

MEAL PLAN

WEIGHT LOSS

1 PAGE

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Weight Loss Meal Plan

	Breakfast	Lunch	Dinner	Snacks
SUN	Greek yogurt with berries and honey.	Grilled chicken salad with greens and balsamic vinaigrette.	Baked salmon with roasted vegetables.	Sliced cucumber with hummus.
SAT	Oatmeal topped with sliced banana and a sprinkle of almonds.	Turkey and avocado wrap with whole-grain tortilla.	Stir-fried tofu with broccoli and brown rice.	Baby carrots with tzatziki sauce.
FRI	Scrambled eggs with spinach and tomatoes.	Quinoa salad with chickpeas, cucumber, and lemon-tahini dressing.	Grilled shrimp with asparagus and quinoa.	Sliced bell peppers with guacamole.
THU	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.	Sliced apples with a sprinkle of cinnamon.
WED	Greek yogurt parfait with granola and sliced strawberries.	Spinach and feta stuffed chicken breast with a side of steamed broccoli.	Veggie stir-fry with tofu and brown rice.	A small portion of trail mix (nuts and dried fruit).

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[The New Green Smoothie Diet](#) Maggie Fitzgerald, 2012-05-01 *The New Green Smoothie Diet* Your Quick Start Guide to Weight Loss and Optimum Health with Raw Food *The New Green Smoothie Diet*

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GLP-1 Diet Cookbook for Beginners Jerry A. Hannon, 2025-11-05 Ready to Lose Weight Fast Without the Complications Hunger or Guesswork This is your simplest smartest and most sustainable path to transforming your body and reclaiming control over your cravings energy and confidence whether you're on a GLP 1 medication Ozempic Wegovy Mounjaro or not The GLP 1 Diet Cookbook for Beginners is a science backed results proven roadmap for anyone who's tired of fad diets bloated meal plans and confusing advice and just wants to eat better feel better and lose weight without the overwhelm Inside you'll discover a beautifully structured 90 day weight loss meal plan built entirely around 5 ingredient fat burning recipes 20 minute prep times GLP 1 supportive ingredients to help manage blood sugar and satiety And a flexible mindset approach that keeps you consistent without guilt This is more than just a fast diet loss plan it's a lifestyle reset In just 3 months you'll go from What do I eat to I've got this With GLP 1 friendly recipes that work with your body not against it you'll finally Stop sugar cravings at the root Boost metabolism naturally Feel fuller with smaller portions Lose weight fast without losing muscle Build meals you'll actually look forward to Create habits that stick long after the 90 days Whether you're using a GLP 1 medication like Ozempic or simply want to follow a proven lose weight diet plan this book is your no stress solution What's Inside This Weight Loss Cookbook Meal Plan A 3 phase 90 day lose weight diet plan Stabilize Burn Sustain A simple meal planner to lose weight with weekly habit focus 90 fast diet loss recipes with only 5 ingredients each Breakfasts lunches dinners and snacks you can make in 20 minutes Complete shopping guides and pantry makeovers GLP 1 recipes that support gut health reduce bloating and balance hunger hormones Customizable for both men and women with or without medication support Plus mindset tools to help you stay consistent when life gets busy This isn't just a meal plan book for weight loss it's

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