



Biggest Loser 1-Week Diet Plan

You can lose weight like *The Biggest Loser* contestants without having to spend time at the ranch. This free 1-week meal plan, excerpted from *The Biggest Loser 30-Day Jump Start*, helps you follow a low-calorie diet with delicious Biggest Loser recipes and meal ideas. The diet plan was designed by Cheryl Forberg, RD, the show's resident nutritionist. On this diet, you'll eat three healthy meals and two snacks a day for a total of around 1,500 calories per day. Start losing weight today!

DAY 1

Breakfast

HAM AND CHEESE BREAKFAST MELT (pictured)

You can add mustard or a slice of tomato to customize this sandwich, if you like. It reheats well, too, so you might want to make two at a time and warm the second one the following morning!

1 Thomas'® Light Whole Grain English Muffin, split
1 slice (1 ounce) lean, low-sodium ham or lean Canadian bacon
2 egg whites
1 slice low-or reduced-fat Cheddar cheese
Salt and pepper to taste



- 1 Coat an egg ring (see note) with olive oil cooking spray.
- 2 Toast the muffin halves until they're lightly browned. While the muffin toasts, warm the ham for about 1 minute in a small nonstick skillet. Remove the ham from the skillet and place it on half of the toasted English muffin. Cover to keep it warm.
- 3 Place the prepared egg ring in the nonstick skillet over medium heat. Pour the egg whites into the ring. Cover the pan and cook over medium heat for about 3 minutes, or until the eggs are nearly set. Run a knife or spatula around the inside edge of the ring to break the egg loose. Remove the ring. Flip the egg over and cook it for about 30 seconds longer, or until done.
- 4 Place the egg on top of the ham. While the egg is piping hot, lay the cheese over it. Top with the remaining muffin half. Serve hot.

Excerpted from *The Biggest Loser 30-Day Jump Start*, by Cheryl Forberg, RD, Melissa Roberson, Lisa Wheeler, and The Biggest Loser Experts and Co. (Rodale 2009)

Loser Friendly Diet

Albert A Gayle



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Table of Contents Loser Friendly Diet

1. Understanding the eBook Loser Friendly Diet
 - The Rise of Digital Reading Loser Friendly Diet
 - Advantages of eBooks Over Traditional Books
2. Identifying Loser Friendly Diet
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Loser Friendly Diet
 - User-Friendly Interface
4. Exploring eBook Recommendations from Loser Friendly Diet
 - Personalized Recommendations
 - Loser Friendly Diet User Reviews and Ratings
 - Loser Friendly Diet and Bestseller Lists
5. Accessing Loser Friendly Diet Free and Paid eBooks
 - Loser Friendly Diet Public Domain eBooks
 - Loser Friendly Diet eBook Subscription Services
 - Loser Friendly Diet Budget-Friendly Options

6. Navigating Loser Friendly Diet eBook Formats
 - ePub, PDF, MOBI, and More
 - Loser Friendly Diet Compatibility with Devices
 - Loser Friendly Diet Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Loser Friendly Diet
 - Highlighting and Note-Taking Loser Friendly Diet
 - Interactive Elements Loser Friendly Diet
8. Staying Engaged with Loser Friendly Diet
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Loser Friendly Diet
9. Balancing eBooks and Physical Books Loser Friendly Diet
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Loser Friendly Diet
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Loser Friendly Diet
 - Setting Reading Goals Loser Friendly Diet
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Loser Friendly Diet
 - Fact-Checking eBook Content of Loser Friendly Diet
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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