

# 7 Day Eating Plan to lose weight



## This diet will not deprive you in the least!

You'll eat three meals and two snacks daily, plus each dish packs a filling balance of **45 percent carbohydrates, 30 percent protein, and 25 percent healthy fats.**

When it comes to drinks, **2.5 - 3 Liters of water a day is a must!** Have a max of 3 other, like coffee, tea or low cal drinks. Avoid sugar and keep sweeteners to a minimum (5 units max a day).

## Accelerate your weight loss!

Do 30mins of cardio four times a week.

## MONDAY

### Breakfast

- 1/2 cup egg whites scrambled with 1 teaspoon olive oil, 1 teaspoon chopped basil, 1 teaspoon grated Parmesan, and
- 1/2 cup cherry tomatoes
- 1 slice whole-grain toast
- 1/2 cup blueberries
- 1 cup skim milk

### Snack

- 1/2 cup fat-free Greek yogurt topped with 1/4 cup sliced strawberries

### Lunch

- Salad made with 3/4 cup cooked bulgur, 4 ounces chopped grilled chicken breast, 1 tablespoon shredded low-fat cheddar, diced grilled veggies (2 tablespoons onion, 1/4 cup diced zucchini, 1/2 cup bell pepper), 1 teaspoon chopped cilantro, and 1 tablespoon low-fat vinaigrette

### Snack

- 2 tablespoons hummus and 6 baby carrots

### Dinner

- 4 ounces grilled salmon
- 1 cup wild rice with 1 tablespoon slivered toasted almonds
- 1 cup wilted baby spinach with 1 teaspoon each olive oil, balsamic vinegar, and grated Parmesan
- 1/2 cup diced cantaloupe topped with

# TUESDAY

## Breakfast

- 3/4 cup steel-cut or old-fashioned oatmeal prepared with water; stir in 1/2 cup skim milk
- 2 links country-style turkey sausage
- 1 cup blueberries

## Snack

- 1/2 cup fat-free ricotta cheese with 1/2 cup raspberries and 1 tablespoon chopped pecans  
or
- 1/2 cup fat-free cottage cheese with 1/2 cup salsa

## Lunch

- 1 turkey burger  
3/4 cup roasted cauliflower and broccoli florets  
3/4 cup brown rice  
1 cup spinach salad with 1 tablespoon light balsamic vinaigrette

## Snack

- 2 tablespoons hummus and 6 baby carrots

## Dinner

- 4 ounces grilled salmon
- 1 cup wild rice with 1 tablespoon slivered toasted almonds
- 1 cup wilted baby spinach with 1 teaspoon each olive oil, balsamic vinegar, and grated Parmesan
- 1/2 cup diced cantaloupe topped with

# WEDNESDAY

## Breakfast

- Omelet made with 4 egg whites and 1 whole egg, 1/4 cup chopped broccoli, 2 tablespoons each fat-free refried beans, diced onion, diced mushrooms, and salsa
- Quesadilla made with 1/2 of one small corn tortilla and 1 tablespoon low-fat jack cheese  
1/2 cup diced watermelon

## Snack

- 1/2 cup fat-free vanilla yogurt with 1 sliced apple and 1 tablespoon chopped walnuts

## Lunch

- Salad made with 2 cups chopped Romaine, 4 ounces grilled chicken, 1/2 cup chopped celery, 1/2 cup diced mushrooms, 2 tablespoons shredded low-fat cheddar, and 1 tablespoon low-fat Caesar dressing
- 1 medium nectarine
- 1 cup skim milk

## Snack

- 1 fat-free mozzarella string cheese stick
- 1 medium orange

## Dinner

- 4 ounces shrimp, grilled or sauteed with 1 teaspoon olive oil and 1 teaspoon chopped garlic
- 1 medium artichoke, steamed
- 1/2 cup whole wheat couscous with 2 tablespoons diced bell pepper, 1/4 cup garbanzo beans, 1 teaspoon chopped

# THURSDAY

## Breakfast

- 1 light whole-grain English muffin with 1 tablespoon peanut or almond butter and 1 tablespoon sugar-free fruit spread
- 1 wedge honeydew
- 1 cup skim milk
- 2 slices Canadian bacon

## Snack

- Yogurt parfait made with 1 cup low-fat vanilla yogurt, 2 tablespoons sliced strawberries or raspberries, and 2 tablespoons low-fat granola

