

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 Kipert, 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 |

# Weight Loss Plan Last 90 Days Tutorial

**Kathleen Armour**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

## **Weight Loss Plan Last 90 Days Tutorial:**

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web oct 15 2016 what are hidden rules hidden rules is a term used to describe the unwritten rules and expectations of behavior that everyone seems to know but were never taught they are social or subtle cues that we acquire through observation over time

**expected and unexpected behavior oths** - Mar 30 2022

web what is the situation what expected behaviors did you notice what if any unexpected behaviors did you notice click on the movie icons for videos just remember using expected behaviors makes others feel calm and happy it will make you feel happy using expected behaviors makes us a better friend should i or shouldn t i rating scale

teaching expected and unexpected behaviors confident - Nov 06 2022

web mar 10 2019 unexpected behavior is behavior that is out of the norm and is unusual this way of talking about behavior is different than how it is normally discussed in that it doesn't address behavior as simply positive or negative since what is expected can vary from situation to situation