

# Weight Loss Menu

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

**Rosina Ehmann**



## **Weight Loss Plan Tips:**

## Enjoying the Melody of Phrase: An Psychological Symphony within **Weight Loss Plan Tips**

In some sort of consumed by displays and the ceaseless chatter of fast connection, the melodic beauty and psychological symphony developed by the written word frequently disappear in to the back ground, eclipsed by the relentless sound and interruptions that permeate our lives. But, set within the pages of **Weight Loss Plan Tips** an enchanting literary value full of raw feelings, lies an immersive symphony waiting to be embraced. Crafted by an elegant composer of language, this charming masterpiece conducts visitors on a mental trip, skillfully unraveling the hidden melodies and profound impact resonating within each cautiously constructed phrase. Within the depths of the moving analysis, we shall examine the book is key harmonies, analyze its enthralling writing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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significant at  $p = 0.00$  i have currently reported the output as  $h(3, 18, 047) = 0.00$  however i now need to see where the difference between my groups lies so ran pairwise comparisons

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kruskal wallis test results should be reported with an  $h$  statistic degrees of freedom and the  $p$  value e.g.  $h(4, 6, 27) = 0.003$  please note that the  $h$  and  $p$  are capitalized and italicized as required by most referencing styles

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