

21-Day Weight Loss Plan

Name: Juan Martinez Age: 34
Height: 5'8" (173 cm) Weight: 185 lbs (84 kg) Total daily calorie intake: 1800 calories

Goals:

Lose 5-7 pounds over 21 days

Develop sustainable healthy eating habits

Incorporate light exercise (walking, stretching, or dancing) 5 days per week

| Week 1 | | | | | |
|--------|--|----------------------------------|-------------------------------------|-------------------------------|------------------------------|
| Day | Breakfast | Lunch | Dinner | Snack | Notes |
| 1 | Scrambled eggs with avocado & corn tortilla | Grilled chicken salad with beans | Baked tilapia with quinoa | Apple with peanut butter | Start walking 20 minutes/day |
| 2 | Smoothie with banana, yogurt, & oats | Turkey wrap with veggies | Grilled steak with roasted veggies | Handful of almonds | |
| 3 | Oatmeal with berries & cinnamon | Lentil soup with side salad | Shrimp tacos with slaw | Greek yogurt | |
| 4 | Scrambled eggs with salsa & black beans | Chicken fajitas | Baked salmon with asparagus | Sliced cucumber with hummus | Increase walk to 30 mins |
| 5 | Whole wheat toast with avocado & poached egg | Beef stew with brown rice | tir-fried tofu with veggies | Mixed berries | |
| 6 | Chia pudding with coconut milk | Grilled chicken sandwich | Vegetarian burrito bowl | Popcorn | |
| 7 | Veggie omelet with cheese | Tuna salad with avocado | Grilled pork chop with sweet potato | Rice cakes with almond butter | |

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The Hollywood Trainer Weight-loss Plan Jeanette Jenkins, 2007 Outlines a holistic three week plan for wellness and weight loss as based on the author's 7 simple steps to success philosophy in a reference that provides a customizable exercise regimen menu plans and self assessment guidelines *Caring*, 2003

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Annual Editions Dorothy Klimis-Zacas, 2004 This sixteenth edition of Annual Editions Nutrition contains timely selections from the best of the public press Sources such as Harvard Health Letter Mayo Clinic Health Letter Healthy Weight Journal and The New England Journal of Medicine Some of the issues discussed include the importance of nutrients and fibre the affect of diet on health weight management food safety and the world's food supply

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