

1-Day Sample Weight Loss Menu



BlueCross BlueShield
of Mississippi

It's good to be Blue.

This low-calorie menu is a great example of a 1-day meal to help you lose weight.

Breakfast	1 scrambled egg 1 slice whole wheat toast with jelly ½ banana 8 oz. fat-free milk
Snack 1	6 oz. light fruit yogurt 3 c. light popcorn, no butter or salt
Lunch	Grilled Chicken Salad <i>1 c. romaine lettuce, 2 oz. grilled chicken, mushrooms, peppers, tomatoes, 1 Tbsp. light dressing, 1 Tbsp. grated low-fat cheese</i> 1 c. tomato soup (see recipe) 8 oz. water or diet soda
Snack 2	1 small slice Angel Food cake (see recipe)
Dinner	4 oz. broiled fish ½ c. steamed broccoli 1 small baked sweet potato 1 tsp. margarine ¾ c. berries