

Weight Loss Menu

1500 - 1300 cal	🕒 Breakfast	🕒 Snack	🕒 Lunch	🕒 Snack	🕒 Dinner	🕒 Snack
	Day 1 1 whole grain bagel, 1/2 teaspoon of light cream cheese, 1/2 teaspoon canola oil 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 toast, 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)	2 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 onion (Approx 270 cal)	1 80% apple and 3/4 cup of unsweetened graham (Approx. 70 cal)
	Day 2 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 toast (Approx. 270 cal)	1 medium orange, 3 sliced red tomatoes, 4 almonds (Approx. 170 cal)	1/2 cup of brown rice, 2 ounces of baked salmon, 2 cups of steamed broccoli with 1 teaspoon of low fat cream cheese (Approx. 320 cal)	1 unsweetened graham and 4 big strawberries (Approx 70 cal)
	Day 3 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% red beans, 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 red wine vinegar (Approx. 340 cal)	1/2 cup of frozen fruit (Approx. 40 cal)
	Day 4 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 red wine vinegar (Approx. 300 cal)	1 unsweetened graham and 1 medium oat (Approx. 70 Cal)
	Day 5 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% wild) a little oil and onion, 1/2 cup of 100% mushrooms, 1/2 cup of 100% green beans, 1 tomato (green slice), 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 graham (Approx. 40 Cal)
	Day 6 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 graham 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 cup of grilled salmon, 1 cup of lettuce, tomatoes and onions and 1/2 cup of fresh lettuce steam vegetables, you can also add low 1/2 teaspoon 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)
	Day 7 1 slice of whole wheat toast, 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 100% corn, 2 cups of lettuce and 1 teaspoon of parmesan cheese and some oil (Approx. 310 cal)	1/2 cup of frozen fruit and 3 bread sticks (Approx. 130 cal)	2 ounces of grilled tuna, 2 cups of 100% 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 Guide

Patricia Eisenman, Dennis A. Johnson

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