

SIMPLE 30-DAY WEIGHT-LOSS MEAL PLAN: 1,200 CALORIES

Week 1

Week 2

	Breakfast Aim for 250 - 300 cals.	A.M. Snack Aim to fulfill calories	Lunch Aim for 250 - 300 cals.	P.M. Snack Aim to fulfill calories	Dinner Aim for 400 - 500 cals.
Day 1	1 serving Avocado-Egg Toast	1 medium orange	1 serving Butternut Squash Soup with Avocado & Chickpeas	1 medium kiwi	1 serving Citrus Poached Salmon with Asparagus with 3/4 cup Cauliflower Rice
Day 2	1 serving Blueberry-Banana Overnight Oats	1 serving Apple Cider Vinegar Tonic	1 1/2 cups Slow-Cooker Vegetable Soup with 1 slice Everything Bagel Avocado Toast	1/2 cup edamame (in pod) sprinkled with a pinch of coarse sea salt	1 serving Vegan Coconut Chickpea Curry
Day 3	1 serving Blueberry-Banana Overnight Oats	1 medium orange	1 1/2 cups Slow-Cooker Vegetable Soup with 1 slice Everything Bagel Avocado Toast	2 medium kiwis	1 serving Zucchini Noodles with Pesto & Chicken
Day 4	1 slice Peanut Butter-Banana Cinnamon Toast	1 cup Apple Cider Vinegar Tonic with 1 cup blueberries	1 serving Green Salad with Edamame & Beets	1 medium orange	1 serving Spicy Shrimp with 1/2 cup Easy Brown Rice
Day 5	1 slice Peanut Butter-Banana Cinnamon Toast	1 kiwi	1 1/2 cups Slow-Cooker Vegetable Soup with 3 Tbsp. hummus and 6 seeded crackers	1 kiwi	1 serving Taco Spaghetti Squash Boats
Day 6	1 cup raspberries topped with 1 cup nonfat Greek yogurt, 1 Tbsp. sliced almonds & 1 tsp. honey	1 cup Apple Cider Vinegar Tonic	1 serving Veggie & Hummus Sandwich	1/2 cup edamame (in pod) sprinkled with a pinch of coarse sea salt	1 serving Sheet-Pan Chicken & Vegetables with Romesco Sauce
Day 7	1 serving Avocado-Egg Toast	3/4 cup raspberries topped with 1/2 cup nonfat Greek yogurt & 1 tsp. honey	1 serving Green Salad with Edamame & Beets	1 medium orange	1 serving Salmon Tacos with Pineapple Salsa with Broiled Mango to enjoy after dinner
Day 8	2 Muffin-Tin Quiches with Smoked Cheddar & Potato and 1 cup Herbal Chamomile Health Tonic	1 cup blueberries	1 serving Curried Chicken Apple Wraps with 1 medium pear	1 cup raspberries topped with 1/2 cup nonfat plain Greek yogurt	1 1/2 cups Slow-Cooker Curried Butternut Squash Soup and 1 serving Kale Salad with Beets & Wild Rice
Day 9	1 cup raspberries topped with 1 cup nonfat Greek yogurt, 1 Tbsp. sliced almonds & 1 tsp. honey	1 cup Herbal Chamomile Health Tonic and 1 cup blueberries	1 cup Slow-Cooker Curried Butternut Squash Soup and 2 1/2 cups Kale Salad with Beets & Wild Rice	1/2 cup edamame (in pod) sprinkled with a pinch of coarse sea salt	1 serving Sheet-Pan Roasted Salmon & Vegetables
Day 10	2 Muffin-Tin Quiches with Smoked Cheddar & Potato and 1 medium orange	1 cup Herbal Chamomile Health Tonic	1 serving Curried Chicken Apple Wraps with 1 medium pear	1 cup raspberries topped with 1/2 cup nonfat plain Greek yogurt	1 serving Garlic-Lime Pork with Farro & Spinach with 1 cup Tangy Broccoli with Almonds
Day 11	2 Muffin-Tin Quiches with Smoked Cheddar & Potato and 1 medium orange	1/2 cup blueberries	1 1/2 cups Slow-Cooker Curried Butternut Squash Soup with 3 Tbsp. hummus and 5 seeded crackers	1 cup Herbal Chamomile Health Tonic	1 serving Crispy Oven-Fried Fish Tacos
Day 12	1 cup raspberries topped with 1 cup nonfat Greek yogurt, 1 Tbsp. sliced almonds & 1 tsp. honey	2 medium plums with 1 cup green tea	1 serving No-Cook Black Bean Salad	1 medium apple	2 cups Slow-Cooker Freezer Pack Soup with Chicken, Beans & Pasta
Day 13	2 Muffin-Tin Quiches with Smoked Cheddar & Potato and 1 medium orange	1 plum and 1 cup green tea	2 cups No-Cook Black Bean Salad	3/4 cup raspberries topped with 3 Tbsp. nonfat Greek yogurt and 1 Tbsp. sliced almonds	2 cups Slow-Cooker Pasta e Fagioli Soup
Day 14	2 Blueberry-Pecan Pancakes topped with 2 Tbsp. blueberries and 2 Tbsp. nonfat Greek yogurt mixed with 1 tsp. maple syrup	1 cup green tea	1 serving Whole-Wheat Veggie Wrap	1/2 cup edamame (in pod) sprinkled with a pinch of coarse sea salt	2 servings Cauliflower & Chickpea Salad with Curry Powder & Lime

Weight Loss Plan Ideas Open Now

**R. S. O'Loughlin, H. F.
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