

32 Mondays – Healthy Eating Plan to Lose Weight

MONDAY

Breakfast

- whole wheat toast with olive oil and prosciutto
- low-fat cheese
- coffee or tea

Snack (if more than 3-4 hours remain before lunch)

- nuts
- fruit (½ serving)

Lunch

- tomato salad
- macaroni with meat, tomato, and grated cheese
- fruit

Snack (if more than 3-4 hours remain before dinner)

- low-fat cheese
- whole grain bread (½ slice)

Dinner

- steamed broccoli
- ham omelet
- fruit

- treat

Snack (if more than 3-4 hours remain before bed)

- carrots with hummus

TUESDAY

Breakfast

- plain yogurt with fresh fruit
- low sugar, high fiber cereal (1/2 serving)
- coffee or tea

Snack (if more than 3-4 hours remain before lunch)

- whole grain bread (1/2 slice)
- low-fat cheese

Lunch

- chicken with mushrooms and quinoa
- fruit

Snack (if more than 3-4 hours remain before dinner)

- nuts

Dinner

- vegetable cream
- ham

- kefir with berries
- treat

Snack (if more than 3-4 hours remain before bed)

- Carrots with hummus

WEDNESDAY

Breakfast

- whole-wheat toast with tomato and ham
- low-fat cheese
- coffee or tea

Snack (if more than 3-4 hours remain before lunch)

- nuts

Lunch

- Vegetable soup with lentils, bulgur, quinoa, or similar
- fruit

Snack (if more than 3-4 hours remain before dinner)

- low-fat cheese
- fruit

Dinner

- tomato and mozzarella salad

- grilled salmon
- yogurt
- treat

Snack (if more than 3-4 hours remain before bed)

- celery with guacamole

THURSDAY

Breakfast

- whole-wheat toast with olive oil and salami
- yogurt

Snack (if more than 3-4 hours remain before lunch)

- carrots with hummus

Lunch

- whole wheat pasta salad with vegetables, tuna and beans
- yogurt with fruit

Snack (if more than 3-4 hours remain before dinner)

- nuts

Dinner

- boiled green beans with carrots and onion
- eggs

- fruit
- treat

Snack (if more than 3-4 hours remain before going to bed)

- mozzarella stick
- small piece of prosciutto

FRIDAY

Breakfast

- whole wheat toast with cheese spread and jam

Snack (if more than 3-4 hours remain before lunch)

- low-fat cheese

Lunch

- healthy hamburger with vegetables
- whole wheat bread
- fruit

Snack (if more than 3-4 hours remain before dinner)

- yogurt and fruit

Dinner

- green salad
- fish
- low sugar homemade flan

Snack (if more than 3-4 hours remain before going to bed)

- yogurt

SATURDAY

Breakfast

- kefir
- high-fiber cereal (no sugar added or low sugar,)

Snack (if more than 3-4 hours remain before lunch)

- carrots with hummus

Lunch

- beef
- quinoa
- fruit

Snack (if more than 3-4 hours remain before dinner)

- yogurt and fruit

Dinner

- green salad with egg, tuna, and nuts
- homemade puff pastry cake with lots of fruit

Snack (if more than 3-4 hours remain before going to bed)

- mozzarella stick

SUNDAY

Breakfast

- whole wheat pancakes with a small spoon of butter and maple syrup

Snack (if more than 3-4 hours remain before lunch)

- low-fat cheese

Lunch

- stir-fried chicken and vegetables and quinoa or couscous
- fruit

Snack (if more than 3-4 hours remain before dinner)

- yogurt

Dinner

- green salad
- grilled fish
- yogurt

- treat

Snack (if more than 3-4 hours remain before going to bed)

- celery and hummus

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Source: www.32Mondays.com

Food is a pleasure. Nobody deserves to be on a diet!