

# EASY MEAL PLAN FOR *WEIGHTLOSS*

(CLICK FOR FREE PRINTABLE)

|      |                                                                                         |                                          |                                          |                             |
|------|-----------------------------------------------------------------------------------------|------------------------------------------|------------------------------------------|-----------------------------|
| Mon  | Oatmeal +<br>Banana                                                                     | Grilled<br>Chicken Salad                 | Rice and<br>Chicken                      | Apple +<br>Peanut<br>Butter |
| Tue  | Granola Cereal<br>+ Milk                                                                | Sweet<br>Potatoes +<br>Scrambled<br>Eggs | Veggie Stirfry<br>and Grilled<br>Beef    | Almonds                     |
| Wed  | Peanut Butter<br>Sandwich                                                               | Rice and<br>Chicken                      | Grilled<br>Chicken Salad                 | Fresh<br>Fruits             |
| Thur | Turkey Bacon<br>+ Eggs                                                                  | Tuna Salad on<br>Wheat Bread             | Soup and<br>Salmon                       | Popcorn<br>(Sugar<br>free)  |
| Fri  | Oatmeal +<br>Banana<br><a href="http://www.KobokoFitness.com">www.KobokoFitness.com</a> | Soup and<br>Salmon                       | Sweet<br>Potatoes +<br>Scrambled<br>Eggs | Greek<br>yogurt             |
| Sat  | Pancakes                                                                                | Bacon,<br>lettuce,<br>tomato wrap        | Veggie Stirfry<br>and Grilled<br>Beef    | Cashews                     |
| Sun  | Smoothie<br>Bowl                                                                        | Quinoa                                   | Stuffed Bell<br>Peppers                  | Bananas                     |



# Weight Loss Plan Ideas Tutorial

**M Mosston**



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