



MY 10 LB WEIGHT LOSS MENU WEEK 1

	Breakfast	Lunch	Snack	Dinner
Monday	1 cup cooked oatmeal 3 egg whites 1 banana	Turkey sandwich, carrot sticks bean dip	Apple with almond butter	Stir fry chicken with veggies
Tuesday	Scrambled egg, salsa on ww tortilla	Hummus, vegetables, turkey on pita	Orange and walnuts	Chili with vegetables
Wednesday	1 cup oatmeal, egg whites, applesauce	Minestrone soup	Dates and nuts	Angel hair, vegetables chicken
Thursday	Smoothie with vegetables and flax	Turkey sandwich on wrap	Cottage cheese and yogurt	Crock pot vegetable soup
Friday	Oatmeal, egg whites, blueberries	Salad with chicken	Apple with pecans (cooked)	Rice and Beans