

Weight Loss Menu

1200-1300 cal	⌚ Breakfast	⌚ Snack	⌚ Lunch	⌚ Snack	⌚ Dinner	⌚ Snack
	1 whole grain tortilla, 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 raw carrots and celery, 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 40 beans, 2 cups of raw spinach 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 and ginger (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 raw carrots, 1 cup of raw carrots and 2 teaspoons of light mayo 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 1 teaspoon of mayo, 2 teaspoons of low sodium soy wine and ginger (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 mayo 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 (100g each) with a little salt and pepper, 1/2 cup of sliced mushrooms, 1/2 cup of sliced (garlic) style 1 tomato (garlic) 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 pumpernickel with 2 teaspoons of light cream cheese and 1 teaspoon 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 beanitos (fresh vegetables, you can also add two teaspoons of light sour 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 dried beans, 1/2 cup of whole wheat pasta (macaroni), and 40 and 40 beans, 2 cups of lettuce and 1 teaspoon of cream cheese and some oil (Approx. 310 cal.)	1/2 cup of frozen fruit and 2 bread sticks (Approx. 130 cal.)	2 ounces of grilled tuna, 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. 300 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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Federal Trade Commission Decisions United States. Federal Trade Commission,1996 The Wellspring Weight Loss Plan Daniel S. Kirschenbaum,2011-03-01 The Wellspring Weight Loss Plan outlines the weight loss program of the same name that has helped thousands of teens lose weight and find happiness This plan is built on three principles science simplicity and sustainability and follows the 3 1 8 plan 3 Simple Behavioral Goals eat as little fat as possible walk at least 10 000 steps per day and write down your eating and activities 1 Challenging Mission to develop a healthy obsession 8 Steps to Developing a Healthy Obsession Make the Decision Know the Enemy Your Biology Eat to Lose Find Lovable Foods that Love You Back Move to Lose Self Monitor and Plan Consistently Understand and Manage Stress With and Without Food and Use Slump Busters to Overcome Slumps Hundreds of news and television stories around the world have followed the development of Wellspring s programs starting with two camps in the summer of 2004 and expanding to 12 programs in the summer of 2010 From Wellspring Camps to Wellspring Academies the world s first boarding schools for overweight teenagers to Wellspring Vacations and Retreats eight day programs for adults Wellspring participants learn to master the 3 1 8 approach described in The Wellspring Weight Loss Plan Find out why this program works and use it to transform the lives of teens you know **USA Today Index** ,1996 Working Mother ,2006-02 The magazine that helps career moms balance their personal and professional lives *New York Magazine* ,1977-05-02 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea *Working Mother* ,2006-02 The magazine that helps career moms balance their personal and professional lives **Stoelting's Anesthesia and Co-existing Disease** Robert K. Stoelting,Roberta L. Hines,Katherine E. Marschall,2012 With this book you ll have the succinct yet guidance you need to successfully avoid or manage complications stemming from pre existing medical conditions Advanced research from experts in the field will help you overcome the toughest challenges in practice letting you offer your patients the best care each and every time Search through current and concise descriptions of pathophysiology of diseases and their impact on anesthesia Gain expertise in understanding the impact of pathophysiology of coexisting diseases on anaesthesia **The Pritikin Weight Loss Breakthrough** Robert Pritikin,1998 Pritikin lays out a step by step program to bypass our genetic code and learn the behaviors that allow us to eat a naturally low fat high fiber diet Includes sixty new recipes **American Independent Baker** ,1929 *Weekly World News* ,1981-02-10 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world s only reliable news source since 1979 The online hub www weeklyworldnews com is a leading entertainment news site **United States Naval Institute Proceedings**

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