

# Weight Loss Menu

1200 - 1300 cal.	Breakfast	Snack	Lunch	Snack	Dinner	Snack
<b>Day 1</b> 	1 whole green banana, 1/2 tablespoon of light cream, cheese, 1 medium slice without sugar and 1 cup of decaffeinated coffee with 4 cups of skimmed milk (Approx. 1200 cal.)	1 whole wheat croissant, 1 big sandwich (one 1 portion of low fat yogurt (Approx. 1300 cal.)	1 slice of whole wheat bread, 1 macaroni salad, 1 salad tomato, 2 cups of lettuce with 1 tablespoon low fat dressing (approx. 1200 cal.)	1 medium orange 1/2 small muffin (approx. 1200 cal.)	1/2 slice of barbecue grilled chicken breast, 1 slice of barbecue chicken roll with 1 tablespoon of low fat dressing, 1/2 baked potato with cheese and yogurt (approx. 1270 cal.)	1/2 cup of raw cheese and 1 big sandwich (approx. 1200 cal.)
<b>Day 2</b> 	1/2 cup of frozen fruits and 1 portion of low fat yogurt (approx. 1200 cal.)	1 portion of low fat and low sodium granola box of 100 (approx. 1200 cal.)	3 ounces of low fat and low sodium turkey meat, 1 tablespoon low fat mayonnaise, 1 cup of low sodium tomato sauce, 1 cup of lettuce, 1 cup 1 slice of whole wheat bread (approx. 1200 cal.)	1 medium orange 1 medium blue cheese 1 cucumber 1 tomato (approx. 1200 cal.)	1/2 cup of barbecue 1 portion of baked chicken, 1 portion of raw baked potato (approx. 1200 cal.)	1 unsweetened granola box 1 big sandwich (approx. 1200 cal.)
<b>Day 3</b> 	4 ounces of steamed meat, 1/2 cup of whole wheat bread and 1 medium apple (approx. 1200 cal.)	1 cup of popcorn 1 portion of low fat yogurt (approx. 1200 cal.)	1 low sodium cup of turkey, 1 tablespoon of olive oil and some tomato sauce, 1 cup of whole wheat bread, 2 cups of low sodium and 1 tablespoon of low fat yogurt dressing (approx. 1200 cal.)	1 medium orange and 1 granola cookie (approx. 1200 cal.)	1 portion of baked chicken 1 tablespoon of olive oil, 1/2 cup of low sodium baked beans, 2 cups of baked potato and 1 tablespoon of low sodium and some tomato sauce (approx. 1200 cal.)	1/2 cup of frozen fruits (approx. 1200 cal.)
<b>Day 4</b> 	1/2 cup of cooked oats with 1 portion of steamed meat and 1 low fat and low sodium turkey slice (approx. 1200 cal.)	1 low fat turkey dinner box 1 portion of low fat yogurt (approx. 1200 cal.)	1/2 cup of baked meat 1 portion of barbecue grilled chicken breast, 1 cup of low sodium and 2 tablespoons of light lettuce dressing (approx. 1200 cal.)	1 cup of risotto and 1/2 cup of whole wheat muffin (approx. 1200 cal.)	1 portion of low fat, low sodium turkey breast 1 cup of tomato soup, 1/2 tablespoon of mayonnaise 1/2 portion of low sodium red rice mushroom (approx. 1200 cal.)	1 unsweetened granola box 1 medium roll (approx. 1200 cal.)
<b>Day 5</b> 	1/2 cup of whole wheat bread 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 4 cups of skimmed milk (approx. 1200 cal.)	1/2 cup of baked beans 1/2 cup of beans 2 cups of lettuce with low fat yogurt dressing (approx. 1200 cal.)	1/2 cup of granola and 1 low sodium granola bar (approx. 1200 cal.)	2 grilled fish fillets 1/2 meat, 1/2 fish and 1/2 whole program 1/2 cup of baked beans 1/2 cup of whole program (approx. 1200 cal.) 1 portion (approx. 1200 cal.) and 1 portion of fish with 2 tablespoons of whole grain bread or meat and yogurt (approx. 1200 cal.) 1 baked potato (approx. 1200 cal.)	1 unsweetened granola (approx. 1200 cal.)
<b>Day 6</b> 	1/2 whole green banana with 2 tablespoons of light cream, cheese and 1 portion of cheese and 1 cup of tomatoes (approx. 1200 cal.)	1/2 cup of decaffeinated coffee with 4 cups of skimmed milk 1/2 cup of frozen and unsweetened grapes of 100 (approx. 1200 cal.)	1/2 cup of whole wheat pasta, 1 portion of 1/2 of whole wheat macaroni and cheese, 1/2 cup of grilled salmon, 2 cups of lettuce, tomatoes (low sodium) and 1/2 cup of your favorite whole vegetables, plus 1 cup of light low fat dressing of light low sodium (approx. 1200 cal.)	1 big sandwich (one 1 granola cookie (approx. 1200 cal.)	1 portion of barbecue grilled chicken breast, 2 cups of baked beans and 1 portion of low fat, low sodium dressing and 1/2 cup of frozen grapes (approx. 1200 cal.)	1 cup of blueberries (approx. 1200 cal.)
<b>Day 7</b> 	1 slice of whole wheat bread, 1 slice of low fat and low sodium cheese, 1 cup of decaffeinated coffee with 4 cups of skimmed milk (approx. 1200 cal.)	1/2 cup of frozen grapes 1 portion box of 100 (approx. 1200 cal.)	1/2 cup of red beans, 1/2 cup of whole wheat pasta (macaroni), plus 1 cup of whole grapes and 1 portion of steamed vegetables and some rice (approx. 1200 cal.)	1/2 cup of baked fluffy (one 1 baked beans (approx. 1200 cal.)	1 portion of baked beans, 4 cups of whole green vegetables, 1 big sandwich, 1 tablespoon of low fat low sodium dressing and 1/2 cup of frozen grapes (approx. 1200 cal.)	1 medium papaya (approx. 1200 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

