














# my best weight loss PROGRAMS



	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Option 1	 <p>Oatmeal + Coffee (no Sugar)</p> 	 <p>Green Juice</p>	 <p>Turkey – Chicken Breat Sandwich +</p>  <p>Orange Carrot Juice (no Sugar)</p>	 <p>Strawberry Smoothie</p>	 <p>Wild Rice or Brown Rice (small portion) +</p>  <p>Spinach +</p>  <p>Grilled Tuna</p>	 <p>Chamomille Tea +</p>  <p>Strawberries</p>



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## Option 2



**Bread - toast**  
+



**Coffee black or  
with soy milk or  
milk**  
(no sugar)



**Fruit Salad**  
(no sugar)



**Sweet Potato**

+



**Salad**

+



**Melon juice**



**Banana**

+



**Green Tea**  
(no sugar)



**Wild rice or brown rice**  
(Small portion)

+



**Squash or pumpkin**

+



**Grilled Chicken Breast**



**Chamomille Tea**

+















**Eggplant**



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<p><b>Option 3</b></p>	 <p><b>Banan, oat smoothie</b></p> <p>+</p> <p><b>Coffee black or with soy milk or milk</b> (no sugar)</p> 	 <p><b>Melon</b></p> <p>+</p>  <p><b>Green Tea</b> (no sugar)</p>	 <p><b>Grilled chicken salad</b></p> <p>+</p>  <p><b>Black Beans</b></p>	 <p><b>Light Soy yogurt</b></p> <p>+</p>  <p><b>Green tea</b> (no sugar)</p>	 <p><b>Wild rice or brown rice</b> (Small portion)</p> <p>+</p>  <p><b>Egg White Omellete</b></p> <p>+</p>  <p><b>Salad</b></p>	 <p><b>Chamomille Tea</b></p> <p>+</p>  <p><b>Maça</b></p>
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<p><b>Option 4</b></p>	 <p><b>Cereal</b> (Soy or skim milk)</p> <p>+</p> <p><b>Coffee black or with soy milk or milk</b> (no sugar)</p> 	 <p><b>Banana</b></p> <p>+</p>  <p><b>Green Tea</b></p>	 <p><b>Tuna Salad sandwich</b></p> <p>+</p>  <p><b>Beetroot Juice</b></p>	 <p><b>Popcorn)</b></p> <p>+</p>  <p><b>Green Tea</b></p>	 <p><b>Wild rice or brown rice</b> (Small portion)</p> <p>+</p>  <p><b>Steamed Vegetables</b></p> <p>+</p>  <p><b>Grilled Salmon</b></p>	 <p><b>Chamomille Tea</b></p> <p>+</p>  <p><b>Protein Bar</b></p>
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