

# Weight Loss Menu

| 1500 - 1300 cal  | 🕒 Breakfast   | 🕒 Snack  | 🕒 Lunch   | 🕒 Snack   | 🕒 Dinner   | 🕒 Snack   |
|--|---|--|---|---|--|---|
|    | <b>Day 1</b><br>1 whole grain bagel,<br>1/2 teaspoon of light cream<br>cheese, 1/2 teaspoon salt without<br>sugar and 1 cup of decaffeinated<br>coffee with 4 ounces of skimmed<br>milk (Approx. 300 cal) | 8 whole wheat crackers,<br>4 big strawberries and<br>4 ounces of low fat yogurt<br>(Approx. 190 cal)   | 1 slice of whole wheat bread,<br>1 hard-boiled egg,<br>1 sliced tomato,<br>2 cups of lettuce with<br>1 teaspoon low fat dressing<br>(Approx. 410 cal)   | 1 medium orange,<br>1/2 whole muffin<br>(Approx. 180 cal)                                   | 2 ounces of boneless grilled chicken breast,<br>1 cup of steamed broccoli with<br>1 teaspoon of low fat dressing<br>1/2 baked potato with pepper and onions<br>(Approx 270 cal)  | 1 8 1/2 ounce and<br>3 1/2 ounce<br>unsweetened gelatin<br>(Approx. 70 cal) |
|    | <b>Day 2</b><br>1/2 cup of frozen fruits and<br>4 ounces of low fat yogurt<br>(Approx. 170 cal)   | 1 cup fat and low sodium granola<br>bar or 100 calories and<br>4 big grapes (Approx. 190 cal)  | 2 ounces of low fat and low sodium<br>turkey steak,<br>1 teaspoon low fat mayonnaise,<br>1 cup of raw carrots and celery,<br>1 cup of lettuce, and<br>1 slice whole wheat bread<br>(Approx. 270 cal)  | 1 medium orange,<br>3 sliced red tomatoes,<br>4 almonds<br>(Approx. 170 cal)                | 1/2 cup of brown rice,<br>2 ounces of baked salmon,<br>2 cups of steamed broccoli with<br>1 teaspoon of low fat cream<br>cheese (Approx. 320 cal)  | 1 unsweetened gelatin<br>and 4 big strawberries<br>(Approx 70 cal)          |
|    | <b>Day 3</b><br>4 ounces of skimmed milk,<br>1/2 cup of whole wheat cereal<br>and 1 medium apple<br>(Approx. 250 cal)   | 1 cup of grapes and<br>4 ounces of low fat yogurt<br>(Approx. 180 cal)   | 1 low sodium can of tuna,<br>1 teaspoon of olive oil, pineapple salsa sauce,<br>1 cup of brown rice, 2 cups<br>of raw spinach and<br>1 teaspoon of low fat Italian dressing<br>(Approx. 300 cal)  | 1 medium orange and<br>1 granola cookie<br>(70 calories)<br>(Approx. 140 cal)               | 2 ounces of baked flounder<br>1 teaspoon of olive oil,<br>1/2 cup of low sodium corn,<br>2 cups of fresh spinach and<br>1 teaspoon of low sodium red wine<br>vinegar (Approx. 340 cal)   | 1/2 cup of frozen fruits<br>(Approx. 40 cal)                                |
|    | <b>Day 4</b><br>1/2 cup of cooked oats with<br>4 ounces of skimmed milk and<br>1 low fat and low sodium turkey<br>steak (Approx. 300 Cal)   | 1 low fat turkey cracker and<br>4 ounces of low fat yogurt<br>(Approx. 180 cal)  | 1/2 cup of brown rice,<br>2 ounces of boneless grilled chicken breast,<br>1 cup of raw carrots,<br>1 cup of low carbs and 2 teaspoons of light<br>sauce dressing (Approx. 300 cal)  | 1 cup of water and<br>1/2 of a whole wheat<br>muffin (Approx. 130 cal)                      | 4 ounces of low fat, low sodium turkey breast,<br>1 cup of lettuce with 1 teaspoon of mayo,<br>2 teaspoons of low sodium red wine<br>vinegar (Approx. 300 cal)   | 1 unsweetened gelatin<br>and 1 medium oat<br>(Approx. 70 Cal)               |
