

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 grain cereal and 1/2 cup of unsweetened yogurt (approx. 150 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 cereal and 1/2 cup of yogurt (approx. 180 cal.)	3 ounces of low fat (or low sodium) turkey meat. 1 tablespoon (1/2 cup) of whole grain cereal. 1 cup of low sodium granola. 1 cup of lettuce (approx. 170 cal.)	1 medium orange. 1 medium blueberry. 1 banana (approx. 170 cal.)	1/2 cup of brown rice. 1 slice of baked chicken. 1 cup of unsweetened yogurt with 1/2 cup of low fat yogurt (approx. 200 cal.)	1 unsweetened yogurt and 1 big sandwich (approx. 200 cal.)
Day 3 	4 ounces of steamed meat. 1/2 cup of whole wheat cereal and 1 medium apple (approx. 200 cal.)	1 cup of popcorn (one 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 grain cereal. 2 cups of low sodium granola. 1 tablespoon of low fat yogurt dressing (approx. 300 cal.)	1 medium orange (one 1/2 cup of granola cereal (approx. 140 cal.)	1/2 cup of baked beans. 1/2 cup of whole grain cereal. 1/2 cup of whole grain cereal (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 turkey slices (approx. 200 cal.)	1/2 cup of brown rice. 1 slice of barbecue grilled chicken breast. 1 cup of low fat yogurt (approx. 180 cal.)	1 cup of brown rice. 1/2 cup of whole wheat multigrain (approx. 180 cal.)		1/2 cup of low fat, low sodium turkey breast. 1 cup of whole grain cereal (1/2 cup of whole grain cereal and 1/2 cup of low sodium red wine vinegar (approx. 200 cal.)	1 unsweetened yogurt and 1 medium apple (approx. 150 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 whole-grain cereal and 1 cup of decaffeinated coffee with 1 cup of skimmed milk (approx. 180 cal.)	1/2 cup of whole grains. 1/2 cup of brown rice. 2 cups of lettuce with 1/2 cup of light salad dressing (approx. 200 cal.)	1/2 cup of granola cereal. 1 low sodium granola bar (1/2 cup) (approx. 220 cal.)	2 whole fruits (one 1/2 cup of whole grain cereal and 1/2 cup of whole grain cereal). 1/2 cup of whole grain cereal. 1/2 cup of whole grain cereal (approx. 240 cal.)	1 unsweetened yogurt (approx. 140 cal.)
Day 6 	1/2 whole green yogurt with 2 tablespoons of light cream. 1 slice of whole wheat bread. 1/2 cup of orange and unsweetened granola (150 cal.) (approx. 180 cal.)	1/2 cup of decaffeinated coffee with 4 ounces of skimmed milk. 1/2 cup of orange and unsweetened granola (150 cal.) (approx. 180 cal.)	1/2 cup of whole wheat pasta. 1/2 cup of whole wheat pasta (1/2 cup) (approx. 180 cal.). 1/2 cup of whole wheat bread. 1/2 cup of whole wheat pasta (approx. 180 cal.)	1 big sandwich (one 1/2 cup of granola cereal (approx. 180 cal.)	1/2 slice of barbecue grilled chicken breast. 1 slice of whole wheat bread. 1/2 cup of low fat, low sodium dressing and 1/2 cup of brown rice (approx. 220 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 brown rice. 1/2 cup of whole wheat pasta (1/2 cup) (approx. 180 cal.)	1/2 cup of red beans. 1/2 cup of whole wheat pasta (1/2 cup) (approx. 180 cal.). 1 cup of lettuce and 1/2 cup of whole grain cereal (approx. 200 cal.)	1/2 cup of baked multigrain (one 1/2 cup of whole grain cereal (approx. 180 cal.)	1/2 cup of whole grain cereal. 1/2 cup of whole grain cereal. 1/2 cup of whole grain cereal (approx. 180 cal.)	1 medium apple (approx. 150 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

**Lucy Beale, Sandy G. Couvillon, Edna C.
Brown**

Weight Loss Plan Ideas Tutorial:

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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

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