

How To Lose 10 Pounds Fast

If you could design your dream diet, what would it include? Lots of variety so meals and snacks never get boring? Plenty of treats? A day to cheat a little? Well, we hear you—and we've worked all that into our program. Follow this easy plan **for a month** and enjoy *real* food (not just rice cakes and cottage cheese), your favorite treats, even a glass of wine. The keys: smaller portions, more protein and healthier carbs. Just mix and match one breakfast, lunch and dinner plus two treats for **six days** of the week. Then, on day seven, indulge with a cheat day.

Breakfast



300 CALORIES PER SERVING

1. Peanut butter and apple quesadilla: 8" whole-wheat tortilla + 1 Tbsp peanut butter + 1 sliced apple

2. Apricot ricotta breakfast sundae: 1 cup nonfat ricotta cheese + pinch nutmeg + 1/2 tsp agave nectar + 4 chopped apricots

3. 1 egg scrambled in 1 tsp oil; 1 whole-wheat bagel thin; 1 turkey sausage link; 6 oz low-sodium vegetable juice

4. Strawberry French toast: 1 slice whole-wheat bread dipped in 1 beaten egg and cooked in 1 tsp butter + 1 cup sliced strawberries

- 5. 1 cup toasted oat cereal** + 1 cup 1% milk or soy milk + 2 Tbsp tart dried cherries + 1 Tbsp chopped walnuts
- 6. Egg sandwich:** 1 whole-wheat English muffin + 1 egg fried in 1 tsp olive oil + 1 oz Canadian bacon (about 2 slices) + 1-2 slices tomato
- 7. Pancakes and bacon:** 2 frozen pancakes + 1 tsp honey + ½ sliced banana; 2 slices turkey bacon
- 8. 1 cup bran flakes** + 1 cup 1% milk or soy milk + ¾ cup blueberries
- 9. Huevos rancheros:** 6" corn tortilla + 3 egg whites fried in 1 tsp olive oil + ½ cup black beans + ¼ cup fresh salsa + ¼ cup nonfat plain Greek yogurt
- 10. Sunflower pear waffle:** 1 whole-grain frozen waffle + 1 Tbsp sunflower butter (tastes like sunflower seeds—loaded with protein) or any nut butter + 1 sliced pear
- 11. Maple almond oatmeal:** 1 cup cooked oatmeal + 1 Tbsp almond butter + 2 tsp maple syrup
- 12. Smoked salmon roll-up:** 8" whole-wheat tortilla + 1 Tbsp whipped cream cheese + 1½ oz smoked salmon + 1 sliced scallion
- 13. Smoothie!** 1 cup nonfat plain yogurt blended with 1 cup frozen peaches + ½ cup calcium-fortified orange juice + ½ banana + 1 Tbsp ground flaxseed + pinch nutmeg
- 14. Greek yogurt parfait:** 8 oz nonfat plain Greek yogurt + 1 diced nectarine + 1 tsp honey + 3 Tbsp sliced almonds

Lunch



400 CALORIES PER SERVING

15. Veggie Jack burger: Veggie burger + 1-oz slice Monterey Jack cheese + 1 Tbsp barbecue sauce + lettuce and tomato + whole-wheat hamburger bun; 1 cup watermelon cubes

16. Turkey-bacon-avocado pita: 2 oz deli turkey + 2 pieces of thinly sliced avocado + 1 slice bacon + 1 Tbsp honey mustard + lettuce and tomato + 6" whole-wheat pita; 1 nectarine

17. Blue cheese chicken pita: ½ cup shredded skinless rotisserie chicken breast + ½ cup shredded romaine lettuce + ¼ cup sliced celery + ½ cup shredded carrots + 1 Tbsp light blue cheese dressing + 6" whole-wheat pita; 1 peach

18. Turkey Swiss burger: 4 oz lean ground turkey patty + 1 thin slice Swiss cheese + 1 Tbsp barbecue sauce + lettuce, tomato and onion slices + whole-wheat hamburger bun; 1 cup cantaloupe cubes

19. Black bean-tomato soup: 1½ cups chilled tomato soup or low-sodium vegetable juice + 2 tsp red wine vinegar + ½ cup black beans + ½ cup corn niblets + ½ yellow bell pepper + 1 tomato + 2 Tbsp red onion; 15 all-natural tortilla chips

20. Grilled shrimp Caesar: 3 cups romaine lettuce + 10 large grilled shrimp + 2 Tbsp Caesar dressing + 1 Tbsp grated Parmesan; 12 whole-wheat pita chips

