



WEIGHT LOSS MEAL PLAN

2021 HEALTHY MEAL PLAN

 Health Beet

BREAKFAST

*Oatmeal
and Eggs*

(300-400 calories)

LUNCH

Green Salad

(300-400 calories)

SNACK

*Protein Treat or
Greek Yogurt*

(200 calories)

DINNER

*Meat & Vegetables
Starchy Carbs*

(400-500 calories)

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