

**squeedio**

# 7 DAY

## Weight loss menu



## Plan Introduction

When it comes to all things weight loss, the simplest, fastest way to make impactful, lasting change is to form habits you can actually stick with for life. That's why this plan includes an easy-to-follow meal planning guide as a good starting point.

This full week of healthy and delicious food will take the guesswork out of grocery shopping and prepping with nutritionist-approved breakfast, lunch, and dinner ideas. Keep in mind to determine the appropriate portion sizes, according to your weight loss goals, activity levels, and individual requirements.



*This information is for educational purposes only and is not intended as a substitute for medical diagnosis or treatment. You should not use this information to diagnose or treat a health problem or condition. Before starting a new diet plan, consult with a healthcare provider or a registered dietitian, especially if you have an underlying health condition.*

## Tips for healthy eating

### Choose these foods more often:

- **Vegetables and fruits.** Fill half your plate with vegetables at most meals. Choose fresh, frozen, or canned with no added sugar or salt.
- **Whole grains** like barley, oats, and whole grain breads, pastas, and brown rice.
- **Plant proteins** like beans, peas, lentils, tofu, and other soy foods.
- **Lean animal proteins** like fish, seafood, eggs, chicken, and turkey. Eat fish at least 2 times a week.
- **Healthy fats** like nuts and seeds and their butters; avocados; oils like olive, canola, avocado, and walnut

### Limit these foods:

- **Limit foods higher in saturated fat** like red meat (beef and pork); skin on poultry; bacon, sausage, and other processed meats; and higher fat dairy products.
- **Limit foods with trans fats** like hard margarine, some store-bought baked foods, chips, cookies, and deep fried foods.
- **Add little or no salt to cooking** or to your plate of food. Use flavourings like herbs, spices, garlic, lemon, or vinegar.
- **Read labels to limit higher sodium foods** like some processed foods, canned foods, and fast food.
- **Limit foods and drinks with added sugars** like juice, pop, candy, desserts, sweet baked foods, and sweet sauces.
- **Choose water, milk, tea, or coffee**, and drinks with **no added sugar**.

Healthy snacks are lower in sugar, unhealthy fats, and salt (sodium).

**Not everyone needs a snack.** Eating healthy snacks can help you:

- **Get important nutrients** like fibre, vitamins, minerals, and healthy fats.
- **Satisfy hunger** if there is a long time between your meals.



# 7 day men's health menu plan

|                 | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday   | Sunday  |
|-----------------|--|--|--|--|--|--|---|
| Breakfast       | <ul style="list-style-type: none"><li>Smoked salmon and egg on a whole grain bagel with a portion of watercress, a medium low fat mocha drink</li></ul>  | <ul style="list-style-type: none"><li>Berry smoothie with protein powder</li></ul>   | <ul style="list-style-type: none"><li>Oatmeal with banana, pumpkin seeds, and a drizzle of maple syrup</li><li>Coffee with low fat milk</li></ul>  | <ul style="list-style-type: none"><li>Apple and peanut butter on a wholewheat English muffin</li><li>1 cup of low fat milk</li></ul>                               | <ul style="list-style-type: none"><li>40 g granola</li><li>100 g unsweetened Greek yogurt</li><li>100 g blueberries and 3 tbsp flax seeds</li><li>Coffee with low fat milk</li></ul>   | <ul style="list-style-type: none"><li>Two quinoa edamame egg muffins</li><li>A portion of grilled tomatoes and mushrooms drizzled with olive oil</li><li>A glass of almond milk</li></ul>                | <ul style="list-style-type: none"><li>Sardines on two slices of whole grain toast with spread</li><li>A portion of fresh spinach</li><li>Medium low fat mocha drink</li></ul>       |
| Morning Snack   | <ul style="list-style-type: none"><li>A portion of hummus and raw vegetables for dipping, two oatcakes</li></ul>   | <ul style="list-style-type: none"><li>Two rice cakes spread with 2 tablespoons (tbsp) peanut butter and topped with apple slices</li></ul>   | <ul style="list-style-type: none"><li>Chocolate peanut butter cup, apple slices</li></ul>  | <ul style="list-style-type: none"><li>Carrot Cake Energy Bar</li></ul>   | <ul style="list-style-type: none"><li>Tofu "egg" salad stuffed tomato</li></ul>  | <ul style="list-style-type: none"><li>Two rice cakes spread with 2 tbsp peanut butter and sliced banana</li></ul>  | <ul style="list-style-type: none"><li>One quarter cup Brazil nuts and a banana</li></ul>  |
| Lunch           | <ul style="list-style-type: none"><li>A bowl of bean, vegetable soup drizzled with extra virgin olive oil,</li><li>1 slice of whole grain seeded bread, a portion of raw, fa side lightly steamed vegetables (carrots, broccoli, peas, and a portion of fruit)</li></ul> | <ul style="list-style-type: none"><li>Tuna salad sandwich on whole grain bread, a small bag of root vegetable chips, sliced crudites, such as carrots or bell peppers, and a banana</li></ul>                      | <ul style="list-style-type: none"><li>Mashed avocado, roast turkey, and chopped tomatoes on two slices of whole grain toast, topped with extra virgin olive oil, shelled hemp seeds, and cayenne pepper</li><li>A handful of blueberries</li></ul> | <ul style="list-style-type: none"><li>One medium baked potato with 100 g beef chili and 28 g creme fraiche</li><li>A side serving of green beans or peas</li></ul> | <ul style="list-style-type: none"><li>Tuna salad sandwich on whole grain bread with plenty of salad vegetables (cucumbers, peppers, diced tomatoes, and lettuce)</li><li>A banana, a handful of nuts, one sliced orange and a cup of lemon and ginger herbal tea</li></ul> | <ul style="list-style-type: none"><li>Slow cooker black bean soup</li><li>A portion of watercress, roasted squash with paprika and rosemary</li></ul>  | <ul style="list-style-type: none"><li>A grilled chicken fillet with 1 cup cooked broccoli</li><li>Half a cup of cooked carrots</li><li>One corn on the cob, and an orange</li></ul> |
| Afternoon Snack | <ul style="list-style-type: none"><li>Chocolate n'ice cream</li></ul>  | <ul style="list-style-type: none"><li>Raspberry frozen yogurt pop</li></ul>  | <ul style="list-style-type: none"><li>A portion of hummus with raw vegetables for dipping and two oatcakes</li></ul>   | <ul style="list-style-type: none"><li>A boiled egg, two oatcakes, and a portion of arugula</li></ul>   | <ul style="list-style-type: none"><li>Vegan oat chocolate chip cookie</li><li>Apple slices</li></ul>   | <ul style="list-style-type: none"><li>Lemon, pistachio &amp; berry frozen yogurt bark</li></ul>  | <ul style="list-style-type: none"><li>A slice of spinach &amp; tomato frittata and one serving of green olives</li><li>Kombucha drink</li></ul>                                     |
| Dinner          | <ul style="list-style-type: none"><li>Greek mac and cheese casserole, a portion of steamed broccoli, asparagus, or another green vegetable</li><li>Greek yogurt with berries and nuts for dessert</li></ul>  | <ul style="list-style-type: none"><li>Salmon with pineapple-avocado salsa and a portion of leafy greens</li><li>Cocoa chia seed pudding, a handful of strawberries, and an oat milk hot drink before bed</li></ul> | <ul style="list-style-type: none"><li>Chicken and vegetable stir fry served with 1 cup of steamed brown rice</li><li>Two squares of dark chocolate, and a handful of walnuts</li></ul>   | <ul style="list-style-type: none"><li>Veggie Korean bibimbap</li><li>Kombucha drink</li></ul>  | <ul style="list-style-type: none"><li>Rotisserie chicken tacos with pineapple salsa</li><li>A small baked sweet potato and a portion of arugula</li><li>Two squares of dark chocolate with a handful of walnuts</li></ul>  | <ul style="list-style-type: none"><li>One medium baked potato, 100 g chili and 28 g creme fraiche</li><li>A portion of leafy greens, three squares of dark chocolate with a handful of walnuts</li></ul> | <ul style="list-style-type: none"><li>Slow cooker sweet potato curry served with one cup of cauliflower rice</li><li>One wheat paratha</li><li>A satsuma</li></ul>                  |

