

7-DAY DIET MEAL PLAN TO LOSE WEIGHT: 1,200 CALORIES

	Breakfast Aim for 250 - 300 cal.	A.M. Snack Aim to fulfill calories	Lunch Aim for 300-350 cal.	P.M. Snack Aim to fulfill calories	Dinner Aim for 400 - 500 cal.
Day 1	1 serving Baked Banana-Nut Oatmeal Cups and 1 medium apple	1 clementine	1 serving Veggie & Hummus Sandwich	1 medium banana	1 serving Sheet-Pan Chicken Fajita Bowls with 1/2 cup cooked brown rice
Day 2	1 serving Baked Banana-Nut Oatmeal Cups and 1 medium apple	1 oz. Cheddar cheese and 1 hard-boiled egg	1 serving Chipotle-Lime Cauliflower Taco Bowls	1 clementine	1 serving Zucchini-Chickpea Veggie Burgers with Tahini-Ranch Sauce
Day 3	1 serving Baked Banana-Nut Oatmeal Cups and 1 medium apple	2 clementines	1 serving Chipotle-Lime Cauliflower Taco Bowls	1 medium banana	1 serving Easy Salmon Cakes over 2 cups baby spinach
Day 4	1 serving Muesli with Raspberries	1 clementine	1 serving Chipotle-Lime Cauliflower Taco Bowls	1/2 cup raspberries	1 serving Chicken & Cucumber Lettuce Wraps with Peanut Sauce
Day 5	1 serving Muesli with Raspberries	1/2 oz. Cheddar cheese and 1 hard-boiled egg	1 serving Chipotle-Lime Cauliflower Taco Bowls	1/2 cup raspberries	1 serving Spinach Ravioli with Artichokes & Olives
Day 6	1 serving Muesli with Raspberries	1 medium apple	1 serving Veggie & Hummus Sandwich	1 hard-boiled egg	1 serving Curried Sweet Potato & Peanut Soup and 1 (1-in.) slice whole-wheat baguette
Day 7	1 serving "Egg in a Hole" Peppers with Avocado Salsa	1 clementine	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. Use reusable silicone baking cups to make clean-up a breeze!
- Meal prep a batch of the Chipotle-Lime Cauliflower Taco Bowls to have for lunch on Days 2 through 5. Store in air-tight containers to keep fresh.
- Hard boil 3 eggs to have for snacks on Days 2, 5 and 6. Store in a reusable silicone bag.

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Thomas Griffiths

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