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7 DAY

Weight Loss
meal plan



The title 'Plan Introduction' is centered in a pink rectangular box. The text is white, bold, and in a sans-serif font. The background of the entire page is a top-down view of various fresh ingredients like cauliflower, broccoli, tomatoes, and chickpeas in wooden bowls.

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.**

Snack

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.

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<i>scrambled egg with spinach and tomato</i>	<i>oatmeal with blueberries, milk, and seeds</i>	<i>mashed avocado and a fried egg on a slice of rye toast</i>	<i>smoothie made with protein powder, berries, and oat milk</i>	<i>buckwheat pancakes with raspberries and Greek yogurt</i>	<i>apple slices with peanut butter</i>	<i>breakfast muffin with eggs and vegetables</i>
Lunch	<i>tuna salad with lettuce, cucumber, and tomato</i>	<i>hummus and vegetable wrap</i>	<i>broccoli quinoa and toasted almonds</i>	<i>chicken salad with lettuce and corn</i>	<i>vegetable soup with two oatcakes</i>	<i>minted pea and feta omelet</i>	<i>crispy tofu bowl</i>
Dinner	<i>bean chili with cauliflower 'rice'</i>	<i>sesame salmon, purple sprouting broccoli, and sweet potato mash</i>	<i>chicken stir fry and soba noodles</i>	<i>roasted Mediterranean vegetables, puy lentils, and tahini dressing</i>	<i>fish tacos with slaw</i>	<i>baked sweet potato, chicken breast, greens</i>	<i>cocoa protein ball</i>
Afternoon snack	<i>apple slices and peanut butter</i>	<i>tangerine and cashew nuts</i>	<i>blueberries and coconut yogurt</i>	<i>whole grain rice cake with nut butter</i>	<i>boiled egg with pita slices</i>	<i>cocoa protein ball</i>	<i>carrot sticks and hummus</i>

Tips to Save Calories

Did you know that cutting 100 calories per day could help you lose over 10 lbs a year? We've put together simple swaps that save at least 100 calories a pop!

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.

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.

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.

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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