

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

|              | <b>Breakfast</b><br><i>Aim for 250 - 300 cal.</i>         | <b>A.M. Snack</b><br><i>Aim to fulfill calories</i>              | <b>Lunch</b><br><i>Aim for 300-350 cal.</i>         | <b>P.M. Snack</b><br><i>Aim to fulfill calories</i>           | <b>Dinner</b><br><i>Aim for 400 - 500 cal.</i>                                                           |
|--------------|-----------------------------------------------------------|------------------------------------------------------------------|-----------------------------------------------------|---------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
| <b>Day 1</b> | 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                                  |
| <b>Day 2</b> | 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 |
| <b>Day 3</b> | 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           |
| <b>Day 4</b> | 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                                             |
| <b>Day 5</b> | 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                                                       |
| <b>Day 6</b> | 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                    |
| <b>Day 7</b> | 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 Guide

**Irene Gallos Kok**



## **Weight Loss Plan Guide:**

The Complete Portfolio Diet Weight Loss Guide Zak Stewart, 2024-01-09 Zak Stewart unveils the secrets of successful weight loss and healthy eating in his latest book The Complete Portfolio Diet Weight Loss Guide A Beginners Guide and 7 Day Portfolio Diet Meal Plan In this comprehensive guide he simplifies the intricacies of the Portfolio Diet presenting a user friendly plan that empowers individuals to shed excess body weight and enhance their overall well being Within the pages of his weight loss guide Zak delves into crucial aspects of the Portfolio Diet offering insights into Understanding the core principles of the Portfolio Diet Unveiling the essential rules guiding the successful implementation of the diet Exploring the significant health benefits from adopting the Portfolio Diet Identifying the foods that should be prioritized when following the diet Highlighting the foods that are best avoided or minimized for optimal results Presenting a simple and nutritious 7 day meal plan for the Portfolio Diet Providing guidance on effective grocery shopping strategies for weight loss Demonstrating how exercise can amplify the benefits of the Portfolio Diet Explaining the broader lifestyle advantages associated with shedding weight on the Portfolio diet plan This comprehensive guide goes beyond the basics offering a wealth of information to support your weight loss journey Let Zak be your guide as you reclaim control over your weight providing you with the tools to navigate the Portfolio Diet with ease Whether you re looking to lose a few pounds or embark on a transformative lifestyle change this eBook promises to improve your quality of life in as little as just 3 weeks Discover the tried and tested methods within and embark on a journey towards a healthier more vibrant you Download Zak s Portfolio diet eBook today and start your successful weight loss journey following the Portfolio diet plan

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**The Complete Idiot's Guide to Healthy Weight Loss, 2e** Lucy Beale, Sandy G. Couvillon, 2005-12-06 Shed those pounds the healthy way This brand new edition of The Complete Idiot's Guide to Healthy Weight Loss not only gives readers critical information on nutrition and health it also delivers everything they need to know about the mental and exercise pieces of the weight loss puzzle In addition it presents a comprehensive overview of today's most popular diets chapters on such major diet types as low fat low sodium low carb and low cal as well as chapters on dieting for kids dieting for diabetics dieting for heart health and more Best of all readers will find five unique diet plans to help them lose weight and keep it off starting today Features new research on how nutrition and certain foods affect body weight Expanded information on surgical and pharmaceutical options for weight loss plus the skinny on supplements and over the counter remedies Upload exercise chapters with more fat burning exercises and updated charts for calorie burning including suggestions for meeting the U S Government's new exercise recommendations *The Complete Idiot's Guide to Hormone Weight Loss* Alicia Stanton, M.D., 2011-09-06 How to stay slim even when your hormones are working against you For many people trouble losing weight isn't about will power it's about hormones Stress estrogen loss thyroid imbalance are just a few of the hormonal conditions that can lead to weight gain regardless of how much one diets or

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*Dietary guidelines and your diet*, 1986 *Girlfriends' Guide to Weight Loss* Irene Gallos Kok, 2019-09-19 *Girlfriends Guide to Weight Loss* is a self help book for people who desperately want to improve their lives but due to multiple failed attempts at losing weight feel defeated and lost This refreshing guide takes its readers to the beginning of the process and reprograms their thinking about how a weight loss program should be approached Irene Kok serves 16 bite sized chapters full of hilariously inspiring stories sage advice current research actual recipes and an occasional well needed profanity helping you to Create a realistic and sustainable plan that you can enjoy Identify self sabotaging behaviors that have been inhibiting your success Learn to self forgive and avoid the common causes of program derailment Develop strategies to avoid mental pitfalls of dieting and all the cliché fallacies that come with it Learn to accept the numbers on the scale and love yourself By the end of *Girlfriends Guide* you will have a whole new appreciation of the process You will understand why you have not been able to lose weight in the past how you can change that and how you can kick some serious ass

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