

Sample Weight Loss Meals

Breakfast	Lunch	Dinner
4oz. lowfat cottage cheese 2/3 cup blueberries	3 ½ oz Chicken Breast 1 small tomato 2 cups lettuce	3 ½ oz halibut 1 cup broccoli 2 cups lettuce
1 egg 1 piece whole grain toast	fat free salad dressing 1 tangerine (2.5" dia.)	Fat free salad dressing 2 medium apricots
½ cup Cream of Wheat 1 cup nonfat milk		

Don't Forget mid-morning, afternoon and evening Snack!

Snacks = 1 Lindora Protein (or serving from the protein list)