

Weight Loss Eating Plan #2

Breakfast: Selection #1

- Oatmeal or Bran cereal w/ low fat milk or soy milk w/ honey or raw sugar to sweeten
- Glass of OJ or glass water

Breakfast: Selection #2

- 1-2 scramble eggs w/ pepper
- 1-2 slices of turkey bacon
- 1 piece of whole-wheat toast w/natural jelly or honey
- Glass of water

Snack

- Apple or pear w/skin on it

Lunch: Selection #1

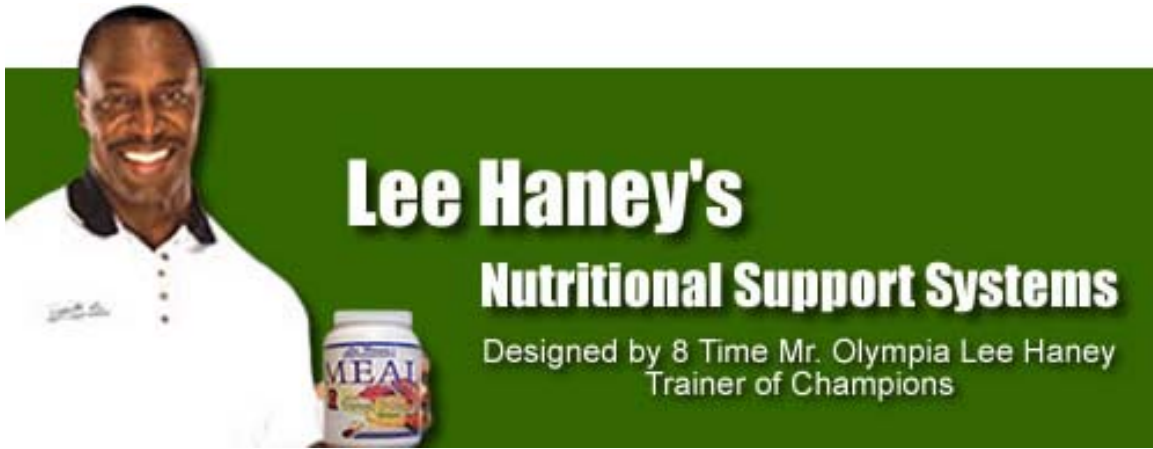
- Grilled chicken or salmon salad (mixed greens) w/vinaigrette dressing
- Medium baked potato or brown rice or whole-wheat bread w/low fat butter
- Glass of water

Lunch: Selection #2

- Beans: Medium serving of Field peas, black eye, pinto beans, kidney beans, black beans, butter beans, or navy beans
- Large serving of collard greens, squash, okra, or cabbage
- 1 slice of corn bread
- Glass of water

Lunch: Selection #3

- Meal Support (meal replacement)
- Snack: Mixed green salad w/vinaigrette



Dinner: Selection #1

- Grilled or baked chicken or fish
- Mixed medium to large serving of cooked veggies (squash, carrots, green beans, onions, etc.) or spinach and onions sautéed w/vegetable oil & garlic)
- Glass of water

Note: Smoked turkey can be used for flavoring, pepper, garlic, and other spices that are lower in sodium. If you must have salt, the better choice is sea salt (in small quantities).

Note: Start by setting small goals like cutting back on a soda here and a pack of chips there.

Note: Take in the majority of your calories before 3:00PM. This means that breakfast and lunch should be your two major meals.