

WEIGHT LOSS DIET

800 CAL MEAL PLAN

1 WEEK MEAL PLAN

MONDAY	Scrambled Egg and Avocado Toast	Quinoa and Chicken Salad	Grilled Chicken with Steamed Broccoli	Greek Yogurt with Berries
TUESDAY	Salmon and Mushroom Steamer	Turkey and Avocado Wrap	Baked Chicken with Roasted Potatoes	Strawberry Cheesecake with Whipped Cream
WEDNESDAY	Beef and Broccoli Stovetop Bowl	Spinach and Quinoa Stuffed Bell Pepper	Grilled Pork Tenderloin with Roasted Potatoes	Apple Cider with Protein Balls
THURSDAY	Shrimp and Pasta Salad	Mediterranean Chicken Salad	Teriyaki Tofu Stir Fry	Garbage Cheese with Peas and Carrots
FRIDAY	Roasted Turkey Breast with Sweet Potato	Chicken Salad with Avocado Dressing	Steak and Broccoli Skillet	Blueberry Cheesecake
SATURDAY	Avocado and Egg Breakfast Bowl	Chicken and Vegetable Stir Fry	Lean Beef and Vegetable Curry	Almonds and Greek Yogurt
SUNDAY	Salmon with Potatoes and Asparagus	Mediterranean Chicken Salad	Roasted Chicken Thighs	Blueberry Cheesecake



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Ipad Weight Loss Plan Guide

KJ Lindholm-Leary



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