

7-DAY

1200 Low-Calorie | Weight Loss | Diet Plan
TO LOSE 10 LBS IN A WEEK

Day 1

Breakfast: (297 Cal) 2-3 Gluten Paleo Pancakes

Mid-Morning Snack: (198 Cal) - Plain Nonfat Greek Yogurt + Blueberries + Granola

Lunch: (264 Cal) - Grilled Chicken Avocado Salad and Tomatoes

Dinner: (268 Cal) - 1 serving Salmon Wild Caught + 1 cup Brussels Sprouts

Day 2

Breakfast: (297 Cal) 1 Cup Berry-Almond Oatmeal Recipe

Mid-Morning Snack: (149 Cal) Apple and Peanut Butter Snack.

Lunch: (300 Cal) - Egg Salad, Avocado Wrap

Dinner: (316 Cal) - Shrimp Tacos with Creamy Taco Slaw

Day 3

Breakfast: (369 Cal) Chocolate Protein Smoothie

Mid-Morning Snack: (149 Cal) 1/2 Cup Cottage Cheese + 1/2 Cup of Blackberries

Lunch: (205 Cal) - Two Mini-Burgers

Dinner: (401 Cal) - Cauliflower Fried Rice With Chicken

Day 4

Breakfast: (271 Cal) Avocado Egg Toast

Mid-Morning Snack: (145 Cal) 1/2 cup carrot stick + 1 hard-boiled egg + 4 whole crackers

Lunch: (186 Cal) - Low-carb Mexican Tortilla Soup

Dinner: (328 Cal) - 3 wedges of chicken Fajita Quesadilla + 1 cup baby broccoli + 1/2 cup black beans

Day 5

Breakfast: (448 Cal) Eggs, bacon & avocado sandwiches + 1 cup coffee

Mid-Morning Snack: (195 Cal) 1 Small Banana + 1 Tablespoon of Peanut Butter

Lunch: (349 Cal) - Strawberry Banana Protein Smoothie

Dinner: (303 Cal) - Baked Salmon + Mix green avocado salad

Day 6

Breakfast: (313 Cal) Berry Smoothie

Mid-Morning Snack: (72 Cal) 1 Large Hard Boiled Egg

Lunch: (264 Cal) - 1 cup (8 fl oz) Soup, Chicken Vegetable + 1 slice 100% Whole Grain Bread

Dinner: (329 Cal) - 2 oz Salmon Atlantic Coho Baked Seafood Nutrition Whole Foods Market + 1 head Cauliflower, Green Cooked, No Salt