**Juliana Baldec**

## Weight Loss Plan Ideas Tutorial:

**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

*Paleo Diet Guide: With Recipes in 30 Minutes or Less* 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

**SUPER SHRED Diet Guide: Low GI 112 Recipes: 89 Smoothies: 95 Soups: 80 Meals Under 200 Calories with Vegetables** 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 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 SMOOTHIES

[Fit For Life Diet: Smoothie Recipes Guide For Maximum Fit For Life Diet Results - 3 In 1 Box Set](#) Juliana Baldec,2014-06-02 Red Hot New Fit For Life Diet Book Release Hi Fit For Life Fans Spend a little time with this amazing compilation of 8 books that includes a collection of Juliana Baldec s healthy and scrumptious juices that you can add to your Fit For Life Diet Today for awesome pound dropping results The compilation includes 2 books Book 1 Juicing To Lose Pounds Book 2 Juicing For Vitality Health Book 2 Paleo Is Like You Fun Little Paleo Lifestyle Poem a day book with inspirational and motivational rhyming verses to spice up your results You will love discovering some new recipes that you might add to your Fit For Life Diet Consider these healthy scrumptious smoothies to spice up any boring diet and finally get the results you want If you love smoothies and blender drinks you will love this compilation to complete your recipe collection For less than a cup of Starbucks coffee this compilation is a great addition to your smoothie books Forget the old concept because there is no need to waist your time in the kitchen with old school recipes that take too long to make There is every reason to make juices the new and 5 minute quick way so that you will gain more time out of your day and your life Learn the new way of adding smoothies to your Diet today if you want to achieve your dream weight Empower yourself via healthy and pound dropping juices and live a healthier leaner and cleaner lifestyle [Weight Loss Guide using Glycemic Index Diet, Vegan Diet and Paleo Recipes: Weight Loss Motivation with Recipes, Tips and Tricks](#) Speedy Publishing,2019-11-22 Lose pounds the healthy way Just because you re trying to lose weight doesn t mean you should stop eating Rather you should learn to eat smart Here s a collection of three books that go into the details of diet recipes for healthy weight loss In particularly the three books will discuss the Glycemic Index Diet Vegan Diet and Paleo Recipes are available too **Dietary Approaches to Stop Hypertension Guide: With DASH Diet Recipes and DASH Diet Slow Cooker Cookbook** Gabriel 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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**Juicing Guide on Juicing and the Juicing Diet** Helen Rauscher,2017-05-15 Juicer Recipes A Complete Juicing Guide on Juicing and the Juicing Diet Juicer Recipes is a juicer recipe book and also a good juicer recipe guide in one You will find many great juicer recipes from healthy smoothie recipes to healthy juicing recipes enough not to repeat a recipe for several weeks Healthy juice recipes help to clear up many health concerns especially those that stem from needing a good body cleanse You will find many healthy juicing recipes for weight loss Weight loss is a major issue but it is not the only reason people juice You will have the best juicing recipes for health When you drink from the best juice recipes for health you know you are giving your body the best

