

Weight Loss Meal Plan

BREAKFAST

1 apple

1 slice of whole-wheat toast with sugar free jam

1 Cup of Raisin Bran cereal 1 Cup of skim milk

SNACK 1

1 medium handful almonds

1 Fruit

LUNCH

1 piece of chicken breast

1 medium baked potato

1 small pat of margarine

1 apple

Water

SNACK 2

1 Sugar free yogurt

DINNER

1 Chicken, lean beef, or fish

2 Cups of vegetables

2 Cups of skim milk

Water