



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

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Loser Friendly Diet:

The Top Books of the Year Loser Friendly Diet The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous engrossing novels enthralling the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the engaging narratives that have captivated audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens' "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and gripping novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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