

SIMPLE 30-DAY WEIGHT-LOSS MEAL PLAN: 1,200 CALORIES

Week 1

Week 2

	Breakfast Aim for 250 - 300 cal.	A.M. Snack Aim to fulfill calories	Lunch Aim for 250 - 300 cal.	P.M. Snack Aim to fulfill calories	Dinner Aim for 400 - 500 cal.
Day 1	1 serving Avocado-Egg Toast	1 medium orange	1 serving Butternut Squash Soup with Avocado & Chickpeas	1 medium kiwi	1 serving Citrus Poached Salmon with Asparagus with 3/4 cup Cauliflower Rice
Day 2	1 serving Blueberry-Banana Overnight Oats	1 serving Apple Cider Vinegar Tonic	1 1/2 cups Slow-Cooker Vegetable Soup with 1 slice Everything Bagel Avocado Toast	1/2 cup edamame (in pods) sprinkled with a pinch of coarse sea salt	1 serving Vegan Coconut Chickpea Curry
Day 3	1 serving Blueberry-Banana Overnight Oats	1 medium orange	1 1/2 cups Slow-Cooker Vegetable Soup with 1 slice Everything Bagel Avocado Toast	2 medium kiwis	1 serving Zucchini Noodles with Pesto & Chicken
Day 4	1 slice Peanut Butter-Banana Cinnamon Toast	1 cup Apple Cider Vinegar Tonic with 1 cup blueberries	1 serving Green Salad with Edamame & Beets	1 medium orange	1 serving Spicy Shrimp with 1/2 cup Easy Brown Rice
Day 5	1 slice Peanut Butter-Banana Cinnamon Toast	1 kiwi	1 1/2 cups Slow-Cooker Vegetable Soup with 3 Tbsp. hummus and 6 seeded crackers	1 kiwi	1 serving Taco Spaghetti Squash Boats
Day 6	1 cup raspberries topped with 1 cup nonfat Greek yogurt, 1 Tbsp. sliced almonds & 1 tsp. honey	1 cup Apple Cider Vinegar Tonic	1 serving Veggie & Hummus Sandwich	1/2 cup edamame (in pods) sprinkled with a pinch of coarse sea salt	1 serving Sheet-Pan Chicken & Vegetables with Romesco Sauce
Day 7	1 serving Avocado-Egg Toast	3/4 cup raspberries topped with 1/2 cup nonfat Greek yogurt & 1 tsp. honey	1 serving Green Salad with Edamame & Beets	1 medium orange	1 serving Salmon Tacos with Pineapple Salsa with Broiled Mango to enjoy after dinner
Day 8	2 Muffin-Tin Quiches with Smoked Cheddar & Potato and 1 cup Herbal Chamomile Health Tonic	1 cup blueberries	1 serving Curried Chicken Apple Wraps with 1 medium pear	1 cup raspberries topped with 1/2 cup nonfat plain Greek yogurt	1 1/2 cups Slow-Cooker Curried Butternut Squash Soup and 1 serving Kale Salad with Beets & Wild Rice
Day 9	1 cup raspberries topped with 1 cup nonfat Greek yogurt, 1 Tbsp. sliced almonds & 1 tsp. honey	1 cup Herbal Chamomile Health Tonic and 1 cup blueberries	1 cup Slow-Cooker Curried Butternut Squash Soup and 2 1/2 cups Kale Salad with Beets & Wild Rice	1/2 cup edamame (in pods) sprinkled with a pinch of coarse sea salt	1 serving Sheet-Pan Roasted Salmon & Vegetables
Day 10	2 Muffin-Tin Quiches with Smoked Cheddar & Potato and 1 medium orange	1 cup Herbal Chamomile Health Tonic	1 serving Curried Chicken Apple Wraps with 1 medium pear	1 cup raspberries topped with 1/2 cup nonfat plain Greek yogurt	1 serving Garlic-Lime Pork with Farro & Spinach with 1 cup Tangy Broccoli with Almonds
Day 11	2 Muffin-Tin Quiches with Smoked Cheddar & Potato and 1 medium orange	1/2 cup blueberries	1 1/2 cups Slow-Cooker Curried Butternut Squash Soup with 3 Tbsp. hummus and 5 seeded crackers	1 cup Herbal Chamomile Health Tonic	1 serving Crispy Oven-Fried Fish Tacos
Day 12	1 cup raspberries topped with 1 cup nonfat Greek yogurt, 1 Tbsp. sliced almonds & 1 tsp. honey	2 medium plums with 1 cup green tea	1 serving No-Cook Black Bean Salad	1 medium apple	2 cups Slow-Cooker Freezer Pack Soup with Chicken, Beans & Pasta
Day 13	2 Muffin-Tin Quiches with Smoked Cheddar & Potato and 1 medium orange	1 plum and 1 cup green tea	2 cups No-Cook Black Bean Salad	3/4 cup raspberries topped with 3 Tbsp. nonfat Greek yogurt and 1 Tbsp. slivered almonds	2 cups Slow-Cooker Pasta e Fagioli Soup
Day 14	2 Blueberry-Pecan Pancakes topped with 2 Tbsp. blueberries and 2 Tbsp. nonfat Greek yogurt mixed with 1 tsp. maple syrup	1 cup green tea	1 serving Whole-Wheat Veggie Wrap	1/2 cup edamame (in pods) sprinkled with a pinch of coarse sea salt	2 servings Cauliflower & Chickpea Salad with Curry Powder & Lime



