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3 Day Super Easy Weight Loss Menu Plan

Weight Loss Day 1

Breakfast

Scrambled Eggs with Mushrooms, 1 serving
Tomato Juice, no salt, can, 8 fl oz

Lunch

Chicken Salad, 1/2 serving
16 ounces of green tea - no sugar added - use stevia or sun
crystals

Afternoon Snack

1 orange or 1 apple
12 ounces of water

Dinner

Broccoli steamed, 2 cups
Citrus Filet of Sole, 1 serving
16 ounces of water

After Dinner Snack

Greek yogurt 6 oz
16 ounces of green tea - no sugar added - use stevia or sun
crystals

Weight Loss Day 2

Breakfast

Greek Yogurt 6 oz
16 ounces of green tea

Morning Snack

1 cup of fruit or 1 piece of fruit

Lunch

Tuna Wrap
16 ounces of water

Afternoon Snack

Celery, Raw, small (6''long), 2 stalks
Peanut Butter, Smooth, no, 2 tbsp
12 ounces of water

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Dinner

Salmon with Dill Sauce, 1/2 serving
16 ounces of green tea

After Dinner Snack

1 cup of carrots with 1 tbsp of salad dressing
12 ounces of water

Weight Loss Day 3

Breakfast

Western Omelet, 1 serving
16 ounces of green tea

Lunch

Cucumber Salad or any Garden Salad, 2 servings
Santa Fe Shrimp, 1 serving
12 ounces of water

Afternoon Snack

Monterey Cheese, 2 cubic-inches
12 ounces of water

Dinner

Steak Kabobs, 1 serving
Turnip Greens, Boiled, NO SALT, chopped, drained, 2 cup
16 ounces of green tea

Afternoon Dinner Snack

1 piece of fruit or 1 cup
12 ounces of water