

# EASY MEAL PLAN FOR WEIGHTLOSS

(CLICK FOR FREE PRINTABLE)

Mon	Oatmeal + Banana	Grilled Chicken Salad	Rice and Chicken	Apple + Peanut Butter
Tue	Granola Cereal + Milk	Sweet Potatoes + Scrambled Eggs	Veggie Stirfry and Grilled Beef	Almonds
Wed	Peanut Butter Sandwich	Rice and Chicken	Grilled Chicken Salad	Fresh Fruits
Thur	Turkey Bacon + Eggs	Tuna Salad on Wheat Bread	Soup and Salmon	Popcorn (Sugar free)
Fri	Oatmeal + Banana	Soup and Salmon	Sweet Potatoes + Scrambled Eggs	Greek yogurt
Sat	Pancakes	Bacon, lettuce, tomato wrap	Veggie Stirfry and Grilled Beef	Cashews
Sun	Smoothie Bowl	Quinoa	Stuffed Bell Peppers	Bananas



# Weight Loss Plan Ideas Tutorial

**Michael Hoelscher**



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