

Time Suggestions	
8am	Breakfast
10	Snack
12	Lunch
2	Snack
4	Water
6	Dinner
8pm	Snack



Meal	Foods	Est. Calories
Day 1 1209		
Morning	Ham, 3 slices (2 oz)	69
Morning	2 Eggs, cooked, Hard Boiled	144
Snack	Cauliflower, raw (1 cup)	27
Lunch	Beef, steaks, chopped (4oz)	350
Lunch	Asparagus (1 cup)	32
Lunch	Cheese, cottage, nonfat (1 cup)	104
Lunch	Cheese, cream, fat free (1 tbsp)	19
Snack	Celery (3-5" sticks)	16
Dinner	Pork, loin, trimmed (4 oz)	195
Dinner	Cauliflower (2 cups)	54
Dinner	Shrimp, cooked (3oz)	84
Dinner	Sour cream, fat free (1 tbsp)	9
Snack	Yogurt, Greek, non fat (6oz)	106
Day 2 1244		
Morning	Turkey, 1 slice, 97% fat-free	27
Morning	2 Eggs, cooked, fried in olive oil	180
Snack	Carrots, baby (8)	35
Lunch	Beef, steaks, chopped (4oz)	350
Lunch	Broccoli (2 cups)	62
Lunch	Peppers, sweet, red (1 cup)	46
Lunch	Spinach, cooked, boiled (1 cup)	41
Dinner	Beef, tenderloin (6 oz)	274
Dinner	Asparagus (2 cups)	64
Dinner	Squash, acorn (1 cup)	83
Dinner	Squash, zucchini (1 cup)	66
Snack	Celery (3-5" sticks)	16
Day 3 1194		
Morning	Pork, Bacon (1 slice)	54
Morning	2 Eggs, cooked, Hard Boiled	144
Snack	Yogurt, Greek, non fat (6oz)	106
Lunch	Pork, loin, trimmed (4 oz)	195
Lunch	Asparagus (1 cup) & Shrimp (3oz)	116
Lunch	Cheese, cream, fat free (1 tbsp)	19
Snack	Cauliflower, raw (1 cup)	27
Dinner	Beef, steaks, chopped (4oz)	350
Dinner	Cauliflower (2 cups)	54
Dinner	Cheese, cottage, nonfat (1 cup)	104
Dinner	Sour cream, fat free (1 tbsp)	9
Snack	Celery (3-5" sticks)	16

Meal	Food	Est. Calories
Day 4 1226		
Morning	Turkey, 3 slices, 97% fat-free	81
Morning	2 Eggs, cooked, fried in olive oil	180
Snack	Carrots, baby (8)	35
Lunch	Beef, tenderloin (6 oz)	274
Lunch	Broccoli (2 cups)	62
Lunch	Squash, acorn (1 cup)	83
Lunch	Spinach, cooked, boiled (1 cup)	41
Snack	Yogurt, Greek, non fat (6oz)	106
Dinner	Fish, salmon (4 oz)	161
Dinner	Asparagus (2 cups)	64
Dinner	Peppers, sweet, red (1 cup)	46
Dinner	Squash, zucchini (1 cup)	66
Snack	Cauliflower, raw (1 cup)	27
Day 5 & 7 1150		
Morning	Pork, Bacon (1 slice)	54
Morning	2 Eggs, cooked, Hard Boiled	144
Snack	Yogurt, Greek, non fat (6oz)	106
Lunch	Fish, salmon (4 oz)	161
Lunch	Asparagus (1 cup)	32
Lunch	Squash, acorn (1 cup)	83
Snack	Cauliflower, raw (1 cup)	27
Dinner	Beef, tenderloin (6 oz)	274
Dinner	Asparagus (2 cups)	64
Dinner	Cheese, cottage, nonfat (1 cup)	104
Dinner	Squash, zucchini (1 cup)	66
Snack	Carrots, baby (8)	35
Day 6 1151		
Morning	Turkey, 1 slice, 97% fat-free	27
Morning	2 Eggs, cooked, fried in olive oil	180
Snack	Yogurt, Greek, non fat (6oz)	106
Lunch	Fish, salmon (4 oz)	161
Lunch	Broccoli (2 cups) & Shrimp (3oz)	146
Lunch	Spinach, cooked, boiled (1 cup)	41
Lunch	Turkey, 3 slices, 97% fat-free	81
Dinner	Pork, loin, trimmed (4 oz)	195
Dinner	Cauliflower (2 cups) & Bacon (1 slice)	108
Dinner	Peppers, sweet, red (1 cup)	46
Dinner	Sour cream, fat free (1 tbsp)	9
Snack	Carrots (8) & Celery (3-5" sticks)	51

1
2
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Drink lots
of water

E-mail

support@remove-my-weight.com

Shopping List

Eggs	14 large	Cheese, cream, fat free	2tbsp	Cauliflower, raw	11 cups
Ham, sliced, 96% fat free	2 oz	Sour cream, fat free	3tbsp	Peppers, sweet, red	3 cups
Bacon (sugar free)	4 slices	Shrimp, cooked	9 oz	Spinach, Frozen	3 cups
Turkey, sliced, 97% fat-free	8 slices	Yogurt, Greek, non fat	36 oz	Squash, zucchini	4 cups
Beef, tenderloin	4 filets	Celery, raw	4 sticks		
Beef, steak	12 oz	Carrots, baby	1 bag		
Fish, salmon	16 oz	Squash, acorn	4 cups		
Pork, loin,	12 oz	Asparagus	12 cups		
Cheese, cottage, nonfat	4 cup	Broccoli	6 cups		

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