

Lose 10 Pounds in 7 Days
7 Delicious 1200-Calorie
A Day Meals



WomenOnLife.com

Monday

BREAKFAST

2 cranberry cornmeal pancakes
2 tsp. almond butter
1 tbsp. maple syrup
1/2 fresh fruit salad

LUNCH

1/3 cup hummus
1/2 cup three bean salad
1 whole wheat roll

SNACK

1 oz. cashews

DINNER

3 oz. broiled scallops
1/2 cup broccoli
1/2 cup carrots
1/2 cup yellow peppers
2 tsp. peanut oil
1/2 cup Chinese noodles

Calories - 1220

Fat - 48gms/34% of calories

Sat - 8.1gms/5.8%

Mono - 23.2gms/16.6%

Poly - 14.7gms/10.5%

Cholesterol - 45mg

Sodium - 1319mg

Fiber - 17.3gms

Tuesday

BREAKFAST

1/2 cup cantaloupe
1 slice whole wheat toast
1 tsp. almond butter
1 cup lemon nonfat yogurt

LUNCH

1 cup minestrone soup
1 oz. lowfat mozzarella cheese
1 fresh tomato slices
1 slice whole wheat bread
1 tsp. prepared mustard

SNACK

1 oz. oil roasted peanuts

DINNER

3 oz. broiled swordfish
1/2 cup sweet potato
5 mushrooms
1/2 cup asparagus
1 cup tossed green salad
1 tbsp. olive oil
1 tbsp. vinegar
1/2 cup strawberries

Calories - 1216

Fat - 47.9gms/34% of calories

Sat - 10gms/7.2%

Mono - 24.1gms/17.2%

Poly - 10.4gms/7.4%

Cholesterol - 216mg

Sodium - 1864mg

Fiber - 15.9gms

Wednesday

BREAKFAST

1/4 cup egg substitutes
2 slices onion
1/4 cup green pepper
1 slice whole wheat toast
1 tsp. peanut butter
1 medium orange

LUNCH

1 cup salad greens
2 oz. skinless roasted chicken breast
1 tbsp. olive oil
1 tbsp. cider vinegar
1 sesame breadstick
2 cup nonfat skim milk
1 medium peach

SNACK

1 oz. dried almonds

DINNER

3 oz. large shrimp
1 cup broccoli
1/2 cup sweet red bell pepper
1/2 cup summer squash
2 tsp. peanut oil
1/2 cup brown rice
4 oz. tomato juice
1 medium apple

Calories - 1235

Fat - 50.3gms/36% of calories

Sat - 7.5gms/5.5%

Mono - 28.4gms/19.4%

Poly - 10.1gms/7.8%

Cholesterol - 216mg

Sodium - 1137mg

Fiber - 22.6gms

Thursday

BREAKFAST

3/4 cup bran flakes
1/2 cup nonfat skim milk
1/2 cup blueberries
1/2 whole wheat English muffin
1 tsp. almond butter

LUNCH

2 oz. turkey breast
1 oz. whole wheat pita bread
1/2 cup alfalfa sprouts
3 slices tomato
2 tsp. mustard
1/2 cup nonfat skim milk

SNACK

1 oz. roasted macadamia nuts

DINNER

4 oz. fresh whole wheat pasta
1/2 cup marinara sauce
1/2 cup eggplant
2 tsp. grated Parmesan cheese
1 cup mixed salad greens
2 tsp. olive oil
1 tbsp. vinegar

Calories - 1143

Fat - 47.1gms/35% of calories

Sat - 8.5gms/6.4%

Mono - 29.2gms/21.9%

Poly - 6.0gms/4.5%

Cholesterol - 87mg

Sodium - 1287mg

Fiber - 22.1gms

Friday

BREAKFAST

1 whole wheat bagel (small)
1 tbsp. chunky peanut butter
1/2 cup orange juice

LUNCH

1/2 cup garbanzo beans
1/2 cup yellow corn
1 cup mixed salad greens
2 tsp. olive oil
1 tbsp. vinegar
1 whole wheat roll

SNACK

1 oz. mixed nuts

DINNER

3 oz. skinless roasted chicken breast
1/2 cup yams
1/2 cup carrots
1/2 cup snap-green beans
1/2 cup grapefruit

Calories - 1210

Fat - 45.2gms/32% of calories

Sat - 7.9gms/5.6%

Mono - 23.1gms/16.3%

Poly - 10.7gms/7.6%

Cholesterol - 71mg

Sodium - 813mg

Fiber - 26.5gms

Saturday

BREAKFAST

1 multigrain bran waffle
3/4 cup red raspberries
2 tsp. almond butter
2 tsp. maple syrup
1/2 cup nonfat skim milk

LUNCH

2 oz. extra lean ham
1 slice fat-free Swiss cheese
2 tsp. prepared mustard
3 slices fresh tomato
2 leaves butterhead lettuce
2 slices whole wheat bread
1 fresh kiwi fruit

SNACK

1 oz. pecans

DINNER

4 oz. broiled haddock
1/2 cup corn
2 cups Italian green beans
1 cup spinach salad
2 tsp. olive oil
1 tbsp. vinegar

Calories - 1216

Fat - 52.3gms/37% of calories

Sat - 8.0gms/5.7%

Mono - 29.2gms/20.9%

Poly - 11.2gms/8.1%

Cholesterol - 213mg

Sodium - 1778mg

Fiber - 17.5gms

Sunday

BREAKFAST

3/4 cup oatmeal
1/2 cup nonfat skim milk
1 slice whole wheat toast
2 tsp. chunky peanut butter

LUNCH

2 oz. sardines in oil
2 slices whole grain bread
2 tsp. prepared mustard
2 slices fresh tomato
2 leaves butterhead lettuce
1 orange

SNACK

1 oz. hazelnuts

DINNER

3 oz. pork tenderloin
1/2 cup brown rice
1/2 cup beets
1/2 cup zucchini
1 cup tossed green salad
2 tsp. olive oil
2 tbsp. cider vinegar

Calories - 1208

Fat - 49gms/36% of calories

Sat - 7.3gms/5.3%

Mono - 28.6gms/20.7%

Poly - 9.5gms/6.9%

Cholesterol - 163mg

Sodium - 1049mg

Fiber - 18.9gms

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