

## Weight Loss Eating Plan - Female

(1000 Calories Meal Guide)

### MEAL 1

1 cup of oatmeal with 2 tsps Brown sugar	255 Calories
5 Egg Whites (scrambled)	64 Calories
8 oz. Water	0 Calories
<b>TOTAL</b>	<b>319 Calories</b>

### MEAL 2

Medium Bowl of fruit Salad	150 Calories
Protein Blend Shake (1 Scoop with 8 oz. Water)	130 Calories
<b>TOTAL</b>	<b>280 Calories</b>

### MEAL 3

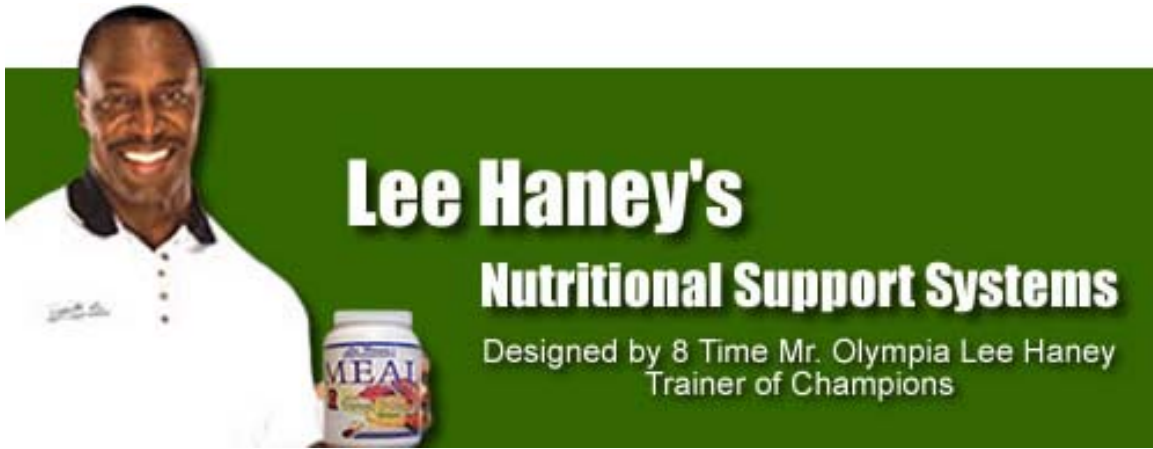
4 OZ. Tuna (can unsalted, in spring water)	150 Calories
Medium Mixed Garden Salad (with low Cal Dressing)	80 Calories
<b>TOTAL</b>	<b>230 Calories</b>

### MEAL 4

1/2 Cantalope	94 Calories
Protein Blend Shake (1scoop) With 8 oz. of water	130 Calories
<b>TOTAL</b>	<b>224 Calories</b>

### MEAL 5

3 Cups Air Popped Corn	160 Calories
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**ENTIRE MEAL CALORIC TOTAL = 1,213 Calories**

- The supplements listed is a crucial part of completing this particular meal plan:
- Lee Haney's Multi-Vitamin
- Lee Haney's Multi-Mineral
- Lee Haney's Metabolism Enhancer
- Lee Haney's Protein Blend; Proplex or Lee Haney's Meal Replacement bar can be used as an on the go meal replacement or between meal snack.
- If you are experiencing joint discomfort, there's Lee Haney's Joint Mobility.

If while using this meal plan you lack energy, increase your carbohydrate intake by 30-50g more on active days. I advise simple carbs for the increase (apples, pears, melons, etc.)