

7 DAY MEAL PLAN FOR WEIGHT LOSS - RECIPES ON PDF INCLUDED - BALANCED 30/30/40
APPROXIMATELY 1500 CALORIES - PLEASE CONSULT YOUR PHYSICIAN BEFORE STARTING ANY WEIGHT LOSS PROGRAM

DAY	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
	1 SHAKEOLOGY	BEEF JERKY	TUNA ON RYE	EDAMAME	SWEET PEPPER PORK
	2 CEREAL W/RASPBERRIES & WALNUTS	SEAFOOD SALAD W CELERY STALKS	SHAKEOLOGY	HAM WRAPPED DATES	CHICKEN IN CREAMY MUSHROOM SAUCE
	3 CORNED BEEF HASH	EDAMAME	SHAKEOLOGY	PUMPKIN SEEDS	DILLED SALMON
	4 FRENCH TOAST STICKS W CINNAMON	TURKEY LETTUCE WRAP	SHAKEOLOGY	SALMON SALAD W CRISP BREAD	PARMESON DIJON CHICKEN
	5 SHAKEOLOGY	PESTO ARTICHOKE CHICKEN WRAP	GREEK STYLE SHRIMP WITH ORZO SALAD	COTTAGE CHEESE W STRAWBERRIES	GRILLED STEAK WITH SALSA SAUCE
	6 IRISH OMELET	ROAST BEEF & CHEDDAR ON CRACKERS	SHAKEOLOGY	SOY NUTS & RAISINS	HERB ROASTED CHICKEN AND VEGETABLES
	7 SHAKEOLOGY	PUMPKIN SEEDS	SOUTHWESTERN BBQ WRAP	HARD BOILED EGG	MEDITERRANEAN COD