|   | <b>Day 5</b><br>1/2 cup of whole wheat cereal with<br>4 ounces of low fat yogurt and<br>1 cup of blueberries<br>(Approx. 180 Cal)   | 4 low fat water crackers and<br>1 cup of decaffeinated coffee<br>with 4 ounces of skimmed milk<br>(Approx. 180 cal)                          | 1/2 cup of black beans,<br>1/2 cup of brown rice,<br>2 cups of lettuce with low fat ranch<br>dressing and<br>1/2 of a banana (Approx. 320 cal)  | 1/2 cup of pineapple and<br>1 low sodium granola bar<br>(140 calories)<br>(Approx. 220 cal) | 2 grilled fish steaks (100% cod) with a little oil<br>and onion,<br>1/2 cup of baked mushrooms,<br>1/2 cup of green beans (steamed),<br>1 tomato (sliced), cook them on the<br>grill with 2 teaspoons of olive oil and a dash of<br>black pepper, and<br>1 baked potato (Approx 340 cal) | 1 unsweetened gelatin<br>(Approx. 10 Cal)                                   |
|  | <b>Day 6</b><br>1/2 whole grain bagel with<br>2 teaspoons of light cream<br>cheese and 1/2 teaspoon granola,<br>and 1 cup of watermelon<br>(Approx 170 Cal)   | 1/2 cup of decaffeinated coffee<br>with 4 ounces of skimmed milk,<br>1/2 of orange and unsweetened<br>gelatin of 50 cal<br>(Approx. 180 cal) | 1/2 cup of whole wheat pasta,<br>1 teaspoon of olive oil and 1/2 teaspoon<br>of parmesan cheese,<br>1 cup of grilled salmon,<br>2 cups of lettuce, tomatoes and onions and<br>1/2 cup of fresh fenella steamed vegetables,<br>you can also add two teaspoons of light<br>sauce dressing (Approx. 340 cal) | 4 big strawberries and<br>1 granola cookie<br>(70 calories)<br>(Approx. 130 cal)            | 2 ounces of boneless grilled chicken breast,<br>2 cups of baked broccoli and<br>2 teaspoons of low fat, low sodium dressing<br>and 1/2 cup of brown rice<br>(Approx. 320 cal)  | 1 cup of blueberries<br>(Approx. 40 Cal)                                    |
|  | <b>Day 7</b><br>1 slice of whole wheat bread,<br>1 slice of low fat and low sodium<br>cheese,<br>1 cup of decaffeinated coffee<br>with 4 ounces of skimmed milk<br>(Approx. 180 cal)                      | 1/2 of a banana and<br>1 granola bar of 100 cal<br>(Approx. 190 cal)   | 1/2 cup of red beans,<br>1/2 cup of whole wheat pasta (measured),<br>and 1/2 cup of tomato<br>2 cups of lettuce and<br>1 teaspoon of parmesan cheese and some<br>oil (Approx. 310 cal)  | 1/2 cup of frozen fruits and<br>2 baked chips<br>(Approx. 130 cal)                          | 2 ounces of grilled tuna,<br>2 cups of fresh green vegetables,<br>1 sliced tomato,<br>1 teaspoon of low fat,<br>low sodium dressing, and<br>1/2 cup of brown rice<br>(Approx. 300 cal)   | 1 medium apple<br>(Approx. 40 cal)  |

## NOTE:

These menus should be prepared with little salt (light), should not be used leavenings and it is essential to drink 8 glasses of water per day (no sugary drinks or beer)

# Weight Loss Plan Guide

**Roberta Larson Duyff**



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