

Successful Weight Loss Weekly Meal Plan

Day	Breakfast	Lunch	Dinner	A.M. Snack	P.M. Snack
Day 1	Broccoli Quiche with Ham, Roasted Tomato with Rosemary and Garlic	Lentil Soup with Broccoli Florets	Grilled Scallops with Marinated Asparagus	Trail Mix of Roasted Cashews, Raisins and Acai Berries	1 Large Boiled Egg sprinkled with curry powder
Day 2	Asparagus and Stewed Tomato Frittata	Roasted Chicken Salad with Blueberries, Sliced Apple and Cider Vinaigrette	Salad Greens with Roasted Beets and Shaved Almonds	Homemade Strawberry and Mint Popsicles and an apricot	100gm Fresh Tuna
Day 3	Marinated Vegetable Omelet with Salad Greens	Grilled Chicken with Fresh Salsa, Guacamole and Lime	Stew of Curried Cauliflower, Chestnuts and Carrot	Eggplant 'Caviar' with Celery Sticks	Berry mix
Day 4	Cajun Scrambled Eggs with Black Beans and Tomato	Chicken Skewers with Roasted Garlic and Ginger Sauce	Pan Seared Turkey Cutlets with Roasted Garlic and Market Mushrooms	Strawberry Salad with Mint, Peanut and Agave Syrup	1 Large Boiled Egg sprinkle with curry powder
Day 5	Quinoa, Herb & Pomegranate Salad	Sautéed Shrimp with Bell Pepper and Hearts of Palm	Baked Sole in Lime Sauce with Roasted Asparagus	Sliced Apple with Aromatic Peanut Butter Dip	Carrot & celery sticks & hummus
Day 6	Hard Boiled Eggs with Smoked Salmon, Wilted Spinach with Sautéed Mushrooms, Avocado	Moroccan Spiced Chickpea Stew	Curried Vegetable Salad wrapped in Rice Paper	Celery with Almond Butter & Pumpkin Seeds – 3 pieces	Berry mix
Day 7	Poached Egg with Roasted Sweet Potatoes Scented with Cinnamon and Orange	Kale Soup with Vegetable Broth, Squash and Sliced Red Onion	Poached Shrimp with Asian Green Bean Salad	Raw Broccoli Florets with Roasted Garlic-Artichoke Dip	100gm Fresh Tuna

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Daily Calorie & Carb Counts

Day One: Total Daily Calories 1275 & Carbs 79

Day Two: Total Daily Calories 1056 & Carbs 73

Day Three: Total Daily Calories 1487 & Carbs 86

Day Four: Total Daily Calories 1406 & Carbs 79

Day Five: Total Daily Calories 1429 Carbs 85

Day Six: Total Daily Calories 1161 Carbs 89

Day Seven: Total Daily Calories 1103 Carbs 78

A Piece Of Fruit And A Small Handful Of Nuts Make A Wonderful Fast Snack

Apple	Calories 65	Carbs 17
Banana	Calories 105	Carbs 27
Guava	Calories 112	Carbs 24
Strawberries 1 cup, halved	Calories 49	Carbs 12
Blueberries 1 cup	Calories 84	Carbs 21
Prickly pear	Calories 42	Carbs 10
Apricot 1	Calories 17	Carbs 4
Cherries (sweet, raw)	Calories 87	Carbs 22
Mandarin	Calories 64	Carbs 16
Grapes 1 cup	Calories 62	Carbs 16
Honey Dew Melon (1 cup diced)	Calories 61	Carbs 15
Kiwi Fruit	Calories 56	Carbs 13
Mango	Calories 135	Carbs 35
Nectarine	Calories 69	Carbs 16
Orange	Calories 86	Carbs 22
Watermelon (1 cup diced)	Calories 46	Carbs 11
Nuts, such as almonds – 28gm	Calories 163	Carbs 6