### **The Seaweed Jelly-Diet Cookbook Guide**

Clayten Tylor,2008-07-26 Simply Gourmet Discover the Secrets to Savory Flavors Creamy Textures and Nutritional Weight Loss Naturally The Diet to End World Hunger A Cookbook Guide for the Western Chef Forget everything you know about seaweed This cookbook guide explains how to prepare dried seaweed into the perfect weight loss and nutritional flavor enhancing food additive Learn to make seaweed into a tasteless inexpensive nutritious weight loss liquid for shakes teas and frozen cocktails or a nutritional taste enhancing jelly for soups dips and stews or a rich fat free seaweed paste which adds creamy textures to cakes puddings and breads Seaweed Jelly used as a food extender will revolutionize the fast food industry for it makes your recipes less expensive and more nutritious

### **The Complete Idiot's Guide to Losing Weight**

Susan McQuillan,Edward J. Saltzman,1998 Common sense strategies for losing weight and keeping it off

**Random House Webster's Handy Diet and Nutrition Guide**

RH Disney Staff,Random House Reference,1999-12-07 New format A wealth of information on nutrition including food value tables and special menus now in a paperback at an attractively low price point Random House Webster's Handy Guide to Diet Nutrition offers all the food composition information of a traditional calorie counter vitamins minerals fat carbohydrates and

more plus menus for weight loss heart healthy eating high fiber diet and others including 7 day menu plans and guidelines for implementation Up to date food composition tables include information on fat sodium carbohydrates and more Plans for basic healthy diet weight loss diet and special diets include helpful tips and menus **Diet & Exercise Guide** Mary Milo,1972 **Samir Husni's Guide to New Magazines** ,1990 *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 Practically Everything** Peter Bernstein,Christopher Ma,1997 The most successful and useful new almanac of the decade is back with reams of new material to help readers make the most of their lives in the coming year This year s Practical Guide includes practical advice from over 500 experts including O J Simpson s jury consultant on the ins and outs of jury duty Cal Ripken Jr on how to go from Little League to the majors Master chef Jacques Pepin on his favorite low fat gourmet desserts C Everett Koop on how to pick a doctor in today s health care environment And more *Selected Guide to Make-it, Fix-it, Do-it-yourself Books* Susan Nueckel,1973 **Your Astrological Guide to Fitness** Eva Shaw,1988

**The Caregiver's Guide** Caroline Rob,1991 Gives information on all aspects of physical and emotional care of the elderly

**The Commonsense Guide to Weight Loss for People with Diabetes** Barbara C. Hansen,Shauna S. Roberts,1998

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