

## Creating your weight loss plan

Now that you've determined your daily calorie needs for healthy weight loss, you can build a well-rounded, calorie-controlled meal plan of bowl foods and snacks.

### How to create your meal plan

Each meal bowl recipe gives you the information you need to put together a daily healthy, or healthy meal, plan that fits with your calorie and dietary needs. If you're going to eat a bowl based on under 300, 400, or 600 calories, making it a complete meal and choose recipes for your meal plan.

#### 1 Your daily calorie target

Using the information and guidelines on the previous pages, determine your calorie target. This is the number needed for healthy weight loss (500 calories fewer than the daily recommended calorie needed for weight maintenance).

#### 2 Pick your bowls

Choose three bowls with calorie counts that together add up to about 200 calories fewer than your daily calorie target. Each recipe and its nutrition information is based on a single serving, and bowls are designed to meet your calorie goal, or potentially allowing you to make a meal plan that fits with your calorie target.

#### 3 Supplement meals with snacks

Use your knowledge that calorie counts between the three bowls and your daily calorie target have helped. Snacking between meals will keep you from feeling hungry and prevent those snack-purchase temptations that you're not fully in control of. Healthy snacking or combining of meal bowls.

#### Smart snacking

Below is a sampling of bowls with fewer than 100 calories. Add these to your three bowls, and you have your healthy meal plan. Or, choose your favorite bowl, add these snacks.

- 1 apple, 1 orange, or 1 whole banana
- 1/2 cup (100g) unsweetened almond milk
- 1/2 cup (100g) 1% fat Greek yogurt, 1/2 cup frozen fruit, and 1/2 cup ground almonds
- 1 hard-boiled egg, 1/2 cup almond butter
- 1 whole avocado
- 2/3 cup (100g) lentils, 1/2 cup frozen fruit, and 1/2 cup ground almonds
- 1/2 cup (100g) 1% fat Greek yogurt, 1/2 cup frozen fruit, and 1/2 cup ground almonds
- 1/2 cup (100g) 1% fat Greek yogurt, 1/2 cup frozen fruit, and 1/2 cup ground almonds
- 1/2 cup (100g) 1% fat Greek yogurt, 1/2 cup frozen fruit, and 1/2 cup ground almonds
- 1/2 cup (100g) 1% fat Greek yogurt, 1/2 cup frozen fruit, and 1/2 cup ground almonds
- 1/2 cup (100g) 1% fat Greek yogurt, 1/2 cup frozen fruit, and 1/2 cup ground almonds

### How to plan a day

This sample meal plan plan is a combination of bowls and snacks to meet your daily calorie needs and help you stay full. It's based on a daily weight loss calorie budget of 1,300 calories, the req. minimum of a moderately active 20-50 year old woman.

**300 Breakfast** + **100 Mid-morning snack** + **400 Lunch**



+ **100 Afternoon snack** + **400 Dinner**



**About 1,300 calories**  
This is your calorie goal for the day!

Remember the biggest tip: eat slowly and savor your food. It's not about the food, it's about the feeling. When you're full, you're done.

# Phonics Practice Weight Loss Plan Guide

**B Lingard**



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