Weight Loss Menu

1200 - 1300 cal.	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Day 1	1 whole grain bagel, 1/2 teaspoon of light cream cheese, strawberry jam without sugar and 1 cup of decaffeinated coffee with 4 ounces of skimmed milk (Approx. 200 cal.)	8 whole wheat crackers, 4 big strawberries and 4 ounces of low fat yogurt (Approx. 190 cal.)	1 slice of whole wheat bread, 2 hard-boiled eggs, 1 sliced tomato, 2 cups of lettuce with 1 teaspoon low fat dressing (Approx. 410 cal.)	1 medium orange, 1/2 small muffin (Approx. 150 cal.)	3 ounces of boneless grilled chicken breast, 1 cup of steamed broccoli with 1 teaspoon of low fat dressing, 1/2 baked potato with pepper and oregano (Aprox 370 cal.)	1 little apple and 3.25 ounces unsweetened gelatin (Approx. 70 cal.)
Day 2	1/2 cup of frozen fruits and 8 ounces of low fat yogurt (Approx. 170 cal.)	1 low fat and low sodium granola bar of 100 calories and a big grapes (Approx. 190 cal.)	2 ounces of low fat and low sodium turkey slices, 1 teaspoon low fat mayonnaise, 1 cup of raw carrots and celery, 1 cup of lettuce, and 1 slice whole wheat bread (Approx. 270 cal.)	1 medium tangerine, 5 unsalted rice crackers, 4 almonds (Approx. 175 cal.)	1/2 cup of brown rice, 3 ounces of baked salmon, 2 cups of steamed broccoli with 2 teaspoon of low fat cream cheese (Approx. 303 cal.)	1 unsweetened gelatin and a big strawberries (Aprox 70 cal.)
Day 3	4 ounces of skimmed milk, 1/2 cup of whole wheat cereal and 1 medium apple (Approx. 205 cal)	1 cup of papaya and 4 ounces of low fat yogurt (Approx. 140 cal.)	1 low sodium can of tuna, 1 teaspoon of olive oil and some lemon juice, 1 cup of sliced red peppers, 2 cups of raw spinach and 1 teaspoon of low fat Italian dressing (Approx. 300 cal.)	1 medium orange and 1 granola cookie (70 calories) (Approx. 140 cal.)	5 ounces of baked tilapia, 1 teaspoon of olive oil, 1/2 cup of low sodium corn, 2 cups of fresh spinach and 2 teaspoons of low sodium red wine vinaigrette (Approx. 340 cal.)	1/2 cup of frozen fruits (Approx. 90 cal.)
Day 4	1/2 cup of cooked oats with 4 ounces of skimmed milk and 2 low fat and low sodium turkey slices (Approx. 205 Cal.)	1 low fat honey cracker and 4 ounces of low fat yogurt (Approx. 130 cal.)	1/2 cup of brown rice, 3 ounces of boneless grilled chicken breast, 1 cup of raw celery, 1 cup of raw carrots and 2 teaspoons of light ranch dressing (Approx. 300 cal.)	1 cup of melon and 1/2 of a whole wheat muffin (Approx. 130 cal.)	4 ounces of low fat, low sodium turkey breast, 2 cups of lettuce with 2 tablespoons of raisins, 2 teaspoons of low sodium red wine vinaigrette (Approx. 350 cals.)	1 unsweetened gelatin and 1 medium kiwi (Approx. 70 Cals.)
Day 5	1/2 cup of whole wheat cereal with 4 ounces of low fat yogurt and 1 cup of blueberries (Approx. 165 Cal.)	6 low salt saltine crackers and 1 cup of decaffeinated coffee with 4 ounces of skimmed milk (Approx. 130 cal.)	1/2 cup of black beans, 1/2 cup of brown rice, 2 cups of lettuce with low fat ranch dressing and 1/2 of a banana (Approx. 310 cal.)	1/2 cup of pineapple and 1 low sodium granola bar (140 calories) (Approx. 220 cal.)	2 grilled Tofu slices (I really used just a little salt and pepper), 1/2 cup of sliced mushrooms, 1/2 cup of beans (julienne style), 1 tomatoes (julienne style), cook them on the grill with 2 teaspoons of olive oil and a dash of black pepper, and 1 baked potato (Approx 340 cal.)	1 unsweetened gelatin (Approx. 10 Cal.)
Day 6	1/2 whole grain bagel with 2 teaspoons of light cream cheese and cinnamon powder, and 1 cup of watermelon (Approx 170 Cal.)	1/2 cup of decaffeinated coffee with 4 ounces of skimmed milk, 1/2 of mango and unsweetened gelatin of 50 cal. (Approx. 180 cal.)	1/2 cup of whole wheat pasta, 1 teaspoon of olive oil and two teaspoons of parmesan cheese, 1 oz. of grilled salmon, 2 cups of lettuce, tomatoes and onions and 1/2 cup of your favorite steam vegetables, you can also add two teaspoons of light sour cream (Approx. 365 cal.)	4 big strawberries and 1 granola cookie (70 calories) (Approx. 130 cal.)	3 ounces of boneless grilled chicken breast, 2 cups of boiled broccoli and 2 teaspoons of low fat, low sodium dressing and 1/2 cup of brown rice (Approx. 320 cal.)	1 cup of Strawberries (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 4 ounces of skimmed milk (Approx. 180 cal.)	1/2 of a banana and 1 granola bar of 100 cal. (Approx. 190 cal.)	1/2 cup of red beans, 1/2 cup of whole wheat pasta (macaroni), add salt and pepper, 2 cups of lettuce and 1 teaspoon of parmesan cheese and some olive (Approx. 310 cal.)	1/2 cup of frozen fruits and 2 bread sticks (Approx. 130 cal.)	3 ounces of grilled tuna, 2 cups of steamed green vegetables, 1 sliced tomato, 2 teaspoons of low fat, low sodium dressing, and 1/2 cup of brown rice (Approx. 320 cal.)	1 medium apple (Approx. 40 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 Tips

Sabine Zange

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