

# Weight Loss Menu

| 1500 - 1300 cal  | 🕒 Breakfast   | 🕒 Snack   | 🕒 Lunch   | 🕒 Snack   | 🕒 Dinner   | 🕒 Snack   |
|--|---|---|---|---|--|---|
|    | <b>Day 1</b><br>1 whole grain bagel,<br>1/2 teaspoon of light cream<br>cheese, 1/2 teaspoon salt without<br>sugar and 1 cup of decaffeinated<br>coffee with 4 ounces of skimmed<br>milk (Approx. 300 cal) | 8 whole wheat crackers,<br>4 big strawberries and<br>4 ounces of low fat yogurt<br>(Approx. 190 cal)  | 1 slice of whole wheat bread,<br>1 hard-boiled egg,<br>1 sliced tomato,<br>2 cups of lettuce with<br>1 teaspoon low fat dressing<br>(Approx. 410 cal)   | 1 medium orange,<br>1/2 whole muffin<br>(Approx. 180 cal)                                   | 2 ounces of boneless grilled chicken breast,<br>1 cup of steamed broccoli with<br>1 teaspoon of low fat dressing<br>1/2 baked potato with pepper and onions<br>(Approx 270 cal)  | 1 80% apple and<br>3/4 cup of<br>unsweetened grapes<br>(Approx. 70 cal) |
|    | <b>Day 2</b><br>1/2 cup of frozen fruits and<br>4 ounces of low fat yogurt<br>(Approx. 170 cal)   | 1 low fat and low sodium granola<br>bar or 100 calories and<br>4 big grapes (Approx. 190 cal)   | 2 ounces of low fat and low sodium<br>turkey slices,<br>1 teaspoon low fat mayonnaise,<br>1 cup of raw carrots and celery,<br>1 cup of lettuce, and<br>1 slice whole wheat bread<br>(Approx. 270 cal)   | 1 medium orange,<br>3 sliced red tomatoes,<br>4 almonds<br>(Approx. 170 cal)                | 1/2 cup of brown rice,<br>2 ounces of baked salmon,<br>2 cups of steamed broccoli with<br>1 teaspoon of low fat cream<br>cheese (Approx. 320 cal)  | 1 unsweetened grapes<br>and 4 big strawberries<br>(Approx 70 cal)       |
|    | <b>Day 3</b><br>4 ounces of skimmed milk,<br>1/2 cup of whole wheat cereal<br>and 1 medium apple<br>(Approx. 200 cal)   | 1 cup of grapes and<br>4 ounces of low fat yogurt<br>(Approx. 180 cal)  | 1 low sodium can of tuna,<br>1 teaspoon of olive oil, pineapple salsa sauce,<br>1 cup of brown rice, 2 cups of<br>raw spinach and<br>1 teaspoon of low fat Italian dressing<br>(Approx. 300 cal)  | 1 medium orange and<br>1 granola cookie<br>(70 calories)<br>(Approx. 140 cal)               | 2 ounces of baked tilapia<br>1 teaspoon of olive oil,<br>1/2 cup of low sodium corn,<br>2 cups of fresh spinach and<br>1 teaspoon of low sodium red wine<br>vinegar (Approx. 340 cal)  | 1/2 cup of frozen fruits<br>(Approx. 40 cal)                            |
|    | <b>Day 4</b><br>1/2 cup of cooked oats with<br>4 ounces of skimmed milk and<br>1 low fat and low sodium turkey<br>slice (Approx. 300 Cal)   | 1 low fat turkey cracker and<br>4 ounces of low fat yogurt<br>(Approx. 180 cal)   | 1/2 cup of brown rice,<br>2 ounces of boneless grilled chicken breast,<br>1 cup of raw carrots,<br>1 cup of low carbs and 2 teaspoons of light<br>sauce dressing (Approx. 300 cal)  | 1 cup of water and<br>1/2 of a whole wheat<br>muffin (Approx. 130 cal)                      | 4 ounces of low fat, low sodium turkey breast,<br>1 cup of lettuce with 1 teaspoon of mayo,<br>2 teaspoons of low sodium red wine<br>vinegar (Approx. 300 cal)   | 1 unsweetened grapes<br>and 1 medium oat<br>(Approx. 70 Cal)            |
