Weight loss sample meal plan (women)



MEAL PLAN	DAYI	DAY 2	DAY 3	DAY 4	DAYS	DAY 6	DAY7
BREAKFAST	BREAKFAST	BREAKFAST	BRIAKFAST	BREAKFAST	BREAKFAST	EREAGAST	BREAKFAST
						SMOOTHIE (Mix all ingredients below together in a blender)	
1 Protein Unit	1/2 oug 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 GI 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 almonds	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.Feer	1 Cup Fruit Salad (140g)	A handful of grape
LUNCH .	LUMON	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1 Protein Unit	1 IRSP Fat Reduced Hummus & 20g (2-3 slices) Shaved Turkey	2 Chicken Strips	30g Smoked Salmon	30g Seef Strips	1/2 tin of tune or salmon	30g Clover low fat cheese	2 mini Chicken Kababs (40g)
1 Starch Unit	1 slice tow 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	Lettuck, 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

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Commerce Business Daily ,1997-12-31

The Core Balance Diet Macelle Pick, MSN OB/GYN NP,2013-03-04 Is your weight gain making you miserable Have you noticed that you re packing on pounds in unpleasant places Or is the scale and the way you feel about yourself just stuck no matter how much you diet or exercise If you ve struggled without success to lose weight and keep it off there s always a reason and surprise it probably has little to do with how hard you try or how many calories you count The Core Balance Diet is a breakthrough plan designed to restore your body s equilibrium and return you to a healthy sustainable weight Marcelle Pick draws upon decades of experience both her patients and her own to help you Learn simple lifestyle changes and smart nutrition choices that will show you how to tune in to your body and identify your fundamental obstacles to weight loss Adopt a customized two week program geared at restoring your Core Balance and shedding those toxic pounds once and for all Enjoy delicious recipes made from whole foods that give your body the support it needs to heal Explore underlying issues and emotional patterns that may be getting in your way The Core Balance Diet heralds a whole new chapter in weight loss proving how easy it is to work with your body and the right foods not against them to rid yourself of weight and unhealthy habits for good Within a month you ll be on your way to a lean fit and balanced body that is ready to support you and look The Practice of Statistics Daren S. Starnes, Dan Yates, David S. Moore, 2010-12-17 View a great for the rest of your life Panopto recording of textbook author Daren Starnes detailing ten reasons the new fourth edition of The Practice of Statistics is the right choice for the AP Statistics course Watch instructor video reviews here Available for your Fall 2010 Course Request Sample Chapter 3 here The most thorough and exciting revision to date The Practice of Statistics 4e is a text that fits all AP Statistics classrooms Authors Starnes Yates and Moore drew upon the guidance of some of the most notable names in AP and their students to create a text that fits today s classroom The new edition comes complete with new pedagogical changes including built in AP testing four step examples section summaries Check Your Understanding boxes and more The Practice of Statistics long stands as the only high school statistics textbook that directly reflects the College Board course description for AP Statistics Combining the data analysis approach with the power of technology innovative pedagogy and a number of new features the fourth edition will provide you and your students with the most effective text for learning statistics and succeeding on the AP Exam Popular Science, 2005-09 Popular Science gives our readers the information

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