

Weight Loss Eating Plan #1

1,200 - 1,500 Caloric Diet Guide)

MEAL 1

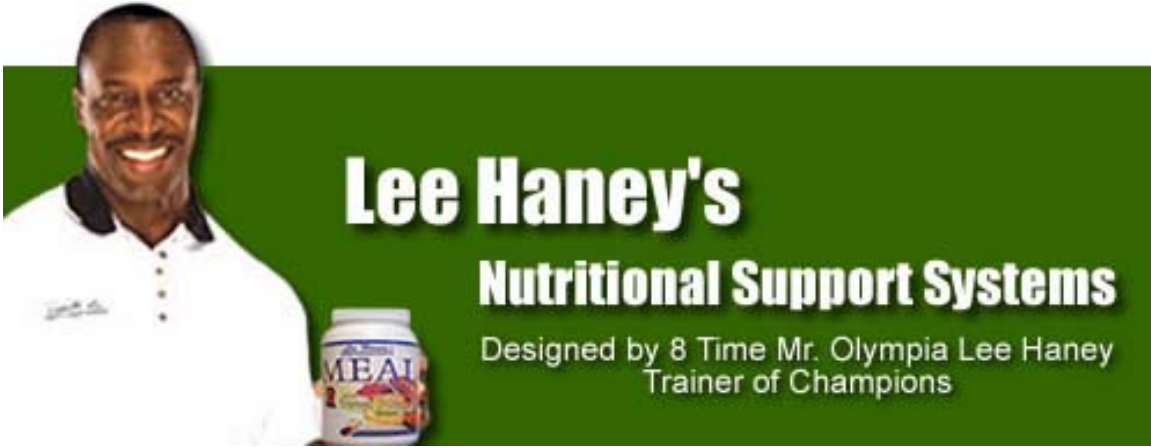
1 Whole Egg & 3 Egg Whites (scrambled)	141 Calories
1 Slice Wheat Bread	70 Calories
1 Teaspoon of Low Calories Jelly	40 Calories
1 Medium Apple	120 Calories
8 oz. Water	0 Calories
TOTAL	371 Calories

MEAL 2

Fruit Selections (Select two Fruits)	250 Calories
Medium Banana - 127 Calories	
Medium Apple - 120 Calories	
Medium Pear - 133 Calories	
OR	
Protein Blend Shake (2 scoops) - 130 Calories	250 Calories
With 8 oz. Rice Milk - 120 Calories	
TOTAL	250 Calories

MEAL 3

Chicken Breast	150 Calories
½ cup rice	170 Calories
Medium Salad with low calorie dressing	80 Calories
8 oz. Water	0 Calories
TOTAL	400 Calories



MEAL 4

Fruit Selections (Select two Fruits)	250 Calories
Medium Banana - 127 Calories	
Medium Apple - 120 Calories	
Medium Pear - 133 Calories	

OR

Protein Blend Shake (2 scoops) - 130 Calories	250 Calories
With 8 oz. Rice Milk - 120 Calories	

TOTAL **250 Calories**

MEAL 5

4 OZ. Halibut or Salmon	150 Calories
Steamed Vegetables (Medium Portion)	100 Calories
1 Slice Wheat Bread	70 Calories
8 oz. Water	0 Calories

TOTAL **320 Calories**

ENTIRE MEAL CALORIC TOTAL = 1,591 Calories