## 21-Day Weight Loss Plan

Name: Juan Martinez Age: 34

Height: 5'8" (173 cm) Weight: 185 lbs (84 kg) Total daily calorie intake: 1800 calories

Goals:

Lose 5-7 pounds over 21 days
Develop sustainable healthy eating habits
Incorporate light exercise (walking, stretching, or dancing) 5 days per week

|     |   |                                     | Week 1                                    |                                  |                              |
|-----|---|-------------------------------------|---|----------------------------------|------------------------------|
| Day | Breakfast   | Lunch                               | Dinner                                    | Snack                            | Notes                        |
| 1   | Scrambled eggs<br>with avocado &<br>corn tortilla     | Grilled chicken<br>salad with beans | Baked tilapia<br>with quinoa              | Apple with<br>peanut butter      | Start walking 20 minutes/day |
| 2   | Smoothie with<br>banana, yogurt,<br>& oats            | Turkey wrap with<br>veggies         | Grilled steak<br>with roasted<br>veggies  | Handful of almonds               |                              |
| 3   | Oatmeal with<br>berries &<br>cinnamon                 | Lentil soup with<br>side salad      | Shrimp tacos<br>with slaw                 | Greek yogurt                     |                              |
| -4  | Scrambled eggs<br>with salsa &<br>black beans         | Chicken fajitas                     | Baked salmon<br>with asparagus            | Sliced cucumber with hummus      | Increase walk to<br>30 mins  |
| 5   | Whole wheat<br>toast with<br>avocado &<br>poached egg | Beef stew with<br>brown rice        | tir-fried tofu with<br>veggles            | Mixed berries                    |                              |
| 6   | Chia pudding<br>with coconut<br>milk                  | Grilled chicken<br>sandwich         | Vegetarian<br>burrito bowl                | Popcorn                          |                              |
| 7   | Veggie omelet<br>with cheese                          | Tuna salad with avocado             | Grilled pork<br>chop with sweet<br>potato | Rice cakes with<br>almond butter |                              |

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**Lei Huang** 

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