

Easy Diet for Weight Loss

Breakfast



- Bread toast with eggs
- 1 Banana
- 5 sliced almonds
- 1 cup of green tea

Lunch



- Brown rice
- Tofu with grilled tomatoes or any vegetable soup of choice
- Green salad
- 1 cup herbal tea

Dinner



- Brown rice with stir-fried vegetables
- Grilled salmon
- 1 cup herbal tea

Evening Snack



- Small frozen yogurt, $\frac{1}{2}$ cup nuts, $\frac{1}{2}$ cup pumpkin seeds, oranges, or 1 cup steamed edamame
- Note: Select 1 snack each day

Note: This is a sample weight loss diet chart. If you have an existing medical condition, please consult your doctor before starting any diet plan.

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Internet Resources on Weight Loss and Obesity Lillian Brazin, 2007-01-22 A seasoned medical librarian provides top Internet resources on health eating and nutrition Obesity has reached epidemic proportions not only in the United States but also around the world How does someone with weight loss questions find the most up to date information available to make informed health decisions Internet Resour

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[Paleo Diet Secret Guide For](#)

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Andersen,2012-08-07 The ideal companion to Lars Andersen s Smoothies for Golfers With his unique no nonsense no filler approach to getting maximum nutrition and without sacrificing on the great taste that only smoothies can provide Lars Andersen provides you with everything you need to have a tasty varied power packed juice that is ready in moments Tailored to your specific needs Unlike other books which stop at simply providing a list of juicing recipes Lars includes the nutritional information and specifies when and why you should enjoy each juice recipe whether it be pre or post game One size rarely fits all and Lars eliminates the guesswork for you In this Book sports nutrition guru Lars Andersen provides shows you delicious ways to Improve your Mental Focus and Clarity Promote Optimal Eyesight through Nutrition Support Improved Strength and Flexibility Drastically reduce muscle fatigue joint pain and recovery time Beat plateaus and achieve new levels of performance Feel fresh and energized all day every day

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