

# 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)<br>½ cup blueberries | 3 egg whites and 1 whole egg, scrambled<br>2 slices of whole grain bread | 1 whole grain English muffin<br>1 tablespoon peanut butter<br>½ cup blueberries<br>2 slices low-sodium turkey | 3 egg whites and 1 whole egg, scrambled<br>½ cup blueberries | ½ cup cup canned or frozen peaches<br>1 whole grain English muffin | 1 low-fat plain Greek yogurt (6oz)<br>½ cup low-fat cottage cheese<br>1 slice whole grain bread | ½ cup oatmeal (cooked in water)<br>½ cup blueberries<br>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)<br>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              | Str-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<br>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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