

7-DAY DIET MEAL PLAN TO LOSE WEIGHT: 1,500 CALORIES

| | Breakfast <i>Aim for 250 - 300 cal.</i> | A.M. Snack <i>Aim to fulfill calories</i> | Lunch <i>Aim for 300-350 cal.</i> | P.M. Snack <i>Aim to fulfill calories</i> | Dinner <i>Aim for 400 - 500 cal.</i> |
|--------------|---|--|---|--|--|
| Day 1 | 2 servings Baked Banana-Nut Oatmeal Cups and 1 clementine | 1 medium apple, sliced and 1 Tbsp. peanut butter | 1 serving Veggie & Hummus Sandwich | 1 medium banana | 1 serving Sheet-Pan Chicken Fajita Bowls with 1/3 cup cooked brown rice |
| Day 2 | 2 servings Baked Banana-Nut Oatmeal Cups and 1 clementine | 1 oz. Cheddar cheese and 1 hard-boiled egg | 1 serving Chipotle-Lime Cauliflower Taco Bowls | 1 medium apple | 1 serving Zucchini-Chickpea Veggie Burgers with Tahini-Ranch Sauce and 1 serving Oven Sweet-Potato Fries |
| Day 3 | 2 servings Baked Banana-Nut Oatmeal Cups and 1 clementine | 1 medium apple | 1 serving Chipotle-Lime Cauliflower Taco Bowls | 1 medium banana and 1 Tbsp. peanut butter | 1 serving Easy Salmon Cakes over 2 cups baby spinach and 1 (2-inch) piece whole-wheat baguette |
| Day 4 | 1 serving Muesli with Raspberries and 1 medium banana | 1 hard-boiled egg sprinkled with a pinch each of salt and pepper | 1 serving Chipotle-Lime Cauliflower Taco Bowls | 1/2 cup raspberries and 1 oz. dark chocolate  | 1 serving Chicken & Cucumber Lettuce Wraps with Peanut Sauce |
| Day 5 | 1 serving Muesli with Raspberries | 1 oz. Cheddar cheese and 1 hard-boiled egg | 1 serving Chipotle-Lime Cauliflower Taco Bowls | 1 medium banana and 1 Tbsp. peanut butter | 1 serving Spinach Ravioli with Artichokes & Olives |
| Day 6 | 1 serving Muesli with Raspberries and 1 medium banana | 1 medium apple and 1 Tbsp. peanut butter | 1 serving Veggie & Hummus Sandwich and 1 clementine | 1 hard-boiled egg sprinkled with a pinch each salt and pepper | 1 serving Curried Sweet Potato & Peanut Soup and 1 (2-in.) slice whole-wheat baguette |
| Day 7 | 1 serving "Egg in a Hole" Peppers with Avocado Salsa | 1 medium apple  | 1 serving Curried Sweet Potato & Peanut Soup | 1 cup raspberries and 1 oz. dark chocolate | 1 serving Spinach & Artichoke Dip Pasta |

How to Meal Prep Your Week of Meals:

- Make a batch of the Baked Banana-Nut Oatmeal Cups to have for breakfast on Days 1 through 3. Freeze any leftovers.
- Meal prep a batch of the Chipotle-Lime Cauliflower Taco Bowls to have for lunch on Days 2 through 5.
- Hard boil 4 eggs to have for snacks on Days 2, 4, 5 and 6.

Weight Loss Plan Update

Roberta Larson Duyff



Weight Loss Plan Update:

Reviewing **Weight Loss Plan Update**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Weight Loss Plan Update**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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