatin of 50 cal. (Approx. 180 cal.)	1/2 cup of whole wheat pasta, 1 teaspoon of olive oil and 1/2 teaspoon of garlic powder, cheese, 1 cup of grilled chicken, 2 cups of lettuce, tomatoes and onions and 1/2 cup of fresh tomato steamed vegetables, you can also add two teaspoons of light sauce cream (Approx. 340 cal.)	4 big strawberries and 1 granola cookie (70 calories) (Approx. 130 cal.)	2 ounces of boneless grilled chicken breast, 2 cups of baked broccoli and 2 teaspoons of low fat, low sodium dressing and 1/2 cup of brown rice (Approx. 320 cal.)	1 cup of blueberries (Approx. 40 Cal.)
	1 slice of whole wheat bread, 1 slice of low fat and low sodium cheese, 1 cup of decaffeinated coffee with 4 ounces of skimmed milk (Approx. 180 cal.)	1/2 of a banana and 1 granola bar or 100 cal. (Approx. 190 cal.)	1/2 cup of chick beans, 1/2 cup of whole wheat pasta (measured), also 40 and 60 and 80, 2 cups of lettuce and 1 teaspoon of cream cheese (sauce) and some oil (Approx. 370 cal.)	1/2 cup of frozen fruit and 2 bread sticks (Approx. 130 cal.)	2 ounces of baked fish, 2 cups of dark green vegetables, 1 sliced tomato, 2 teaspoons of low fat low sodium dressing, and 1/2 cup of brown rice (Approx. 320 cal.)	1 medium apple (Approx. 40 cal.)

NOTE:

These menus should be prepared with little salt (light), should not be used seasonings
and it is essential to drink 8 glasses of water per day (no sugary drinks or beer)

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Juliana Baldec



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Calories 95 Soup Recipes All the recipes are with nutritional values to help you in achieving your goal **The Glycemic Index Diet Guide With Low Gi 195 Recipes Cookbook** Davie Baker,2014-05-10 The Glycemic Index Diet Guide With Low Gi Breakfast Soup Salad Baked Light Meal Chicken Beef Sea Food Desert Smoothies 195 Recipes Cookbook Do you want improve your overall good health Reduce food cravings Reduce your risk of cancer heart disease and diabetes Lower your cholesterol If so eating the low GI way could be the answer All the dishes contain at least one low GI food which will lower the overall GI count Most people following the low GI diet should lose on average 2lb 1kg each week Not all carbohydrate foods are created equal in fact they behave quite differently in our bodies The glycemic index or GI describes this difference by ranking carbohydrates according to their effect on our blood glucose levels The glycemic index ranks the foods from 0 100 according to the speed at which they affect your blood sugar levels in the 2 or 3 hours after eating Enjoy more than 195 recipes BREAKFAST SOUPS SALADS BAKED LIGHT MEALS CHICKEN BEEF SEA FOOD and DESERTS AND SMOOTHIE

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Chavez,2014-03-18 March 1 2014 The DASH Diet shows significant improvements in reducing kidney stone formation conditions as compared with conventional low oxalate diets January 3 2014 US News World Report selects the DASH diet as

the best diet for the 4th year in a row November 12 2013 The new guidelines for preventing heart disease and strokes from The American Heart Association and The American College of Cardiology recommend the DASH diet Why has the DASH diet been ranked as the best diet the healthiest diet and the best diet for diabetes 4 years in a row The expert panel of physicians assembled by US New World Reports chose DASH because it is proven to improve health has a balance of healthy food groups and it actually works It has been proven to lower blood pressure and cholesterol and is associated with lower risk of several types of cancer heart disease stroke heart failure kidney stones reduced risk of developing diabetes and can slow the progression of kidney disease Hypertension is called the silent killer because about one third of the people with it DO NOT KNOW that they have it One in every four adults some 50 million people in the USA alone have high blood pressure High blood pressure often has no warning signs or symptoms Once it occurs it usually lasts a lifetime Research has shown that following a healthy eating plan can both reduce the risk of developing high blood pressure and lower an already elevated blood pressure If uncontrolled it can lead to heart and kidney disease and stroke Those diagnosed with high blood pressure especially benefit Actually ALL ADULT could follow this heart healthy plan and benefit

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The Complete Idiot's Guide to Losing Weight Susan McQuillan, Edward J. Saltzman, 1998 Common sense strategies for losing weight and keeping it off

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