|   | <b>Day 5</b><br>1/2 cup of whole wheat cereal with<br>4 ounces of low fat yogurt and<br>1 cup of blueberries<br>(Approx. 180 Cal)   | 4 low fat water crackers and<br>1 cup of decaffeinated coffee<br>with 4 ounces of skimmed milk<br>(Approx. 180 cal)                         | 1/2 cup of black beans,<br>1/2 cup of brown rice,<br>2 cups of lettuce with low fat ranch<br>dressing and<br>1/2 of a banana (Approx. 320 cal)  | 1/2 cup of pineapple and<br>1 low sodium granola bar<br>(140 calories)<br>(Approx. 220 cal) | 2 grilled fish slices (100% cod) with a little oil<br>and onion,<br>1/2 cup of baked mushrooms,<br>1/2 cup of green beans (steamed),<br>1 tomato (sliced), cook them on the<br>grill with 2 teaspoons of olive oil and a dash of<br>black pepper, and<br>1 baked potato (Approx 340 cal) | 1 unsweetened grapes<br>(Approx. 40 Cal)                                |
|  | <b>Day 6</b><br>1/2 whole grain bagel with<br>2 teaspoons of light cream<br>cheese and 1/2 teaspoon granola,<br>and 1 cup of watermelon<br>(Approx 170 Cal)   | 1/2 cup of decaffeinated coffee<br>with 4 ounces of skimmed milk,<br>1/2 of orange and unsweetened<br>grapes of 50 cal<br>(Approx. 180 cal) | 1/2 cup of whole wheat pasta,<br>1 teaspoon of olive oil and 1/2 teaspoon<br>of parmesan cheese,<br>1/2 of grilled salmon,<br>2 cups of lettuce, tomatoes and onions and<br>1/2 cup of fresh lettuce steamed vegetables,<br>you can also add two teaspoons of light<br>sauce dressing (Approx. 340 cal) | 4 big strawberries and<br>1 granola cookie<br>(70 calories)<br>(Approx. 130 cal)            | 2 ounces of boneless grilled chicken breast,<br>2 cups of baked broccoli and<br>2 teaspoons of low fat, low sodium dressing,<br>and 1/2 cup of brown rice<br>(Approx. 320 cal)   | 1 cup of blueberries<br>(Approx. 40 Cal)                                |
|  | <b>Day 7</b><br>1 slice of whole wheat bread,<br>1 slice of low fat and low sodium<br>cheese,<br>1 cup of decaffeinated coffee<br>with 4 ounces of skimmed milk<br>(Approx. 180 cal)                      | 1/2 of a banana and<br>1 granola bar of 100 cal<br>(Approx. 190 cal)  | 1/2 cup of red beans,<br>1/2 cup of whole wheat pasta (measured),<br>and 1/2 cup of tomato,<br>2 cups of lettuce and<br>1 teaspoon of parmesan cheese and some<br>oil (Approx. 310 cal)   | 1/2 cup of frozen fruits and<br>3 baked chips<br>(Approx. 130 cal)                          | 2 ounces of grilled tuna,<br>2 cups of fresh green vegetables,<br>1 sliced tomato,<br>1 teaspoon of low fat,<br>low sodium dressing, and<br>1/2 cup of brown rice<br>(Approx. 300 cal)   | 1 medium apple<br>(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

**Editors of Reader's Digest**



## **Weight Loss Plan Tips:**

The Top Books of the Year Weight Loss Plan Tips The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels enthralling the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the engaging narratives that have enthralled audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Weight Loss Plan Tips : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Weight Loss Plan Tips : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and gripping novel that will keep you guessing until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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