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Week 5

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Day 15	1 serving Avocado-Egg Toast	1 cup Apple Cider Vinegar Tonic with 1 plum	1 serving Veggie & Hummus Sandwich	1 cup raspberries topped with 1/4 cup nonfat Greek yogurt & 1 tsp. honey	1 serving Pineapple Sheet-Pan Pork with 1 cup steamed broccoli tossed in 1 tsp. olive oil & lime juice and seasoned with salt and pepper
Day 16	1 1/2 cups Blueberry-Banana Overnight Oats	1 cup green tea	1 serving Spicy Slaw Bowls with Shrimp & Edamame	1/2 cup diced cucumber and 1/4 cup shelled edamame tossed in 1 tsp. lime juice and a pinch of salt and pepper	1 serving Chickpea Curry with 1/2 cup Easy Brown Rice and 1 serving Turmeric-Roasted Cauliflower
Day 17	1 serving Blueberry-Banana Overnight Oats	1 cup Apple Cider Vinegar Tonic	1 serving Spicy Slaw Bowls with Shrimp & Edamame	3/4 cup raspberries 	1 serving Spaghetti Squash & Chicken with Avocado Pesto
Day 18	1 slice Peanut Butter-Banana Cinnamon Toast	2 plums	1 serving Spicy Slaw Bowls with Shrimp & Edamame	1 cup raspberries and 1 cup green tea	1 serving Roasted Salmon with Smoky Chickpeas & Greens
Day 19	1 slice Peanut Butter-Banana Cinnamon Toast	1 cup green tea	1 serving Spicy Slaw Bowls with Shrimp & Edamame	1 medium orange	1 serving Butternut Squash Soup with Avocado & Chickpeas and 1 slice whole-wheat toast drizzled with 1 tsp. olive oil and a pinch of salt and pepper
Day 20	1 cup raspberries topped with 1 cup nonfat Greek yogurt, 1 Tbsp. sliced almonds & 1 tsp. honey	1 medium orange and 1 cup Apple Cider Vinegar Tonic	1 1/2 cups Slow-Cooker Vegetable Soup with 1 slice Everything Bagel Avocado Toast	1/2 cup diced cucumber and 1/4 cup shelled edamame tossed in 1 tsp. lime juice and a pinch of salt and pepper	1 serving Jerk Chicken & Pineapple Slaw and 1 cup Easy Brown Rice
Day 21	1 serving Avocado-Egg Toast	1 cup raspberries topped with 2 Tbsp. nonfat Greek yogurt	1 1/2 cups Slow-Cooker Vegetable Soup with 1/4 cup hummus and 6 seeded crackers	1/4 cup diced cucumber and 1/4 cup shelled edamame tossed in 1 tsp. lime juice and a pinch of salt and pepper	1 serving Stetson Chopped Salad and 1/2 slice whole-wheat toast drizzled with 1 tsp. olive oil and seasoned w. a pinch of salt and pepper
Day 22	2 Blueberry-Pecan Pancakes topped with 2 Tbsp. nonfat Greek yogurt mixed with 1 tsp. maple syrup 	1 1/4 cups raspberries	1 serving Stetson Chopped Salad	1/3 cup diced cucumber and 1/3 cup shelled edamame tossed in 1 tsp. lime juice and a pinch of salt and pepper	1 serving Beef Noodle Bowl and 1 kiwi
