

# 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!