

Weight Loss Menu

| 1200 - 1300 cal. | Breakfast | Snack | Lunch | Snack | Dinner | Snack |
|--|---|---|--|--|--|---|
| Day 1  | 1 whole green burger, 1/2 tablespoon of light cream cheese, 1/2 medium bowl cottage and 1 cup of decaffeinated coffee with 1 cup of skimmed milk (Approx. 1200 cal.) | 1 whole wheat croissant, 1 big sandwich and 1 bunch of low fat yogurt (Approx. 1300 cal.) | 1 slice of whole wheat bread, 1 unsalted yogurt, 1 sliced ham, 2 cups of lettuce with 1 tablespoon low fat dressing (Approx. 1200 cal.) | 1 medium orange, 1/2 small melon (Approx. 1300 cal.) | 1 bunch of romaine lettuce-chicken salad, 1 slice of whole wheat bread with 1 tablespoon low fat dressing, 1/2 baked potato with peanut and peanut butter (Approx. 1270 cal.) | 1/2 cup of cottage and 1/2 cup of unsweetened yogurt (Approx. 1200 cal.) |
| Day 2  | 1/2 cup of frozen fruits and 1 cup of low fat yogurt (Approx. 1200 cal.) | 1 cup fat free low sodium granola box (100 calories) and 1 big grapes (Approx. 1300 cal.) | 3 ounces of low fat and low sodium turkey meat, 1 tablespoon low fat mayonnaise, 1 cup of low calorie salad dressings, 1 cup of lettuce and 1 slice whole wheat bread (Approx. 1200 cal.) | 1 medium orange 1 unsalted rice crackers, 1 banana (Approx. 1200 cal.) | 1/2 cup of frozen fruits, 1 bunch of baked carrots, 1 cup of unsweetened broccoli with 1 tablespoon of low fat yogurt (Approx. 1200 cal.) | 1 unsweetened yogurt and 1 big grapes (Approx. 1200 cal.) |
| Day 3  | 4 ounces of steamed rice, 1/2 cup of whole wheat bread and 1 medium apple (Approx. 1200 cal.) | 1 cup of popcorn and 1 bunch of low fat yogurt (Approx. 1200 cal.) | 1 low sodium cup of turkey, 1 tablespoon of olive oil and some lemon juice, 1 cup of fat free yogurt, 2 cups of rice spaghetti and 1 tablespoon of low fat dressing (Approx. 1200 cal.) | 1 medium orange and 1 granola cookie (150 calories) (Approx. 1200 cal.) | 1 bunch of baked beans, 1 tablespoon of olive oil, 1/2 cup of low sodium lean chicken (Approx. 1200 cal.) | 1/2 cup of frozen fruits (Approx. 1200 cal.) |
| Day 4  | 1/2 cup of cooked oats with 4 ounces of steamed rice and 1 cup of low fat and low sodium turkey sauce (Approx. 1200 cal.) | 1 low fat turkey chicken and 1 cup of low fat yogurt (Approx. 1200 cal.) | 1/2 cup of baked beans, 1 bunch of romaine lettuce-chicken salad, 1 cup of low sodium and 2 tablespoons of light lettuce dressing (Approx. 1200 cal.) | 1 cup of romaine lettuce 1/2 cup of whole wheat multi-grain (Approx. 1200 cal.) | 4 ounces of low fat, low sodium turkey breast 1 cup of romaine with 2 tablespoons of lettuce 2 tablespoons of low sodium red wine vinaigrette (Approx. 1200 cal.) | 1 unsweetened yogurt and 1 medium apple (Approx. 1200 cal.) |
| Day 5  | 1/2 cup of whole wheat cereal with 4 ounces of low fat yogurt and 1 cup of blueberries (Approx. 1200 cal.) | 4 low fat baked chicken and 1 cup of decaffeinated coffee with 1 cup of skimmed milk (Approx. 1300 cal.) | 1/2 cup of baked beans, 1/2 cup of romaine 2 cups of lettuce with low fat ranch dressing (150) 1/2 cup of broccoli (Approx. 1200 cal.) | 1/2 cup of plain yogurt and 1 low sodium granola bar (140 calories) (Approx. 1200 cal.) | 2 baked beans (140 calories) and 1/2 cup low fat yogurt 1/2 cup of baked beans and 1/2 cup of plain granola (150) 1 banana (100 calories), 1 cup beans on the go with 2 tablespoons of salsa and a bunch of whole grapes (150) 1 baked potato (Approx. 1200 cal.) | 1 unsweetened yogurt (Approx. 1200 cal.) |
| Day 6  | 1/2 whole green burger with 2 tablespoons of light cream cheese and 1/2 medium pasta and 1 cup of watercress (Approx. 1200 cal.) | 1/2 cup of decaffeinated coffee with 4 ounces of skimmed milk, 1/2 cup of fat free and unsweetened grapes (150 cal) (Approx. 1300 cal.) | 1/2 cup of whole wheat pasta, 1 tablespoon of olive oil and 2 tablespoons of low sodium cheese, 1/2 cup of grilled salmon, 2 cups of lettuce, romaine and green and 1/2 cup of your favorite lean vegetables, plus 1 cup fat free dressing of light lettuce (Approx. 1200 cal.) | 1 big chocolate bar 1 granola cookie (150 calories) (Approx. 1200 cal.) | 1 bunch of romaine lettuce-chicken salad, 2 cups of baked beans and 2 tablespoons of low fat, low sodium dressing and 1/2 cup of frozen fruits (Approx. 1200 cal.) | 1 cup of blueberries (Approx. 1200 cal.) |
| Day 7  | 1 slice of whole wheat bread, 1 slice of low fat and low sodium cheese, 1 cup of decaffeinated coffee with 4 ounces of steamed rice (Approx. 1200 cal.) | 1/2 cup of banana-yogurt 1 granola bar (100 cal) (Approx. 1300 cal.) | 1/2 cup of whole wheat pasta (macaroni), 1/2 cup of fat-free pasta, 2 cups of lettuce and 1 tablespoon of romaine cheese and some lettuce (Approx. 1200 cal.) | 1/2 cup of baked beans and 1 baked zucchini (Approx. 1200 cal.) | 4 ounces of baked beans, 4 cups of diet green vegetables, 1 sliced tomato, 2 tablespoons of low fat, low sodium dressing and 1/2 cup of frozen fruits (Approx. 1200 cal.) | 1 medium apple (Approx. 1200 cal.) |

