

Weight Loss Menu

1. Fast Or Slow
2. Number
3. Food Item
4. Food Item
5. Food Item
6. Liquid
7. Number
8. Food Item
9. Food Item
10. Name Of A Fruit Or Vegetable
11. Liquid
12. Number Greater Than Fifty
13. Type Of Meat
14. Food Item
15. Name Of A Fruit Or Vegetable
16. Number
17. Type Of Meat
18. Food Item
19. Number
20. Small Medium Or Large
21. Liquid
22. Liquid
23. Number

24. Animal
25. Food Item
26. Name Of Spice Or Seasoning
27. Liquid
28. Number
29. Food Item
30. Breakfast Lunch Or Dinner
31. Liquid
32. Number
33. Number Between One And Twelve
34. High Or Low
35. Liquid
36. Plural Food Item
37. Number
38. Adjective

Weight Loss Menu

Lose weight fast or slow with this food menu for guidance.

BREAKFAST:

number egg whites scrambled with swiss food item, tomatoes and food item.

1 slice of whole grain food item (strawberry liquid is optional)

number cup of plain food item with either a handful of food item or name of a fruit
or vegetable slices.

A can of iced liquid.

Total fat/calories = number greater than fifty grams

LUNCH:

type of meat salad food item on rye bread with diced name of a fruit or vegetable seasoned with
basil.

number cup of all-american type of meat noodle soup with a side of jalapeno food item
crackers.

number perogies without dip.

A small medium or large glass of ice cold liquid or a cup of hot liquid.

Total fat/calories = number grams

DINNER

:

Skinless, boneless _____animal_____ (extra lean) covered in _____food item_____ gravy.

1 cup of rice seasoned with _____name of spice or seasoning_____, _____liquid_____ and topped with tomato.

_____number_____ portion of broccoli smothered in _____food item_____

2 _____breakfast lunch or dinner_____ rolls

Glass of red _____liquid_____

Total fat/calories = _____number_____ grams

SNACK (before _____number between one and twelve_____ pm)

Bowl of lucky charms cereal with _____high or low_____ fat _____liquid_____

Handful of _____plural food item_____

Total fat/calories = _____number_____ grams

You will look _____Adjective_____ in no time if you follow this regimen religiously!