

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!