# Tips to Save Calories

## Breakfast Breakthroughs

- Make an omelet with 1 egg and 2 egg whites instead of 3 whole eggs.
- Choose a whole grain english muffin instead of a bagel.
- Spread 2 tbsp. sugar-free jam on an english muffin instead of 1 tbsp. butter.
- Replace ½ cup of granola with ½ cup of oatmeal cooked in water.
- Have 3 slices turkey bacon instead of 3 slices regular bacon.
- Replace fried eggs with hard boiled eggs.
- Top toast with 1 tbsp. of peanut butter instead of 2 tbsps.
- Cook ½ cup of oatmeal 1 cup of water instead of 1 cup of milk.
- Sweeten oatmeal with cinnamon instead of milk and sugar.
- Replace 3 oz. pork sausage with 3 oz. lean turkey sausage.

## Dinner Developments

- Replace half of the beans in a chili recipe with an equivalent amount of mushrooms.
- Make a meatloaf with 98% lean ground beef instead of regular beef.
- Trim the fat off of your meat or poultry before cooking.
- Broil a 3 oz. steak instead of pan frying it in butter or oil.
- Skip the skin of rotisserie chicken.
- Swap 4 oz. of salmon for 4 oz. tilapia.
- Replace linguini pasta with spiralized zucchini noodles.
- Swap spaghetti squash for spaghetti.
- Leave the cheese out of homemade pesto sauce.

## Lighter Lunches

- Skip the second piece of bread to make an open face sandwich.
- Top a salad with tuna packed in water instead of tuna packed in oil.
- Add lettuce and tomato to a sandwich instead of 1 slice of cheese.
- Make egg salad with low-fat plain greek yogurt instead of mayonnaise.
- Sweeten up a salad with ¼ cup of fresh raspberries instead of ¼ cup dried cranberries.
- Make a sandwich on a sandwich thin instead of on a bun.
- Dress a salad with fresh squeezed lemon or 1 tbsp. balsamic vinegar instead of 2 tbsps. regular salad dressing.
- Make a sandwich with 3 oz. lean turkey rather than 3 oz. roast beef.

## Smarter Snacks

- Snack on a small apple instead of 1 cup dried apple slices.
- Snack on 1 cup of celery sticks with peanut butter instead of an apple with peanut butter.
- Opt for fruit packed in water instead of juice.
- Swap a serving of chips with 3 cups of plain air-popped popcorn.
- Order a kid-sized popcorn at the movie theater.
- Top popcorn with herbs and spices instead of butter and oil.
- Munch on ½ cup edamame instead of ¼ cup raw almonds.
- Swap a ¼ cup salted almonds for a 1 serving of lightly salted pretzels.
- Serve up hummus with 1 cup of raw veggies instead of 1 serving of crackers.



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