

Weight lose meal plan for moderately active females 25-30 years old with a medium level of body fat.

The Subs are for gluten free diet

Suggested calories 2140 kcal

Carbs- 68g-268g

Fat- 68g-119g

Protein- 164g-268g

Day 1

Breakfast

- Scrambled Eggs with bacon and mushrooms 1 serving

-Buttered toast 2 slice Sub- banana

-Nonfat toast 1 cup

683.3 calories

Lunch

-Tuna Stuffed tomato 1 serving

-Peanut butter and celery 2 serving sub- grilled polenta chips

764.2 calories

Dinner

-Easy Parmesan crusted chicken 1 serving sub 7 minutes "Quick Broiled Salmon"

-Yogurt and mango 2 serving

Day 2

Breakfast

-PB&J smoothie 1 smoothie sub- Powerball smoothie

-Bacon 2 strips

-Pecans -1 ounce

627.9 calories

Lunch

-Mexican cottage cheese salad 1 serving

-Red bell pepper and hummus 2 serving sub- carrots

-Carrots 1 cup

848.5 calories

Dinner

-Herb-parmesan chicken breast 1 breast sub- blackened tilapia 1 serving

-Sea salt edamame 2 serving

625.2 calories

Conclusion questions:

1. When looking at a group of people you need compared to one person is that there are different diet restrictions that you need to consider.
2. When looking at diet restrictions I made a sub to accommodate gluten free.