

SAMPLE 1,600 CALORIE DAY

GET HEALTHY 

BREAKFAST

PUMPKIN PIE OATMEAL

3/4 cup oatmeal	225
2 tbsp skim milk	10
2 tbsp pumpkin	10
1 tsp pumpkin pie spice	6
2 tbsp pecans	89
1 tsp maple syrup	17

SNACK

1/2 cup sliced peaches	30
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LUNCH

COBB SALAD

	CALORIES
2 cups romaine	16
1/2 cup edamame	100
1/2 cup cucumber	8
3 oz. grape tomatoes	30
1/4 yellow bell pepper	13
2 tbsp chopped red onion	2
1/2 cup carrots	26
1 tbsp bleu cheese	30
2 pieces turkey bacon	70
2 tbsp balsamic vinaigrette	60

Lose 10 Lbs In 3 Weeks

Hussin A.Rothana



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