# WEIGHT LOSS

1 PAGE

8.5 X 11 INCHES

PRINTABLE PDF

## Weight Loss Meal Plan

Breakfast	Lunch	Dinner	Snacks
Greek yogurt with berries and honey.	Grilled chichen salad with greens and balsamic vinaigrette	Bahed salmon with roasted vegetables	Sticed cucumber with hummus.
Oatmeal topped with sliced banana and a sprinkle of almonas.	Turkey and ovocado snap with whole-grain tortilia.	Stir-fried tofu with broccoli and brown rice.	Baby carrots with tratrihi sauce.
Scrambled eggs with spinach and tomatoes	Quinoa salad with chickpeas, cucumber, and lemon-tahini dressing	Gritled shrimp with asparagus and quinoa.	Sliced bell peppers with guacamole
Smoothie with spinach, banana, almond milk; and protein powder.	Lentil soup with a side of mixed greens.	Baked chicken breast with roasted sweet potatoes and green beans.	Sticed apples with a sprinkleof cinnaman
Greek yagurt parfait with granola and sliced strawberries.	Spinach and feta stuffed chicken breast with a side of steamed broccoli.	Veggle stir-fry with tofu and brown rice.	A small partion of trail mix inuts and dried fruit!
	Greek yogurt with berries and honey:  Oatmeal topped with sliced banana and a sprinkle of almonds.  Scrambled eggs with spinach and tomatoes.  Smoothie with spinach, banana, atmond milk, and protein powder.  Greek yogurt parfait with granola and	Greek yogurt with bernies and honey:  Oatmeal topped with sliced banana and a sprinkle of almonas.  Scrambled eggs with spinach and tomatoes:  Smoothie with spinach, banana, almond milk, and protein powder.  Greek yogurt parfait with granola and eliced etemphomies.  Gritled chichen salod with greens and balsomic vinaigrette.  Turkey and dvocado wrap with whole-grain tortitia.  Guinoa solod with chickpeas, cucumber, and lemon-tahini dressing.  Lentil soup with a side of mixed greens.  Spinach and feta stuffed chicken breast with a side of	Greek yagurt with berries and honey:  Outmeal topped with sliced banana and a sprinkle of almonds:  Scrambled eggs with spinach and tomatoes:  Smoothie with spinach, banana, almond milk, and protein powder.  Greek yagurt parfait with granola and eliced itemsheries.  Greek yagurt parfait with a side of eliced itemsheries.  Gritled chichen salad with greens and balsamic vinaigrette.  Balted salmon with roasted vegetables.  Stir-fried tofu with broccoli and brown rice.  Gritled shrimp with osparagus and quinoa.  Gritled shrimp with osparagus and quinoa.  Baked chichen breast with roasted sweet potatoes and green beans.  Spinach and feta stuffed chicken breast with a side of sweet potatoes and green beans.

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**SA Adler** 

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