

Weight loss sample meal plan
(women)

MEAL PLAN	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
						SMOOTHIE (Mix all ingredients below together in a blender)	
1 Protein Unit	1/2 cup fat free vanilla yoghurt	175ml fat free milk	175ml Fat Free Yoghurt	1 Boiled Egg, with Grilled Tomato	30g grated low fat cheese	1/4 cup fat free Yoghurt & 1/4 cup Fat Free Milk	40g Grilled Kipper, with grilled tomatoes & mushrooms
1 Starch Unit	1/2 cup All bran or 40-Fibre bran	1/2 cup oats cooked in the fat free milk	1/2 cup Swiss-style muesli	1 slice Rye bread or seed loaf, Toasted	1 low GI bran muffin	2 Tbs. oat-bran	1 slice low GI bread, toasted
1 Fruit Unit	1 Tbsp. raisins	1 sliced Banana	3 Sliced Strawberries, added to cereal	1/2 cup Freshly Squeezed Orange Juice	1 small banana	1 small Banana & 80g Mango	1/2 small mango
1 Fat Unit	1 Tbsp. flaked almonds	2 tsp. peanut butter, added to porridge	1/2 Tbsp. flaked almonds	2 tsp. peanut butter	(fat in muffin)	1 Tbsp. flaked almonds	2 tsp. peanut butter
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
1 Fruit Unit	1 Yellow Cling Peach	3-4 Strips Dried Mango (80g)	1 Large Apple	4 slices fresh Pineapple	1 Pear	1 Cup Fruit Salad (140g)	A handful of grapes
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1 Protein Unit	1 Tbsp Fat Reduced Hummus & 30g (2-3 slices) Shaved Turkey	2 Chicken Strips	30g Smoked Salmon	30g Beef Strips	1/2 tin of tuna or salmon	30g Clover low fat cheese	2 mini Chicken Kebabs (40g)
1 Starch Unit	1 slice Low GI Seed Bread	2 mini Pita Breads, lightly toasted	1 slice seed bread	1 small cooked Meaty	1/2 cup cooked pasta	1 Povitica or 2 Ryvita	1 cup cubed sweet potato, to roast
WITH Vegetables	Rocket, Lettuce, Sliced Tomatoes, Cucumber & Spring Onions	Fill pita with fresh coriander, cherry tomatoes and sweet Peppers	Butter Lettuce, Cherry Tomatoes, Pickled Cucumbers, Sprouts & Snap Peas	Shredded Coleslaw, grated Carrots & Diced Cucumber	Lettuce, rocket, diced Carrots & Grated Beetroot	Butter lettuce, Roma Tomatoes, Orange Peppers & sliced Onion Rings	Roasted Vegetables: diced Pumpkin, Brinjals, Sweet Peppers, Mango, hot Peas, Onion & Garlic

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Zhe Xu



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Community Care, Secondary Health Care and Care Management David Challis,Robin Darton,Karen Stewart,2018-08-13 First published in 1998 creating a discourse on community care differences in of care management links between assessment secondary health care and care management by addressing several areas which provide opportunities for successful service development

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The Belly Off! Diet Jeff Csatri,Editors of Men's Health Magazi,2009-04-28 Men s Health has found the secret to weight loss It s not some new exercise contraption or magic pill or trendy fad diet The secret to quick and permanent weight loss comes from real people just like you who have lost 25 50 100 and even 150 pounds Now for the first time the six weight loss strategies that more than 300 000 men and women in the Belly Off Club have used to get back in shape have been compiled in this ground breaking new book When Men s Health launched the Belly Off Club in 2001 it quickly grew into the most popular destination on the magazine s web site Then the concept migrated to Women s Health magazine and now all told more than 300 000 men and women have lost nearly 2 million pounds In just days you can be on your way to a flat belly and a leaner stronger healthier body In the Belly Off Diet you ll discover A proven 7 day quick start that guarantees you will see results within just days A no gym fitness plan starting that starts with a fat frying bodyweight only workout and then progresses to a more advanced a muscle building dumbbell workout A month s worth of shopping lists and recipes for tasty meals that will take the guesswork out of eating to lose weight A comprehensive maintenance plan to help you stay on track once you ve reached your weight loss goals With success stories from Belly Off Club members and hundreds of quick tips for supercharging meals and workouts throughout The Belly Off Diet gives you the tools and the motivation to take YOUR belly off and keep it off for life

The 90-Day Fitness Challenge Phil Parham,Amy Parham,2010-06-01 Phil and Amy Parham contestants on NBC s The Biggest Loser provide a faith based informative and motivational book that will encourage those facing weight challenges to permanently transform their lives and live their dreams of being healthier happier and more fit This is not a diet book for temporary change but a manual for permanent transformation The 90 Day Fitness Challenge will encourage readers to embark on a 90 day program for permanent weight loss outline simple and practical healthy food and fitness plans point the way toward developing better eating habits and an active lifestyle incorporate Scripture and faith

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Military Supply Management Program ... United States. Congress. House. Committee on Government Operations,1953

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