

Weight Loss Meal Plan

1,200 calories per day.

100 grams of carbs per day.

200 mg cholesterol per day.

Breakfast

- 2 scrambled eggs
- 1 slice whole wheat toast
- ½ avocado
- Black coffee or unsweetened tea
- OR: Plain nonfat Greek yogurt, ½ cup berries, ¼ cup granola
- Protein shake

Morning Snack

- 1 apple
- Blueberries

Lunch

- 4–5 oz grilled chicken breast
- Large salad (mixed greens, cucumber, tomatoes, bell peppers)
- 1 tablespoon light vinaigrette
- ½ cup brown rice or quinoa

Afternoon Snack

- Baby carrots or cucumber slices with 2 tablespoons hummus
- OR: Low-fat string cheese and about 15 almonds
- Popcorn (no butter)

Dinner

- 5 oz baked salmon, chicken, or lean turkey
- 1–2 cups roasted vegetables
- Small baked sweet potato

Evening Snack (Optional)

- Cottage cheese with cinnamon
- OR protein shake
- OR berries

Drink Goals

- 80–100 oz water daily
- Unsweetened tea
- Black coffee (or a splash of low-fat milk)
- Zero-calorie & Zero sugar drinks

Weight Loss Tips

- Aim for 100–130 g protein daily
- Fill half your plate with vegetables
- Walk 30–45 minutes most days
- Strength train 3–4 times per week
- Sleep 7–9 hours nightly

Customize Your Plan

However you want, just remember to cut down on your carbs intake, calories, and cholesterol.