## Weight loss sample meal plan (women)



MEAL PLAN	DAY1	DAY 2	DAY 3	DAY 4	DAYS	DAY 6	DAY7
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	EREADIAST	BREAKFAST
						SMOOTHIE (Mix all ingredients below together in a blender)	
1 Protein Unit	1/2 out fat free vanilla yoghurt	175mi 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 Eipper with grilled tomatoes & mushrooms
1 Starch Unit	1/2 cup All bran or Hi-Fibre bran	X cup outs spoked in the fat free milk	1/2 cup Swiss-style muesli	1 slice Pye bread or seed loaf, Toasted	1 low Gl bran muffin	2 This conform	1 sice low G brea toxated
1 Fruit Unit	2 Thop, raisins	3 sliced Banana	5 Steed Strawberries, added to cereal	1/2 cup freshly Squeezed Orange Juice	1 small banana	1 small Eurono & 80g Mango	3/2 small mange
1 Fat Unit	1 Thip flaked almonts	2 tup, peanut butter, added to porridge	1/2 Torp. flaked almonds	2 tsp. peanut butter	(fat in multin)	1 Tosp. flaked almonds	2 tap, peanut butt
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SMACK
1 Fruit Unit	I Yellow Cling Peach	3-4 Strips Oried Mango (30g)	I Large Apple	4 slices fresh Pineapple	1.Fxor	1 Cup Fruit Salad (140g)	A handful of grape
LUNCH .	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1 Protein Unit	1 TISSP For Reduced Hummus & 20g (2-3 slices) Shaved Turkey	2 Chicken Strips	30g Smoked Salmon	30g Seef Strips	1/2 tin of tuna or salmon	30g Clover low fat cheese	2 mini Chicken Kababs (40g)
1 Starch Unit	1 slice Law Gi Seed Bread	2 mini Pita Breads, lightly toested	1 slice seed bread	1 small cooked Mealy	1/2 cup cooked pasta	3 Provitas or 2 Rysitas	1 cup cubed swee potato, to roust
WITH Vegetables	Rocket, Lettuce, Sliced Tomatoes, Cucumber & Spring Onlons	Fill pita with fresh conlander, cherry formations and sweet Poppers	Butter Lettuce, Cherry Tomafoes, Pickled Cucumbers, Sprouts & Snap Peas	Shredded Colesiaw, grated Carnots & Diced Cucumber	Lettuce, rocket, diced Carrots & Grated Beetrook	Butter lettuce, Rosa Tomatoes, Orange Peppers & sliced Onion Kings	Roasted Vegetables: diced Fumpkin, Brinjah Sweet Peppers, Mange tout Peas, Oneon & Garlie

# **Box Office Weight Loss Plan Last 90 Days**

**Tobias Bleicker** 

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