

Weight Loss Menu

1200 - 1300 cal.	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Day 1 	1 whole green yogurt. 1/2 tablespoon of light cream. 1 slice of whole wheat bread without sugar and 1 cup of decaffeinated coffee with 1 cup of skimmed milk (approx. 200 cal.)	1 whole wheat croissant. 1 big sandwich (one 1/2 cup of low fat yogurt (approx. 170 cal.)	1 slice of whole wheat bread. 1 macaroni salad. 1 salad (tomato). 2 cups of lettuce with 1/2 cup of low fat dressing (approx. 470 cal.)	1 medium orange. 1/2 cup of whole milk (approx. 170 cal.)	1/2 slice of barbecue grilled chicken breast. 1 slice of whole wheat bread with 1 tablespoon of low fat dressing. 1/2 baked potato with peanut and veggie (approx. 270 cal.)	1/2 cup of whole milk. 1 medium orange. 1/2 cup of whole wheat bread (approx. 200 cal.)
Day 2 	1/2 cup of frozen fruits and 1 cup of low fat yogurt (approx. 170 cal.)	1 cup of whole low sodium granola (1/2 cup of whole grain and 1/2 cup of yogurt (approx. 180 cal.)	3 ounces of low fat protein yogurt. 1 banana slice. 1 tablespoon low fat mayonnaise. 1 cup of low sodium vegetable soup. 1 cup of lettuce (approx. 270 cal.)	1 medium orange. 1 medium blue cheese. 1 cup of whole wheat bread (approx. 170 cal.)	1/2 cup of brown rice. 1 slice of baked chicken. 1 cup of whole baked potato with 1 tablespoon of low fat yogurt (approx. 250 cal.)	1 unsweetened granola (one 1/2 cup of yogurt (approx. 200 cal.)
Day 3 	4 ounces of steamed meat. 1/2 cup of whole wheat bread with 1 medium yogurt (approx. 200 cal.)	1 cup of protein soup. 1/2 cup of low fat yogurt (approx. 140 cal.)	1 low sodium cup of yogurt. 1 tablespoon of olive oil and some lemon juice. 1 cup of whole wheat bread. 2 cups of low sodium and 1 tablespoon of low fat yogurt dressing (approx. 300 cal.)	1 medium orange (one 1/2 cup of whole milk (approx. 140 cal.)	1/2 cup of baked beans. 1/2 cup of whole yogurt. 1/2 cup of low sodium baked beans. 1/2 cup of low sodium yogurt dressing (approx. 240 cal.)	1/2 cup of frozen fruits (approx. 40 cal.)
Day 4 	1/2 cup of cooked whole milk. 1 cup of steamed meat (one 1/2 cup of low fat and low sodium baked beans (approx. 200 cal.)	1 low fat barbecue chicken soup. 1/2 cup of whole yogurt (approx. 170 cal.)	1/2 cup of baked beans. 1 cup of barbecue grilled chicken breast. 1 cup of low sodium and 2 tablespoons of light ranch dressing (approx. 300 cal.)	1 cup of whole yogurt. 1/2 cup of whole wheat yogurt (approx. 180 cal.)	1 cup of low fat, low sodium baked beans. 1 cup of whole yogurt with 2 tablespoons of bacon and 1/2 cup of whole wheat whole grain (approx. 300 cal.)	1 unsweetened granola (one 1/2 cup of yogurt (approx. 200 cal.)
Day 5 	1/2 cup of whole wheat cereal with 4 ounces of low fat yogurt and 1 cup of blueberries (approx. 180 cal.)	4 low fat baked chicken and 1 cup of decaffeinated coffee with 1 cup of skimmed milk (approx. 180 cal.)	1/2 cup of baked beans. 1/2 cup of beans. 2 cups of lettuce with 1/2 cup of light ranch dressing (approx. 200 cal.)	1/2 cup of protein soup. 1 low sodium protein bar (1/2 cup of yogurt (approx. 220 cal.)	2 baked fish fillets (one 1/2 cup of whole yogurt (approx. 200 cal.)	1 unsweetened granola (approx. 40 cal.)
Day 6 	1/2 whole green yogurt with 2 tablespoons of light cream. 1 slice of whole wheat bread with 1 cup of whole baked beans (approx. 170 cal.)	1/2 cup of decaffeinated coffee with 4 ounces of skimmed milk. 1/2 cup of mango and unsweetened granola (150 cal.) (approx. 300 cal.)	1/2 cup of whole wheat pasta. 1 tablespoon of olive oil (selected). 1/2 cup of whole wheat pasta. 1/2 cup of whole wheat bread with 1/2 cup of whole yogurt dressing (approx. 300 cal.)	1 big sandwich (one 1/2 cup of whole yogurt (approx. 170 cal.)	1/2 slice of barbecue grilled chicken breast. 2 cups of baked beans and 1/2 cup of low fat, low sodium dressing and 1/2 cup of baked beans (approx. 320 cal.)	1 cup of blueberries (approx. 40 cal.)
Day 7 	1 slice of whole wheat bread. 1 slice of low fat and low sodium cheese. 1 cup of decaffeinated coffee with 1 cup of skimmed milk (approx. 180 cal.)	1/2 cup of banana-yogurt. 1/2 cup of whole yogurt (approx. 170 cal.)	1/2 cup of red beans. 1/2 cup of whole wheat pasta (macaroni). 1/2 cup of whole wheat pasta. 1 cup of lettuce and 1 tablespoon of whole grain cheese and some meat (approx. 300 cal.)	1/2 cup of baked beans. 1/2 cup of whole yogurt (approx. 170 cal.)	1 cup of baked beans. 1 cup of whole green vegetables. 1/2 cup of beans. 1/2 cup of low fat, low sodium dressing and 1/2 cup of baked beans (approx. 320 cal.)	1 medium papaya (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).

