

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!