

SAMPLE 1,600 CALORIE DAY

GET HEALTHY 

BREAKFAST

PUMPKIN PIE OATMEAL

3/4 cup oatmeal

2 tbsp skim milk

2 tbsp pumpkin

1 tsp pumpkin pie spice

2 tbsp pecans

1 tsp maple syrup

CALORIES

225

10

10

6

89

17

SNACK

1/2 cup sliced peaches

30

LUNCH

COBB SALAD

2 cups romaine

1/2 cup edamame

1/2 cup cucumber

3 oz. grape tomatoes

1/4 yellow bell pepper

2 tbsp chopped red onion

1/2 cup carrots

1 tbsp bleu cheese

2 pieces turkey bacon

2 tbsp balsamic vinaigrette

CALORIES

16

100

8

30

13

2

26

30

70

60

Lose 10 Lbs In 3 Weeks

Yi-Tong Ma

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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