

7-DAY DIET MEAL PLAN TO LOSE WEIGHT: 1,200 CALORIES

| | Breakfast <small>Aim for 250 - 300 cal.</small> | A.M. Snack <small>Aim to fulfill calories</small> | Lunch <small>Aim for 300-350 cal.</small> | P.M. Snack <small>Aim to fulfill calories</small> | Dinner <small>Aim for 400 - 500 cal.</small> |
|--------------|--|---|---|---|---|
| Day 1 | 1 serving Baked Banana-Nut Oatmeal Cups and 1 medium apple | 1 clementine | 1 serving Veggie & Hummus Sandwich | 1 medium banana | 1 serving Sheet-Pan Chicken Fajita Bowls with 1/2 cup cooked brown rice |
| Day 2 | 1 serving Baked Banana-Nut Oatmeal Cups and 1 medium apple | 1 oz. Cheddar cheese and 1 hard-boiled egg | 1 serving Chipotle-Lime Cauliflower Taco Bowls | 1 clementine | 1 serving Zucchini-Chickpea Veggie Burgers with Tahini-Ranch Sauce |
| Day 3 | 1 serving Baked Banana-Nut Oatmeal Cups and 1 medium apple | 2 clementines | 1 serving Chipotle-Lime Cauliflower Taco Bowls | 1 medium banana | 1 serving Easy Salmon Cakes over 2 cups baby spinach |
| Day 4 | 1 serving Muesli with Raspberries | 1 clementine | 1 serving Chipotle-Lime Cauliflower Taco Bowls | 1/2 cup raspberries | 1 serving Chicken & Cucumber Lettuce Wraps with Peanut Sauce |
| Day 5 | 1 serving Muesli with Raspberries | 1/2 oz. Cheddar cheese and 1 hard-boiled egg | 1 serving Chipotle-Lime Cauliflower Taco Bowls | 1/2 cup raspberries | 1 serving Spinach Ravioli with Artichokes & Olives |
| Day 6 | 1 serving Muesli with Raspberries | 1 medium apple | 1 serving Veggie & Hummus Sandwich | 1 hard-boiled egg | 1 serving Curried Sweet Potato & Peanut Soup and 1 (1-in.) slice whole-wheat baguette |
| Day 7 | 1 serving "Egg in a Hole" Peppers with Avocado Salsa | 1 clementine | 1 serving Curried Sweet Potato & Peanut Soup | 1 cup raspberries and 1 oz. dark chocolate | 1 serving Spinach & Artichoke Dip Pasta |

How to Meal Prep Your Week of Meals:

- Make a batch of the Baked Banana-Nut Oatmeal Cups to have for breakfast on Days 1 through 3. Freeze any leftovers. Use reusable silicone baking cups to make clean-up a breeze!
- Meal prep a batch of the Chipotle-Lime Cauliflower Taco Bowls to have for lunch on Days 2 through 5. Store in air-tight containers to keep fresh.
- Hard boil 3 eggs to have for snacks on Days 2, 5 and 6. Store in a reusable silicone bag.

EatingWell

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Max Streaming Weight Loss Plan Same Day Delivery

Daniel Gastelu, Frederick C. Hatfield

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Golden Days for Boys and Girls ,1898 Lumber World Review ,1914 **Bulletin: The control of floods by reservoirs : an appendix to the summary report to the Legislature of 1927 on the water resources of California and a coordinated plan for their development** ,1928 *Journal of Health, Physical Education, Recreation* ,1938

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