

Weight loss meal plan

Breakfast

2-3 eggs

1pack of oatmeal or grits

Greek yogurt

Fresh fruit

Fruit cup

Cereal bar or granola bar

Bowl of cereal

Grits

French toast

Lunch

1 Tuna sandwiches wheat bread

1 peanut butter and jelly sandwiches wheat bread

Beef, turkey, ham sandwich

Carrots, broccoli, cucumber

Salmon, Tilapia, chicken breast, steak 4 oz

Mixed veggies 1cup

Mid day snack

Fresh fruit

Chips

Protein shake

Fruit cup

Yogurt

Cheese and crackers

Granola bar

Protein bar

Dinner

Chicken breast, salmon, pork chops, steak 4 oz

Potato (baked, fried in olive oil)

Mixed veggies

Rice

Beans

Pasta with meat (chicken, pork, turkey)

Pot roast with veggies

Week 1

Meal #1

1-2 eggs (80 calories per egg)

1 cup yogurt or cottage cheese (100 cal)

Meal# 2

1 Granola bar (100 cal)

1 Fruit (apple, orange, pear, banana) (45-100 cal)

Meal #3

4oz chicken (180-200 cal)

1 cup rice (brown preferably)(200 cal)

Meal #4

Protein shake (200 cal)

Week 2

Meal #1

Bowl of cereal (200-300 cal)

Meal # 2

1 fruit (45-100 cal)

1 yogurt or cottage cheese (100 cal)

Meal #3

Protein shake (200 cal)

Meal #4

4oz fish, turkey, beef, pork (200 cal)

1 cup of veggies (no simple carbs) (120 cal)

Week 3

Meal #1

2 pancakes (200 cal)

1 cup of fruit (45-100 cal)

Meal #2

1 Protein bar or shake (200 cal)

Meal #4

4 oz Fish, beef, chicken, pork (200 cal)

1 cup veggies

Week 4

Meal #1

1 cup Oatmeal, grits, or cream of wheat

Meal #2

1 Protein bar

1 fruit

Meal #3

4oz lean meat (turkey, pork, beef, fish)

1 cup veggies

Meal #4

1 protein shake

Meal #5

4 oz. lean meat

1 cup of fruits or veggies

When losing weight there are some key aspects to keep in mind. First is always, always, always eat breakfast. Its call Break Fast for a reason, when you go to sleep your body enters a fasting state which slows your metabolism (rate at which you burn calories) to a crawl. When you wake up your body is still in its fasting state, so it's important to eat something to let your body know it's okay to burn calories at its normal rate, otherwise your body will hold on to as many calories as possible because it doesn't know the next time you will eat. The other key is to eat small proportional meals often. Think of your metabolism as a campfire, in order to keep that campfire going you need to add wood every so often. If you add a good amount of wood every so often you will have a nice steady burn if you add too much you'll have a big fire that's out of control, and if you don't add enough it will burn out. Last, the type of fuel you put into your body is critical, processed food isn't good for your body because it takes a lot longer to digest than something that is natural and from the earth. So always make sure you're getting the highest quality nutrition and avoid foods high in sodium and sugar, those are added ingredients to help preserve the food and are very detrimental to your weight loss goals.

The foods listed above are just some guidelines if you have a food that you enjoy and know for a fact that it is healthy feel free to eat that food and add it into the list. Best of luck to you on your fitness journey!

Sincerely Arius,