7 Days Healthy Meal Plan

Words from Nutritionist

Weight management has become a very common topic. Some people want to loose weight because of health issue ,while others wish to loose weight because of appearance. I have heard a lot of complains about painful dieting experiences, unpleasant dieting side effects and diet failure. Loosing weight can be one of the hardest goals to accomplish, yet, as long as you choose the right method, you can loose weight effortlessly.

Combining with LIFE™ Green Coffee Bean with Raspberry Ketones, we prepared a 7 days healthy meal plan to help you speed up your weight loss schedule. This meal plan will provide you your daily needs for vitamins, minerals, fibers and other necessary nutrients. You are unlikely to feel hungry because this meal plan contains 3 meals and 3 snacks everyday. The high fiber content will help remove toxin, and waste from your digestive system and increase metabolism. Together with LIFE™ Green Coffee Bean with Raspberry Ketones' ability to block, melt and burn fat and a little bit of light exercise, you can reach your dieting goal easily and healthily.

ENJOY!

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7 Days Healthy Meal Plan

Day 1

Morning

Morning - On Rising
10 minutes of stretching, yoga or light activities

30 minutes before breakfast
LIFE™ Green Coffee Bean with Raspberry Ketones

Breakfast
¼ cup instant oatmeal + 1 tsp honey + 1 tsp brown sugar

Mid-morning - Snack
Medium Banana

Afternoon

30 minutes before lunch
LIFE™ Green Coffee Bean with Raspberry Ketones

Lunch
Sandwich (2 thin slice corn beef + 2 medium slice tomatoes + 4 medium leaves lettuce + 2 think slice whole grain bread)
Juice – medium orange/ grapefruit

Mid-afternoon - Snack
Nuts – 10 almonds
Tea – Green tea

Night

30 minutes before dinner
LIFE™ Green Coffee Bean with Raspberry Ketones

Dinner
3 oz = size of palm Grill Salmon steak (pepper + salt + olive oil to season)
+2 cups Vegetable on side (broccoli, carrots, asparagus mix)
1/3 cup cooked brown rice

30 minutes after dinner (Before 8) - Snack
Cereal Parfait – Cereal (¼ cup)
+ real fruit (¼ cup) + low fat yogurt (¼ cup)

Approximate total calories
1296 kcal

Note: If you feel hungry, feel free to add 8-12 pieces of nuts

7 Days Healthy Meal Plan

Day 2

Morning

Morning - On Rising
10 minutes of stretching, yoga or light activities

30 minutes before breakfast
LIFE™ Green Coffee Bean with Raspberry Ketones

Breakfast
¼ cup oatmeal + 2 tbsp raisin + 10 pieces almond
1 cup skim milk/ unsweetened soy milk

Mid-morning - Snack
medium orange / grapefruit

Afternoon

30 minutes before lunch
LIFE™ Green Coffee Bean with Raspberry Ketones

Lunch
½ cup tuna in water + ½ avocado + 1 tomato + 2½ cup spinach salad

Mid-afternoon - Snack
1 cup cereal or 1 cereal bar
(low fat low sugar)

Night

30 minutes before dinner
LIFE™ Green Coffee Bean with Raspberry Ketones

Dinner
1 cup vegetable soup
1 oz skinless baked chicken (season with pepper, salt and olive oil)
+ 1 cup spaghetti in tomatoes sauce

30 minutes after dinner (Before 8) - Snack
½ cup low fat, low sugar frozen yogurt with berries or mango

Approximate total calories
1316 kcal

Note: If you feel hungry, feel free to add 8-12 pieces of nuts

7 Days Healthy Meal Plan

Day 3

Morning

Morning - On Rising
10 minutes of stretching, yoga or light activities

30 minutes before breakfast
LIFE™ Green Coffee Bean with Raspberry Ketones

Breakfast
1 cup berries + medium size banana smoothie
2/3 cup cereal

Mid-morning - Snack
1 cup baby carrots + 30 mL low fat ranch to dip

Afternoon

30 minutes before lunch
LIFE™ Green Coffee Bean with Raspberry Ketones

Lunch
1 tomato + 50 g spinach + 2 egg white + 2 slice ham + whole wheat wrap
1 cup skim / soy milk

Mid-afternoon - Snack
8-10 strips dry seaweed

Night

30 minutes before dinner
LIFE™ Green Coffee Bean with Raspberry Ketones

Dinner
1 fillet steamed fresh fish
Pan fried vegetable (Bokchoy/ Broccoli)
½ cup brown rice

30 minutes after dinner (Before 8) - Snack
Fruit: ½ orange + ½ apple + ½ cup berries