## Lunch

- Wrap made with 4 ounces thinly sliced lean roast beef, 1 6-inch whole wheat tortilla, 1/4 cup shredded lettuce, 3 medium tomato slices, 1 teaspoon horseradish, and 1 teaspoon Dijon mustard
- 1/2 cup pinto beans or lentils with 1 teaspoon chopped basil and 1 tablespoon light Caesar dressing

## Snack

- 8 baked corn chips with 2 tablespoons guacamole

## Dinner

- 4 ounces grilled halibut
- 1/2 cup sliced mushrooms sauteed with 1 teaspoon olive oil, 1/4 cup chopped yellow onion, and 1 cup green beans
- Salad made with 1 cup arugula, 1/2 cup halved cherry tomatoes, and 1 teaspoon balsamic vinaigrette
- 1/2 cup warm unsweetened applesauce with 1/4 cup fat-free vanilla yogurt,

# FRIDAY

## Breakfast

- Burrito made with 1 medium whole wheat tortilla, 4 scrambled egg whites, 1 teaspoon olive oil, 1/4 cup fat-free refried black beans, 2 tablespoons salsa, 2 tablespoons grated low-fat cheddar, and 1 teaspoon fresh cilantro
- 1 cup mixed melon

## Snack

- 3 ounces sliced lean ham
- 1 medium apple

## Lunch

- Turkey burger
- Salad made with 1 cup baby spinach, 1/4 cup halved cherry tomatoes, 1/2 cup cooked lentils, 2 teaspoons grated Parmesan, and 1 tablespoon light Russian dressing
- 1 cup skim milk

## Snack

- 1 fat-free mozzarella string cheese stick
- 1 cup red grapes

## Dinner

- 5 ounces grilled wild salmon
- 1/2 cup brown or wild rice
- 2 cups mixed baby greens with 1 tablespoon low-fat Caesar dressing
- 1/2 cup all-fruit strawberry sorbet with 1 sliced pear

# SATURDAY

## Breakfast

- Frittata made with 3 large egg whites, 2 tablespoons diced bell peppers, 2 teaspoons chopped spinach, 2 tablespoons part-skim shredded mozzarella, and 2 teaspoons pesto 1/2 cup fresh raspberries
- 1 small bran muffin
- 1 cup skim milk

## Snack

- 1/2 cup low-fat vanilla yogurt with 1 tablespoon ground flaxseed and 1/2 cup diced pear

## Lunch

- 4 ounces sliced turkey breast
- Tomato-cucumber salad made with 5 slices tomato, 1/4 cup sliced cucumber, 1 teaspoon fresh chopped thyme, and 1 tablespoon fat-free Italian dressing
- 1 medium orange

## Snack

- Smoothie made with 3/4 cup skim milk, 1/2 banana, 1/2 cup low-fat yogurt, and 1/4 cup sliced strawberries

## Dinner

- 4 ounces red snapper baked with 1 teaspoon olive oil, 1 teaspoon lemon juice, and 1/2 teaspoon no-sodium seasoning
- 1 cup spaghetti squash with 1 teaspoon olive oil and 2 teaspoons grated Parmesan cheese
- 1 cup steamed green beans with 1 tablespoon slivered almonds

# SUNDAY

## Breakfast

- 2 slices Canadian bacon
- 1 whole-grain toaster waffle with sugar-free fruit spread
- 3/4 cup berries
- 1 cup skim milk

## Snack

- 1/4 cup fat-free cottage cheese with 1/4 cup cherries and 1 tablespoon slivered almonds

## Lunch

- Salad made with 2 cups baby spinach, 4 ounces grilled chicken, 1 tablespoon chopped dried cranberries, 3 slices avocado, 1 tablespoon slivered walnuts, and 2 tablespoons low-fat vinaigrette
- 1 apple
- 1 cup skim milk

## Snack

- 1/4 cup plain fat-free Greek yogurt with 1 tablespoon sugar-free fruit spread and 1 tablespoon ground flaxseed
- 1/4 cup blueberries

## Dinner

- 4 ounces lean pork tenderloin stir-fried with onions, garlic, broccoli, and bell pepper
- 1/2 cup brown rice
- 5 medium tomato slices with 1 teaspoon each chopped ginger, chopped cilantro, light soy sauce, and rice wine vinegar