

Tuscaloosa Weight Loss

STEP 2 MEAL
PLAN & GUIDE

Focused on your Wellness

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