

2016 Whitehurst Family Reunion
Biggest Loser Challenge
SAMPLE 7-DAY WEIGHT LOSS MEAL PLAN
By: Monica R. Pierre, RN, MSN

	Breakfast 7:00am	Mid Morning Snack 10:00am	Lunch 12:00pm	Mid Afternoon Munch 3:00pm	Dinner 6:00pm	Before Bed (If hungry) 8:00pm
Day 1	Oatmeal, banana, coffee or green tea; water	1 sliced apple with peanut butter or almond butter; water	Large colorful salad; water	Turkey breast slices, handful of strawberries; water	Grilled chicken breast, sweet potato, brown rice; water	Yogurt with Berries; water or tea
Day 2	Scrambled eggs, fruit, coffee or green tea; water	1 Hard-boiled egg, banana; water	Leftover dinner from night before; water	Trail mix (dried cranberries, raisins, almonds, cashews, pumpkin seeds), water	Pork loin, green beans, roasted carrots	2 cups popcorn, handful nuts; water or tea
Day 3	Strawberry-banana smoothie, 2 boiled eggs; coffee or tea; water	1 stick of string cheese, handful of grapes; water	Large colorful salad; water	Leftover smoothie from breakfast; water	Grilled or baked fish, steamed broccoli; water	Applesauce, handful nuts; water or tea
Day 4	Turkey bacon, cereal, fruit; coffee or green tea; water	Chopped celery sticks; raisins, scoop of peanut butter	Leftover dinner from night before; water	Small side salad, nuts; water	Red or pinto beans, brown rice, turnip or collard greens; water	Yogurt with Berries; water or tea
Day 5	Egg omelet with veggies, smoothie, coffee or green tea; water	1 protein bar; orange slices; water	Large colorful salad; water	1 stick of string cheese, handful of grapes; water	Baked chicken with salad, corn; water	Hot cereal, applesauce; water or tea
Day 6	Turkey sausage, cereal, fruit; coffee or green tea; water	Handful of nuts; pear; water	Leftover dinner from night before; water	1 sliced apple with peanut butter or almond butter; water	Beef or turkey meatballs, steamed veggies; water	Yogurt, sliced banana; water or tea
Day 7	Mango, peach smoothie; eggs, coffee or green tea; water	Water packed tuna, handful of berries; water	Large, colorful salad; water	Leftover smoothie from breakfast; water	Sloppy Joe <i>without</i> bread, corn; water	Grapefruit, raisins; water or tea