

30 Day Meal Plan for Weight Loss

Patient name: Meagan Falkner

Age: 21

Height: 5'2"

Weight: 180lbs

Medical history

Pollen allergy, pre-diabetes

Meal plan for 30 days

Week 1							
Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	1 low-fat plain Greek yogurt (6oz) ½ cup blueberries	3 egg whites and 1 whole egg, scrambled 2 slices of whole grain bread	1 whole grain English muffin 1 tablespoon peanut butter ½ cup blueberries 2 slices low-sodium turkey	3 egg whites and 1 whole egg, scrambled ½ cup blueberries	½ cup cup canned or frozen peaches 1 whole grain English muffin	1 low-fat plain Greek yogurt (6oz) ½ cup low-fat cottage cheese 1 slice whole grain bread	½ cup oatmeal (cooked in water) ½ cup blueberries ½ cup 1% milk
Lunch	Skinless roasted chicken, choice of fruits	Roast turkey, rye bread, side salad	Baked salmon with seaweed, choice of veggies	1 piece of grilled chicken (4oz) 1 cup brown rice	Tuna melt sandwich with cheese and tomatoes on whole grain bread.	Chicken with brown rice and stir-fried vegetables	Fish (or tofu) with brown rice
Dinner	Chickpea and cauliflower curry with quinoa	Stir-fried chicken and mixed vegetables	Grilled salmon or preferred fish, choice of veggies	Roast beef, choice of veggies	Baked salmon with seaweed, choice of veggies	Grilled fish, choice of veggies and fruits	Roast turkey, rye bread, side salad
Snack	1 small 16oz non-fat, iced cappuccino	Low-sodium popcorn	½ cup low-fat cottage cheese ½ cup raspberries	Baby carrots	2 oranges and 20 nuts	3 cups air popped popcorn	1 cup of blueberries
Grocery list for the week							
Greek yogurt, fruits of choice, skinless chicken, salmon and other fishes, eggs, choice of veggies, brown rice, whole grain bread loaf, milk							

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Dorothy Klimis-Zacas



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The Beck Diet Solution Weight Loss Workbook Judith S. Beck, 2015-04-21 The Beck Diet Solution Weight Loss Workbook has descriptive copy which is not yet available from the Publisher

The 5:2 Fast Diet for Beginners Rockridge Press, 2013-05-08 Intermittent fasting is a safe and sensible way not only to lose weight but also to transition to a healthier way of eating Unlike the deprivation associated with full fasting the 5 2 diet allows for reduced calorie meals two days a week On the other five days you meet your recommended caloric intake with the help of a variety of healthful recipes The 5 2 Fast Diet for Beginners is a complete guide to intermittent fasting Included are 16 reduced calorie fasting day recipes to make your dieting days both easy and flavorful 35 non fasting day recipes that offer you healthful choices for breakfast lunch and dinner as well as low cal dessert and treat options Use these recipes along with your own favorites to round out your month s meal plan 4 weeks of fasting day meal plans geared to the 500 calorie goal for women and 600 calorie goal for men recommended by the 5 2 diet 10 tips for motivation and success to get you started toward your weight

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The Complete Beck Diet for Life Judith S. Beck, 2015-04-21 The Complete Beck Diet for Life has descriptive copy which is not yet available from the Publisher

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The Evening Standard *The Hollywood Trainer*

Weight-loss Plan Jeanette Jenkins,2007 Outlines a holistic three week plan for wellness and weight loss as based on the author s 7 simple steps to success philosophy in a reference that provides a customizable exercise regimen menu plans and self assessment guidelines

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Annual Editions Dorothy Klimis-Zacas,2004 This sixteenth edition of Annual Editions Nutrition contains timely selections from the best of the public press Sources such as Harvard Health Letter Mayo Clinic Health Letter Healthy Weight Journal and The New England Journal of Medicine Some of the issues discussed include the importance of nutrients and fibre the affect of diet on health weight management food safety and the world s food supply

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