



# *Weight Loss Plan*

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By:

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The following program should help you lose 1-4 pounds per week. We are giving you ideas. Feel free to substitute similar foods for those we have listed if you choose. Be sure that if you substitute that the sodium, fat, carbs, and protein are similar.

Remember that exercise is very important. Your exercise can be anything from walking 15 minutes per day to Zumba 3 times per week. It's up to you what gives you the most pleasure.

## Day 1

### Breakfast:

Cereal – 1 cup Raisin Bran  
1 cup low fat milk  
1 egg  
1 slice Canadian bacon  
1 apple

### Snack:

1 banana

### Lunch

1 cup vegetable soup  
1 salad  
1 whole wheat tortilla  
2 oz turkey  
1 low fat cheese triangle

### Snack:

1 apple

### Dinner:

1 Salmon fish filet  
Salad  
Steamed broccoli  
Rice

### Snack:

Apple with low fat cheese triangle

## Day 2

### Breakfast:

1 egg  
1 slice Canadian bacon  
1 cup cereal with low fat milk

### Lunch:

1 whole wheat tortilla  
2 oz turkey  
1 cup low fat cream cheese  
1 cup garden soup

### Snack:

Apple with low fat cheese triangle

### Dinner:

Lasagna  
Salad

### Day 3

Breakfast: (make yourself a homemade egg McMuffin with the items below)

1 egg  
1 12-grain low fat muffin  
1 slice low fat cheese  
1 slice Canadian bacon

1 apple

Lunch:

Lasagna  
Carrot and celery sticks  
Beef Jerky  
Sunflower Seeds

Dinner:

1 12-grain low fat muffin  
1 sirloin steak  
Salad

### Day 4

Breakfast: (make yourself a homemade egg McMuffin with the items below)

1 low fat 12-grain muffin  
1 egg  
1 slice Canadian bacon

1 banana  
½ apple

Lunch:

1 banana  
1 whole wheat tortilla  
2 oz turkey  
1 triangle low fat cheese  
1 hamburger on a bun without sauce

Dinner:

Salad  
1 cup spaghetti with marinera sauce

Snack:

Banana with peanut butter

### Day 5

Breakfast:

1 cup granola with low fat milk  
1 egg  
1 slice Canadian bacon

Snack:

¾ cup cottage cheese  
1 banana  
1 apple

Lunch:

Huge salad with tuna

Snack:

1 12-grain muffin  
1 triangle low fat cheese

Dinner:

Chinese food of your choice

**Day 6**

Breakfast:

1 low fat muffin with Smart Balance  
1 cup low fat cottage cheese

Lunch:

Leftover Chinese food  
Apple

Snack:

½ sandwich wrap  
1 slice zucchini bread

Dinner:

1 sirloin tip steak  
1 salad  
½ sweet potato

**Day 7**

Breakfast:

2 eggs  
1 slice Canadian bacon  
½ apple  
½ 12-grain muffin

Snack:

Bag pretzel thins  
Apple with low fat cheese triangle

Lunch:

1 whole wheat tortilla  
2 oz turkey  
1 triangle low fat cheese  
Lettuce

Snack

½ cup ricotta cheese on ½ 12-grain muffin (heat in microwave with cinnamon)

Dinner:

2 cups lentil soup  
½ slice 12-grain muffin

Snack:

1 cup cottage cheese with cherry tomatoes

## Day 8

### Breakfast:

1 egg  
1 slice Canadian bacon  
1 slice whole grain bread  
1 slice low fat cheese  
1 banana  
1 cup Raisin Bran with non fat milk

### Lunch:

1 salad  
1 bowl of lentil soup

### Snack

1 apple  
1 low fat cheese triangle  
2 oz roast beef

### Dinner:

Salad  
Steamed Asparagus  
3 slices pork roast

## Day 9

### Breakfast:

1 egg  
2 oz roast beef  
1 banana  
1 apple  
1 whole wheat tortilla

### Lunch:

1 whole wheat tortilla  
2 oz roast beef  
1 triangle low fat cheese  
1 cup non fat yogurt with sliced bananas  
1 cup low fat cottage cheese

### Dinner:

1 slice low fat swiss cheese  
2 slices 12-grain bread  
Salad  
Apple  
banana

## Day 10

### Breakfast:

1 egg  
2 oz roast beef  
1 cup raisin bran cereal  
1 banana  
½ slice 12-grain bread

### Lunch:

5 pieces of beef jerky  
Togos tuna sandwich  
Arizona iced tea

### Dinner:

1 cup spaghetti with meat sauce  
Salad  
Steamed green beans  
Strawberries  
Papaya

## Day 11

### Breakfast:

1 egg  
1 slice low fat cheese  
1 banana and ¼ pear  
½ low fat 12-grain muffin

### Lunch:

1 salad  
1 low fat 12-grain muffin  
2 oz roast beef  
1 triangle low fat cheese

### Snack

1 apple and 1 banana  
1 package low fat crackers  
3 TBLS peanut butter

### Dinner:

Salad  
1 broiled chicken breast  
Chinese rice

## Day 12

### Breakfast:

1 12-grain muffin  
¼ cup ricotta cheese  
Strawberries  
1 cup raisin bran with non fat milk

### Snack:

1 cup cottage cheese with cherry tomatoes

### Lunch:

Salad with tuna  
Muffin with cheese triangle and roast beef

### Dinner:

1 chicken breast  
Steamed asparagus

## Day 13

### Breakfast:

1 cup raisin bran with non fat milk

### Snack:

1 egg  
1 cup cottage cheese  
Fruit and Vegetable sticks

### Lunch:

1 12-grain muffin  
2 oz turkey  
1 triangle low fat cheese  
Apple and banana

### Snack

1 whole wheat tortilla  
2 oz turkey

### Dinner:

Small sweet potato  
Small bowl of cottage cheese

## Day 14

### Breakfast:

1 cup of raisin bran with non fat milk

### Lunch:

1 large sweet potato

Grapes

2 oz low fat turkey

### Dinner:

Garden salad

Chopped beef

If you are hungry between meals have vegetables or fruit.