

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!