

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 (30g)	1 Large Apple	4 slices fresh Pineapple	1 Pear	1 Cup Fruit Salad (50g)	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 Provitan 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 Setup

Annelies Wilder-Smith



Weight Loss Plan Last 90 Days Setup:

Embracing the Track of Appearance: An Psychological Symphony within **Weight Loss Plan Last 90 Days Setup**

In some sort of eaten by screens and the ceaseless chatter of fast communication, the melodic splendor and emotional symphony produced by the prepared term frequently diminish in to the back ground, eclipsed by the persistent noise and interruptions that permeate our lives. Nevertheless, nestled within the pages of **Weight Loss Plan Last 90 Days Setup** an enchanting fictional value filled with organic emotions, lies an immersive symphony waiting to be embraced. Constructed by a wonderful musician of language, that interesting masterpiece conducts visitors on a psychological trip, well unraveling the concealed songs and profound impact resonating within each cautiously constructed phrase. Within the depths of the touching review, we can discover the book is main harmonies, analyze its enthralling writing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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