

# Tuscaloosa Weight Loss

## Focused on your Wellness

### STEP 2 MEAL PLAN & GUIDE

#### **BREAKFAST**

1 egg -OR- 1-2 slice(s) of  
cheese toast

For cheese toast:

Light, whole grain, low  
sugar bread & low-fat,  
light cheese

#### **MID-MORNING SNACK**

Protein Supplement

### **Morning**

#### **LUNCH**

3oz of water-packed tuna,  
crabmeat, fish, chicken or  
turkey

1 small orange, apple or  
banana

1 cup of raw veggies

#### **MID-AFTERNOON SNACK**

Protein Supplement

### **Afternoon**

#### **DINNER**

4oz of chicken, turkey or fish  
with 1/2 cup cooked veggies  
& 1/2 cup raw veggies

#### **EVENING SNACK**

Protein Supplement

### **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**