

Tuscaloosa Weight Loss

STEP 4 MEAL
PLAN & GUIDE

Focused on your Wellness

BREAKFAST

1/2 cup of high fiber,
unsweetened cereal -OR-
1/2 cup of plain oatmeal
1/2 cup of skim milk -OR-
1/2 cup of light soy milk
1 serving of fruit -OR- 1/2
serving of protein
1 serving of starch
1 serving of fruit

***PROTEIN SUPPLEMENT**

Morning

LUNCH

1/2 serving of protein
1 serving of veggies
1 serving of starch
1 serving of fruit

***PROTEIN SUPPLEMENT**

Afternoon

DINNER

1 serving of protein
2 servings of veggies
1 tablespoon of corn oil,
olive oil or light
mayonnaise

***PROTEIN SUPPLEMENT**

**CHOOSE 1 SERVING OF FRUIT
AT LUNCH OR DINNER**

Evening

PROTEIN SUPPLEMENT GUIDELINES

At least 13 grams of
protein, 7 grams or less of
sugar (140-160 calories
each)

**YOU MUST HAVE 3 PROTIEN
SUPPLEMENTS A DAY IN
BETWEEN EACH MEAL**

Guide