

Nutrition schedule for overweight people

Breakfast:	<ul style="list-style-type: none"> • Protein source: Eggs, Greek yogurt, or a protein smoothie with spinach and berries • Whole grain carbs: Whole grain toast or oatmeal • Fruit: Berries, apple, or banana
Mid-Morning Snack:	<ul style="list-style-type: none"> • Handful of nuts or seeds • Veggie sticks with hummus
Lunch:	<ul style="list-style-type: none"> • Lean protein: Grilled chicken, fish, tofu, or legumes • Complex carbs: Quinoa, brown rice, or whole grain waps/bread • Lots of vegetables: Salad or mixed veggies
Afternoon Snack:	<ul style="list-style-type: none"> • Greek yogurt with a sprinkle of granola and fruits • Whole grain crackers with cottage cheese
Dinner :	<ul style="list-style-type: none"> • Lean protein: Similar options as lunch • Complex carbs: Sweet potatoes, whole grain pasta, or barley • Vegetables: Steamed veggies
Evening Snack :	<ul style="list-style-type: none"> • Air-popped popcorn or a small portion of nuts/seeds • Sliced vegetables with a light dip