

# WEIGHT LOSS DIET

## 800 CAL MEAL PLAN

**1 WEEK MEAL PLAN**

<b>MONDAY</b>	Scrambled Egg and Avocado Toast	Quinoa and Chicken Salad	Grilled Chicken with Steamed Broccoli	Greek Yogurt with Berries
<b>TUESDAY</b>	Salmon and Mushroom Steaks	Turkey and Avocado Wrap	Baked Chicken with Roasted Potatoes	Strawberry Cheesecake with Whipped Cream
<b>WEDNESDAY</b>	Beef and Broccoli Stumble Soup	Spinach and Quinoa Stuffed Bell Pepper	Grilled Pork Tenderloin with Roasted Potatoes	Apple Cider with Protein Balls
<b>THURSDAY</b>	Shrimp and Pasta Salad	Mediterranean Chicken Salad	Teriyaki Tuna Steak	Garbage Cheese with Peas and Carrots
<b>FRIDAY</b>	Roasted Turkey Breast	Chicken Salad with Avocado Dressing	Steak and Broccoli Stir-Fry	Blueberry Cheesecake
<b>SATURDAY</b>	Avocado and Egg Breakfast Bowl	Chicken and Vegetable Stir-Fry	Lein and Vegetable Curry	Almonds and Greek Yogurt
<b>SUNDAY</b>	Salmon with Potatoes and Asparagus	Mediterranean Chicken Salad	Mediterranean Chicken Salad	Blueberry Cheesecake



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# Ipad Weight Loss Plan How To

**SA Adler**



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