Weight Loss Plan Ideas Tutorial

Helen Rauscher

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17 Day Diet Recipes For Blenders: Guide For Beginners Juliana Baldec, 2014-06-21 Red Hot New 17 Day Diet Guide A Practical 17 Day Diet Guide How To Double Your Weight Loss Results With Your 17 Day Diet Plan Healthy Easy Quick 17 Day Diet Shaker Blender Smoothies Recipes You Can Integrate Into Your 17 Day Diet For Maximum Effect Release Spend a little time with this amazing compilation of 5 books that includes a collection of Juliana Baldec's healthy scrumptious smoothies that you can add to your 17 Day Diet Today for awesome pound dropping results Inside you'll find Book 1 Book 1 21 Amazing Weight Loss Smoothie Recipes Book 2 Book 2 Clean Eating 17 Eating Clean Drinking Clean Recipes With High Speed Blenders Book 3 Paleo Is Like You You will love discovering some new smoothie recipes that you might add to your 17 Day Diet Consider these healthy scrumptious smoothies to spice up any boring diet finally get the results you want If you love smoothies blender drinks you will love this compilation to complete your smoothie recipe collection Forget the old concept because there is no need to waste your time in the kitchen with old school recipes that take too long to make There is every reason to make smoothies the new 5 minute quick way so that you will gain more time out of your day life Learn the new way of adding smoothies to your 17 Day Diet today if you want to achieve your dream weight Empower yourself via healthy and pound dropping smoothies live a healthier leaner and cleaner lifestyle This compilation will give you some amazing insights into the wonderful world of Smoothies the healthy Smoothie lifestyle how you can connect your diet goals with the Smoothie lifestyle in order to achieve your dream figure a happier healthier you without being hungry all the time By applying the knowledge of the Smoothie lifestyle you will become healthier happier leaner cleaner Double Your Life Today with these healthy scrumptious smoothies that you can add to your 17 Day Diet

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Markus Scuhlz, This book is the answer for everyone who wants to eat healthier without sacrificing what is most important to them delicious flavor and best of all dinner can be on the table in less than 30 minutes Diabetes Heart Disease Paleo Diet Friendly Dairy Free Gluten Free Nut Free Soy Free Recipes These recipes are for everyone in the family can enjoy these healthy and well balanced recipes Recipes also include calories to help you to plan your diet

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Kirstie Alley, 2014-03-17 Shred is a six week cycle diet that claims to teach you how to make smarter choices and has specific strategies embedded in the daily meal and exercise plans Week 1 Prime Week 2 Challenge Week 3 Transformation Week 4 Ascend Week 5 Cleanse Week 6 Explode The diet plan involves scheduling meals mainly of plant based foods in controlled portions to create a negative energy balance where your body extracts energy from stored fat thereby boosting calorie burn and reducing fat Most dieters don't realize that simply by cutting back as little as 20 percent at each meal they can lose a significant amount of weight In this book you will find Glycemic load SUPER SHRED Diet recipes suitable for all six week cycle snacks recipes Smoothies Under 200 Calories Meals Under 200 Calories with Vegetables Veggie Snacks Under 100 Calories 95 Soups

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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

Juicer Recipes: A Complete Juicing Guide on Juicing and the Juicing Diet

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Country Guide and Nor'west Farmer,1928 **Christian Family Guide to Losing Weight** Lucy Beale,Sandy G. Couvillon,Edna C. Brown,2004 Nourish your family body and soul Giving detailed overviews of various diets these authors show how dieters can lose weight without starving the body or spirit With Bible related milestones it includes information on stress eating metabolism carbohydrates fats and more And it helps readers understand and design a nutritional weight loss plan with exercise e Presents charts and tables for family meal planning challenging popular eating philosophies and providing nutritional information every parent should know e Weight loss and the spiritual life can go hand in hand as the dieter finds strength in taking better care of the body **The Practical Guide to**

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