

One Day of Meals for Weight Loss

Fast - Easy - Doable

Breakfast:

Cinnamon Parfait (200 Calories)

Ingredients:

3/4 cup cheese - cottage (1%)
1 tsp(s) cinnamon
1/2 cup Fiber One Cereal

Sugar substitute to taste

Directions/Tips:

6 oz = 3/4 cup cottage cheese

Best sugar substitute is Stevia.

1st Snack:

Edamame

1/4 Cup boiled, shelled soybeans
(about 17 pods)

Tips:

Add seasonings with 0 calories only.

2nd Snack:

Soy Nuts

1/4 Honey-roasted soy nuts

Drink beverages with 0 calories!

And at least 64 oz of water each day.

Lunch:

Chicken "Fried" Rice

Ingredients:

1 chicken breast(s) (1 breast is 4 oz)
2.6 oz broccoli - fresh
1/2 carrot - large
2 tsp(s) butter
1.7 oz rice - brown (dry)
1/2 egg(s)
2 tbsp(s) sauce - soy (low sodium)

Directions:

1. Preheat a large skillet over medium heat.

Cook diced chicken breast until cooked through and remove from skillet.

2. Place a steamer insert in a saucepan and fill with water to just below the bottom of the steamer. Cover and bring water to a boil. Place broccoli and carrots in steamer insert and cover. Steam for about 5 minutes or until tender.

3. Cook brown rice according to package directions.

4. Add butter to the skillet. Beat egg. Add the cooked chicken, vegetables, cooked brown rice, egg, and soy sauce and cook for 2 minutes, or until warmed through.

5. Tips:

2.6 oz = 1 cup fresh broccoli

1.7 oz dry = 1/4 cup dry = 3/4 cup cooked brown rice

1/2 whole = 1/4 cup carrots

Dinner:

Vegetarian Greek Pita

Ingredients:

1/4 cup(s) lettuce - shredded
1/10 cucumber(s)
1/8 tomato - medium
2 oz beans - garbanzo (chickpeas) - cooked
1 oz cheese - feta (reduced fat)
1 tbsp(s) sunflower seeds - unshelled
4 olives - large
1 tsp(s) oil - olive
1 tsp(s) vinegar
1 pita(s) - whole wheat

Directions:

1. Shred lettuce. Chop cucumber and tomato.

2. Heat garbanzo beans until warmed through.

3. Toss lettuce, garbanzo beans, cucumber, tomato, feta cheese, sunflower seeds, olives, olive oil, and vinegar. Stuff into pita.

4. Tips:

1 oz = 1/4 cup reduced fat feta cheese
1/10 whole = 2 tbsp cucumber

2 oz = 1/4 cup cooked garbanzo beans

1/8 whole = 2 tbsp chopped tomato

Contact Dalila for more help: 832-623-2727