MEAL PLAN FOR
WEIGHT LOSS

DAY 1

Breakfast

½ Grapefruit
1 Slice of Toast
2 Tablespoons of Peanut Butter

Lunch

½ Cup Tuna
1 Slice of Toast
1 Cup Coffee or tea

Dinner

3 ounces of meat
1 cup of green beans
½ banana, 1 small apple

DAY 6

Breakfast
1 Egg
1 Slice of Toast
½ banana

Lunch
1 cup of cottage cheese
1 hard boiled egg
5 saltine crackers

Dinner
2 hot dogs (without bun)
1 cup of broccoli, ½ cup carrots
½ Banana, ½ cup of vanilla ice cream

DAY 5

Breakfast
5 saltine crackers
1 small apple
1 slice of cheddar cheese

Lunch
1 hard boiled egg
1 slice of toast

Dinner
1 cup of tuna
½ banana
1 cup of vanilla ice cream

DAY 2

Breakfast
1 Egg
1 Slice of Toast
½ banana

Lunch
1 cup of cottage cheese
1 hard boiled egg
5 saltine crackers

Dinner
2 hot dogs (without bun)
1 cup of broccoli, ½ cup carrots
½ Banana, ½ cup
of vanilla ice cream

DAY 3

Breakfast
5 saltine crackers
1 small apple
1 slice of cheddar cheese

Lunch
1 hard boiled egg
1 slice of toast

Dinner
1 cup of tuna
½ banana
1 cup of vanilla ice cream

DAY 4

Breakfast
1 Egg
1 Slice of Toast
½ banana

Lunch
½ Grapefruit
1 Slice of Toast
2 Tablespoons of Peanut Butter

Dinner
2 hot dogs (without bun)
1 cup of broccoli, ½ cup
½ Banana, ½ cup

Better Me.

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