
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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