Day 23	2 Muffin-Tin Quiches with Smoked Cheddar & Potato and 1 medium orange	1 cup raspberries	1 serving Beef Noodle Bowl	1 cup Herbal Chamomile Health Tonic with 2 kiwis	1 serving Eggs in Tomato Sauce with Chickpeas & Spinach with 1/2 (6-inch) whole-wheat pita bread
Day 24	2 Muffin-Tin Quiches with Smoked Cheddar & Potato and 1 cup Herbal Chamomile Health Tonic	1 medium orange	1 serving Veggie & Hummus Sandwich	1/2 cup diced cucumber and 1/2 cup shelled edamame tossed in 1 tsp. lime juice and a pinch of salt and pepper	1 serving (3 patties) Falafel with 2 cups mixed greens, 1/2 cup sliced cucumber and topped with 2 Tbsp. Tahini Sauce with Lemon & Garlic
Day 25	2 Muffin-Tin Quiches with Smoked Cheddar & Potato and 1 cup Herbal Chamomile Health Tonic	1 medium orange	1/2 (6-inch) whole-wheat pita bread stuffed with 2 Falafel patties, 1 cup mixed greens, 1/4 cup sliced cucumber, and 1 Tbsp. Tahini Sauce with Lemon & Garlic	1 cup raspberries topped with 1/4 cup nonfat Greek yogurt & 1 tsp. honey	1 serving Roasted Chicken & Winter Squash over Mixed Greens
Day 26	1 1/2 cups Blueberry-Banana Overnight Oats	1 cup Herbal Chamomile Health Tonic	1 serving Curried Chicken Apple Wraps with 1 medium pear	2 kiwis	1 serving Ginger Roasted Salmon & Broccoli and 1/2 cup Cauliflower Rice
Day 27	2 Muffin-Tin Quiches with Smoked Cheddar & Potato and 1 medium orange	1/2 cup blueberries and 1 cup green tea	1 serving Curried Chicken Apple Wraps with 1 medium pear	2 Tbsp. hummus and 1/2 medium bell pepper, sliced	2 cups White Turkey Chili
Day 28	2 Muffin-Tin Quiches with Smoked Cheddar & Potato	1 cup raspberries and 1 cup green tea	1 1/2 cups White Turkey Chili	2 Tbsp. hummus and 1/2 medium bell pepper, sliced	1 serving Easy Saag Paneer with 1/2 cup Easy Brown Rice
Day 29	2 Blueberry-Pecan Pancakes topped with 3 Tbsp. blueberries and 2 Tbsp. nonfat Greek yogurt mixed with 1 tsp. maple syrup	1 cup raspberries and 1 cup green tea	1 1/2 cups White Turkey Chili	1 medium orange	1 serving Cod w. Tomato Cream Sauce, 1/2 cup Easy Brown Rice, and 2 cups mixed greens dressed with 2 tsp. olive oil and balsamic vinegar
Day 30	2 Muffin-Tin Quiches with Smoked Cheddar & Potato and 1 medium orange	3/4 cup blueberries and 1 cup green tea	2 cups No-Cook Black Bean Salad	1/3 cup diced cucumber and 1/3 cup shelled edamame tossed in 1 tsp. lime juice w. a pinch of salt and pepper	1 serving Stuffed Acorn Squash with 3/4 cup Cauliflower Rice