

Really Simple Weight Loss Meal Plan

(~1200-1500 calories per day)

Breakfast (choose 1):

<ul style="list-style-type: none"> • 1 whole egg + 3 egg whites prepared however you like (can include as many veggies as you like!) • + • 1 slice of whole grain toast (~ 100 calories) w/ 1 tsp. butter • OR • 1 fruit • OR • Mix 1/3 C. cooked quinoa or brown rice into your eggs. <p>(~290 calories)</p>	<ul style="list-style-type: none"> • 1/3 C. Oatmeal prepared with water + ½ scoop protein powder, 1 T. flaxseed, 1 T. peanut butter mixed in. • 3 egg whites (can top with salsa or low sugar ketchup) <p>(~360 calories)</p>	<ul style="list-style-type: none"> • 2 Protein Pancakes topped with 2 tsp. of peanut butter, drizzle of agave or sugar free syrup and fruit • 3 egg whites (can top with salsa or low sugar ketchup) <p>(~340 calories)</p>
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Lunch (choose 1):

<ul style="list-style-type: none"> • Salad with unlimited veggies + chicken, eggs, ham, etc. (no croutons and go light on cheese and nuts) • 1 T. light dressing (can use cottage cheese, oil & vinegar or lemon in place of dressing) • 1 whole grain roll, slice of bread, cooked quinoa or brown rice (~100 calories) <p>(~320 calories depending on what you put on your salad)</p>	<ul style="list-style-type: none"> • Sandwich made on a Flatout or with just one slice of whole grain bread (include as many veggies as you like and ham, turkey or eggs) Don't add any cheese and top it with a little lite Ranch or mustard. • 1 serving of fruit (apple, banana, grapes, etc.) <p>(300 calories)</p>	<ul style="list-style-type: none"> • Large bowl of healthy broth based (not cream based) soup (~150 calories.) Look for soups with lots of veggies, beans or meat. • 1 whole grain roll, slice of bread, cooked quinoa or brown rice (~100 calories) • ½ serving of fruit (apple, banana, grapes, etc.) <p>(290 calories)</p>
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Dinner (choose 1):

(can have any of the breakfast or lunch choices for dinner or one of the below.)

<ul style="list-style-type: none"> • 1 (4 oz.) piece grilled marinated chicken or fish (can do variations like chicken cordon bleu, parmesan chicken, etc.) • Unlimited veggies • 1 serving of fruit <p>(~330 calories)</p>	<ul style="list-style-type: none"> • Taco Salad (lettuce, tomato, taco meat, fat free refried beans, a little bit of shredded cheese and lite sour cream) • 1 serving of fruit <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> • One taco served on a flatout • 1 serving of fruit <p>(~330 calories)</p>	<ul style="list-style-type: none"> • Turkey Burger (served without a bun) • Large Salad + 1 T. dressing • Small portion of homemade baked fries <p>(~350 calories)</p>
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Snack (can have 2 per day):

<ul style="list-style-type: none"> • 1 container Greek Yogurt (Chobani) • ½ fruit OR 1 T. healthy granola <p>(180 calories)</p>	<ul style="list-style-type: none"> • 3 protein balls (yum!) <p>(250 calories)</p>	<ul style="list-style-type: none"> • Protein Shake of your choice <p>(~250 calories)</p>
<ul style="list-style-type: none"> • 1 oz. (abt. ¼ C.) nuts • ½ fruit <p>(210 calories)</p>	<ul style="list-style-type: none"> • 1 string cheese • 1 fruit <p>(160 calories)</p>	<ul style="list-style-type: none"> • 1 C. Kettle Corn or air popped popcorn • 1 oz. (abt. ¼ C.) nuts <p>(230 calories)</p>

If you are still hungry, snack on vegetables, ½ fruit or eggs.