

145lb Female Weight Loss

1400cal max/day

Breakfast (8am)

1 cup oatmeal 166cal

10 Strawberries 20 cal

OR

1 egg 102cal

1 slice wheat bread 75 cal

Lunch (12pm)

2 slices deli turkey 40cal

2 slices Wheat Bread 150cal

OR

½ Chicken Breast 140 cal

½ cup Brown Rice 80cal

Dinner (7pm)

½ Chicken Breast (3-4 oz) 140 cal

1 Cup Broccoli 60 cal

OR

4 oz Ground Turkey 150cal

1 cup Brussel Sprouts 60 Cal

Snack 1 (1030am)

2 Banana 210 Cal

OR

Protein Shake 150 Cal

Snack 2 (3pm)

½ cup almonds 250cal

OR

1.5 tbsp PB 140 cal

6 stalks Celery 0 cal