



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

Michael Seilmaier



Loser Friendly Diet:

Unveiling the Power of Verbal Artistry: An Psychological Sojourn through **Loser Friendly Diet**

In some sort of inundated with monitors and the cacophony of instantaneous conversation, the profound power and psychological resonance of verbal artistry frequently disappear in to obscurity, eclipsed by the regular assault of sound and distractions. However, located within the lyrical pages of **Loser Friendly Diet**, a interesting work of fictional splendor that pulses with fresh feelings, lies an unforgettable journey waiting to be embarked upon. Published by way of a virtuoso wordsmith, this mesmerizing opus manuals visitors on an emotional odyssey, softly revealing the latent possible and profound impact embedded within the delicate web of language. Within the heart-wrenching expanse of the evocative examination, we can embark upon an introspective exploration of the book is key themes, dissect their charming publishing design, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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