Approximate total calories
1331 kcal

Note: If you feel hungry, feel free to add 8-12 pieces of nuts

7 Days Healthy Meal Plan

Day 4

Morning

Morning - On Rising
10 minutes of stretching, yoga or light activities

30 minutes before breakfast
LIFE™ Green Coffee Bean with Raspberry Ketones

Breakfast
Sandwich: 2 thin slice whole grain bread + 2 medium size tomatoes
+ 2 slice ham +1 glass skim / soy milk

Mid-morning - Snack
Medium size pear

Afternoon

30 minutes before lunch
LIFE™ Green Coffee Bean with Raspberry Ketones

Lunch
Salad: ¼ cup corn + 3 cups spring mix + ½ apple
+ 1 cup celery + 10 halves pecans
+ ½ lemon yield of lemon juice + 30 mL balsamic vinegar

Mid-afternoon - Snack
1 Digestive cracker

Night

30 minutes before dinner
LIFE™ Green Coffee Bean with Raspberry Ketones

Dinner
Steam egg: 1egg + mushroom + spinach + water
½ Grill chicken Breast
½ bowl brown rice

30 minutes after dinner (Before 8) - Snack
¾ cup yogurt + ¼ cup mix berries

Approximate total calories
1264 kcal

Note: If you feel hungry, feel free to add 8-12 pieces of nuts

7 Days Healthy Meal Plan

Day 5

Morning

Morning - On Rising
10 minutes of stretching, yoga or light activities

30 minutes before breakfast
LIFE™ Green Coffee Bean with Raspberry Ketones

Breakfast
Banana milkshake: medium banana + 1 cup skim milk
1 digestive cracker

Mid-morning - Snack
8-10 Tortilla chips with ½ cup low fat low salt salsa dip

Afternoon

30 minutes before lunch
LIFE™ Green Coffee Bean with Raspberry Ketones

Lunch
2 cup vegetable soup
Sandwich: 2 thin slice whole grain bread + 1 medium slice tomato
+ ½ cup tuna in water + 4 leaves lettuce

Mid-afternoon - Snack
8 cashews

Night

30 minutes before dinner
LIFE™ Green Coffee Bean with Raspberry Ketones

Dinner
Pasta: 5 Shrimps + 1 cup pasta in low fat garlic sauce
1 cup vegetable soup

30 minutes after dinner (Before 8) - Snack
½ cup grapes

Approximate total calories
1297 kcal

Note: If you feel hungry, feel free to add 8-12 pieces of nuts

7 Days Healthy Meal Plan

Day 6

Morning

Morning - On Rising
10 minutes of stretching, yoga or light activities

30 minutes before breakfast
LIFE™ Green Coffee Bean with Raspberry Ketones

Breakfast
½ cup oatmeal
½ cup skim/ soy milk

Mid-morning - Snack
½ cereal + ¼ cup mixed berries

Afternoon

30 minutes before lunch
LIFE™ Green Coffee Bean with Raspberry Ketones

Lunch
Salad: 3 cup spring mix + ½ cup berries + 10 halves pecans
+ 1/8 cup feta cheese + 30 mL balsamic vinegar

Mid-afternoon - Snack
Medium banana

Night

30 minutes before dinner
LIFE™ Green Coffee Bean with Raspberry Ketones

Dinner
1 fillet steamed fish
Stir fried tofu + vegetable
1/3 bowl brown rice

30 minutes after dinner (Before 8) - Snack
½ avocado + 1 tsp sugar to taste

Approximate total calories
1255 kcal

Note: If you feel hungry, feel free to add 8-12 pieces of nuts

7 Days Healthy Meal Plan

Day 7

Morning

Morning - On Rising
10 minutes of stretching, yoga or light activities

30 minutes before breakfast
LIFE™ Green Coffee Bean with Raspberry Ketones

Breakfast
1 scramble egg with pepper + salt
1 cup cereal with ¼ skim milk

Mid-morning - Snack
Medium Banana

Afternoon

30 minutes before lunch
LIFE™ Green Coffee Bean with Raspberry Ketones

Lunch
Omelet: 2 egg white + 1.5 thin slice lean ham
2 slices whole grain toast + 20 mL Jam

Mid-afternoon - Snack
1 low sugar granola bar

Night

30 minutes before dinner
LIFE™ Green Coffee Bean with Raspberry Ketones

Dinner
1 grill chicken breast + 2/3 cup sweet potato cube
+ 1 cup asparagus
1 cup vegetable soup

30 minutes after dinner (Before 8) - Snack
1 cup low sugar jelly

Approximate total calories
1242 kcal

Note: If you feel hungry, feel free to add 8-12 pieces of nuts