21. Pasta salad: 2 oz* whole-wheat penne pasta, cooked, then cooled and refrigerated + 5 halved cherry tomatoes + 1 oz part-skim mozzarella, diced + ¼ diced yellow pepper + 2 Tbsp Italian vinaigrette dressing + 2 fresh basil leaves, roughly chopped

22. Chicken Cheddar sandwich: 3 oz grilled chicken + 1-oz slice reduced-fat Cheddar + lettuce and tomato + 1 Tbsp light mayo + whole-wheat sandwich thin; ¾ cup grapes

23. Takeout! 1 slice cheese pizza; 2 cups tossed salad + 1 Tbsp balsamic vinaigrette

24. Mediterranean tuna wrap: 3 oz water-packed tuna + 3 chopped Kalamata olives + 1 tsp capers + 2 Tbsp chopped onion + 1 tsp olive oil + 1 tsp red wine vinegar + 8" whole-wheat tortilla; 1 apple

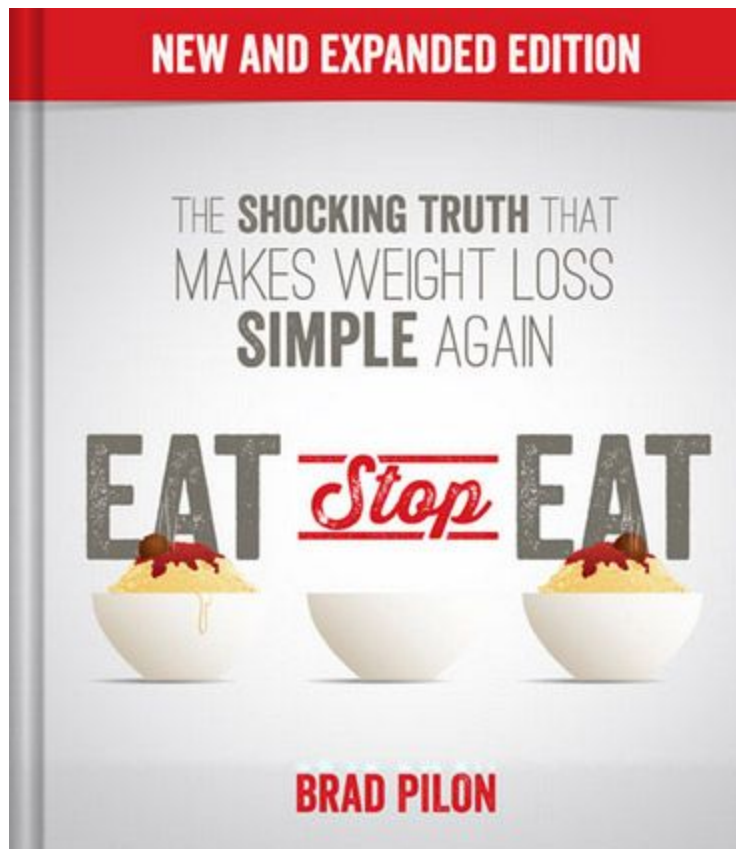
25. Couscous with chickpeas: ½ cup* whole-wheat couscous, cooked + ¾ cup chickpeas + ½ cup diced tomato + ½ cup diced cucumber + 1 Tbsp chopped fresh basil + 2 Tbsp crumbled feta

26. Cheese quesadilla: two 8" whole-wheat tortillas + 1/4 cup reduced-fat shredded Cheddar, cooked in nonfat cooking spray; 1/4 cup salsa; 2 Tbsp nonfat plain Greek yogurt; 5 grape tomatoes

27. Roast beef horseradish sandwich: 2 slices rye bread + 2 oz lean roast beef + 1 Tbsp reduced-fat canola mayo mixed with 1/4 tsp horseradish + lettuce and tomato; 1/2 cup coleslaw

28. Asian spinach salad: 3 cups baby spinach + 1/2 cup skinless rotisserie chicken breast + 1/2 chopped apple + 1/4 cup shelled edamame + 1/2 cup grated carrots + 2 Tbsp Asian vinaigrette

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Dinner



500 CALORIES PER SERVING

29. 4 oz lean sirloin steak; ½ baked potato with 2 Tbsp nonfat plain Greek yogurt; 2 cups mushrooms sautéed in 2 tsp olive oil