NOTE:

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

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Michael Rajnik

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Lose Pounds The Easy Way: A complete Diet And Weight Loss Guide: A Practical Guide On How To Lose Pounds - 2 In 1 Box Set Juliana Baldec, 2014-06-02 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 This compilation shows you a real approach to dieting the right and realistic way so that you will maximize your dieting results instead of going through the Yo Yo dieting effect that happens with almost all diets because most diets are based on unrealistic unnatural assumptions goals Juliana will show you how she did not only lose 20 pounds in 60 days and beat her nasty Asthma problem at the same time but she shows you how she was able to keep off her weight via the power of the smoothie lifestyle that is more an exciting way of life that everyone is able to follow even if you only have 5 minutes are very busy than a boring unrealistic diet that no one is able to maintain The outcome of the Smoothie Lifestyle a happy vitalized healthy lean clean healthy balanced YOU Most diets ask a lot of sacrifices from you but once you master the Smoothie lifestyle you'll appreciate what it does for your waistline very effective pound dropper your beauty very effective detox and your health very effective vitality energy booster Combining healthy smoothies blender recipes with your Diet that you can make with your favorite high speed blender or hand held mixer AKA Blender Bottle Nutribullet Ninja Vitamix or Omega is more powerful because it is double effective You'll see how you can not only maximize your dieting results by adding Smoothies to your diet but you'll also learn how to speed up the whole process for more productivity You'll experience the beneficial empowering outcome for yourself and your family You will become the clean lean YOU that you are meant to be Double Your Life Today

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Whether it results from injury osteoporosis or an unusually intense weekend golf game back pain is an all too common cause of serious discomfort that can debilitate even your most dedicated effort to maintain a healthy and active lifestyle It doesn t have to be that way Dr Harris H McIlwain has devoted his career to bringing relief to sufferers of back pain and arthritis and in THE PAIN FREE BACK he shares his clinically proven six step program for achieving and maintaining a healthy back With Dr McIlwain as your guide you ll be able to identify what s feeding your pain and more important how to eliminate it without expensive medical procedures This comprehensive resource includes Resistance exercises to strengthen your back and ease pain within days of starting the program Tips for losing weight on a low carb pain free diet that helps control hunger pangs and a guide to healing foods that decrease inflammation and pain Back friendly alternative therapies that ease pain naturally as well as touch therapies for soothing various types of back pain Lifestyle changes such as ergonomic computer stations that reduce the stress on your back Anyone who experiences back pain will find this an essential aid to recovering a full and active life **How to Lose Weight Well: The Complete Diet Plans** Stacie Stewart,2017-12-28 Learn how to lose weight healthily with the complete recipes and diet plans Make weight loss easy fast healthy and wise with this brand new book from the TV series How to Lose Weight Well The Complete Diet Plans takes the very best of the recipes developed for the hit

Channel 4 series and shows you how best to work them into your lifestyle for maximum weight loss Stacie Stewart presenter and cook on the show offers the most effective recipes from across the three series of How to Lose Weight Well alongside her own favourites that helped her to lose over 5 stone in weight The book includes a diet plan section focusing on how much weight you have to lose and how quickly you want to lose it Stacie s down to earth advice and healthy recipes put the emphasis on flavour first and foremost Whether you re seeking to kickstart your metabolism for immediate health gains or pursue a longer term sustained weight loss Stacie s cooking and tips mean that you don t have to compromise on taste or spend hours in the kitchen

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Easy Computing for Seniors ,2004 Written especially for the pre computer generation this book contains simple instructions that even a novice can understand

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

I-Net+ Guide to the Internet Jean Andrews,2002 Written to prepare the user for CompTIA s 2002 i Net certification exam this text surveys the various different technologies that form and make the Internet work It will prepare the reader to understand current technologies and make intelligent business decisions concerning the Internet

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Homeschooler's Guide to Free Internet Resources Kathleen Suttles Nehmer,2007 *Wise Weight Loss* Oxmoor House,2002

Veterinary Technician ,2008 **Educators Guide to Free Guidance Materials** Educators Progress Service,2005-08

Sandy Berger's Great Age Guide to Online Health and Wellness Sandy Berger,2006 Que s Great Age Guides celebrate the vital role and lifestyle of today s young active 50 adults Most well known middle aged people of sixty five or seventy would have you believe that Great Age is so wonderful that all the years leading up to it are a waste of time People in this great age are transforming retirement s traditional laid back golden years in pure platinum Great Ager s break retirement tradition by working well past typical retirement age not only by need but also by the desire to remain productive members of society The Great Age Guide to Online Health and Wellness is written specifically for those adults 50 living with and using their computers and the Internet to help take better care of themselves You ll get information on such things as living wills the pros and cons to buying drugs outside the country nutrition supplements and

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