

Tuscaloosa Weight Loss

STEP 1 MEAL
PLAN & GUIDE

Focused on your Wellness

BREAKFAST

1 small orange, apple or banana & 1 egg

-OR-

1 small orange, apple or banana & cheese toast

-For Cheese Toast-

1 or 2 slices of light bread (approx 35-50 calories/ slice)

MID-MORNING SNACK

Protein Supplement

Morning

LUNCH

1 cup of raw veggies & 1/2 cup of low-fat cottage cheese -OR-

1 cup of raw veggies & 6oz of low-fat, low sugar yogurt (approx 50-80 calories)

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