30. Lemon pasta with salmon and asparagus: 2 oz grilled salmon + 2 oz whole-wheat penne, cooked and tossed with + 1 Tbsp olive oil + 2 Tbsp lemon juice + 1 clove garlic, sliced + 1 cup chopped asparagus + 1 Tbsp fresh basil

31. Mexican burrito bowl: ½ cup* brown rice, cooked + ½ cup pinto beans + ½ cup grilled vegetables cooked with 2 spritzes of olive oil cooking spray + ½ cup shredded lettuce + ¼ cup corn salsa + ¼ cup guacamole

- 32. Takeout!** 3 oz ginger chicken with broccoli + 6 oz brown rice
- 33. Italian tilapia:** 6 oz tilapia baked with 1 cup canned diced tomatoes + 4 chopped green olives + 1 tsp olive oil + pinch Italian seasoning; 1/3 cup whole-wheat couscous, cooked
- 34. 6 oz roast pork tenderloin;** 1 baked sweet potato; 2 cups green beans sautéed in 2 tsp olive oil
- 35. Chicken stir-fry:** 4 oz boneless, skinless chicken breast strips + 2 cups broccoli florets + 1 sliced scallion + 2 tsp peanut oil; 1/2 cup brown rice, cooked
- 36. Pasta with cannellini and feta:** 2 oz whole-wheat pasta, cooked + 3/4 cup cannellini beans + 1 cup chopped fresh tomatoes + 2 tsp olive oil + 1 Tbsp chopped fresh basil + 1 Tbsp crumbled feta
- 37. Spaghetti and meatballs:** 2 oz whole-wheat spaghetti, cooked + 3 turkey meatballs (1 oz each) + 1/2 cup marinara sauce; 2 cups tossed salad + 1 Tbsp Italian vinaigrette
- 38. Portobello burger parmigiana:** 1 portobello mushroom cap, misted lightly with olive oil spray and broiled or grilled + 1/4 cup marinara sauce + 1-oz slice part-skim mozzarella + fresh basil + whole-wheat hamburger bun; 1/2 romaine lettuce heart + 1 large sliced tomato + 1 Tbsp balsamic vinaigrette
- 39. 5 oz tuna steak;** 1/2 cup brown rice, cooked; 2 cups broccoli sautéed in 1 tsp peanut oil
- 40. 1 cup summer chili:** 1/4 cup chopped onion + 2 oz lean ground turkey breast sautéed in 1 tsp olive oil + 1/2 cup canned white beans + 1/2

cup corn niblets + ½ cup canned diced tomatoes + hot sauce to taste; ½ cup brown rice, cooked

41. Pasta with chicken and spinach: 2 oz whole-wheat pasta (or mix 1 oz whole-wheat pasta with 1 oz regular), cooked + ½ cup shredded skinless rotisserie chicken breast + 1 cup baby spinach + 1 clove garlic, sliced and sautéed in 1 Tbsp olive oil + 1 Tbsp Parmesan

42. BBQ! Grill 4 oz skinless chicken breast, then baste with 1 Tbsp barbecue sauce; 1 ear corn; ½ cup potato salad

*Measure this amount of pasta, rice or couscous before cooking.

Snacks, sweets and treats!



150 CALORIES PER SERVING

- 6-oz container 0% fat fruit-flavored Greek yogurt
- 45 pistachios
- 6-oz glass wine
- 1/2 pear + two 1" Brie cubes
- Three 2 1/2" cinnamon graham cracker squares + 4 Tbsp nonfat ricotta
- 1 hard-cooked egg sprinkled with celery salt; ten 1" whole-grain crackers
- 1 sliced bell pepper + 1/4 cup hummus
- 12 oz beer
- 1/2 banana + 1 Tbsp peanut butter
- 3/4 cup light chocolate ice cream
- 4 cups lowfat microwave popcorn tossed with 1 tsp cocoa + pinch chili powder
- 12 oz nonfat latte; 1 Oreo
- 1 mini cinnamon raisin bagel + 1 Tbsp soy butter
- 1/2 cup soft-serve vanilla frozen yogurt + 1 cup mixed berries
- 1.14-oz bag of pretzel M&M's

Cheat day!



You've made smart choices six days in a row—now it's time to indulge a little. On the seventh day (or another day you choose), relax the rules and do one of the following:

- Add a third treat or snack from the "Snacks, Sweets & Treats" list above.
- Follow the slim-down plan for breakfast and lunch, skip the snacks, and eat whatever you want for dinner.
- Forgo the snacks and have dessert after dinner.

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