

## 10 week weight loss plan for men and women

Follow the plan STRICTLY for 10 weeks with no variations. Diet is based on calorie reduction bi-weekly. You will use the same plan for 2 weeks. When not designated what to drink, have water and consume at least 64oz per day. The most convenient way to do this plan is to cook meats, pancakes, etc. at the beginning of the week. Take your lunch to work with you. If you find yourself hungry, split your meals and use as snacks.

### WEEKS 1-2

Monday, Total Calories  
Women 1399 calories, Men 1701 calories

#### Breakfast:

1/2 cup orange juice  
3/4 cup cooked oatmeal w/ 1 tablespoon raisins and cinnamon, 1 cup skim milk  
1 slice reduced calorie bread- toast w/ 2 teaspoons low calorie margarine- 34 calories

#### Men add:

1/4 cup cooked oatmeal  
1 slice reduced calorie bread w/ 1/2 tablespoon low calorie margarine

#### Lunch:

Sandwich w/ 2 slices reduced calorie bread- 80 calories, 1 1/2 slices American cheese, 1 lettuce leaf, 1 slice tomato, 1 tablespoon mayo- 40 calories  
1 cup skim milk  
1/2 cup strawberries  
1/2 banana  
1 whole graham cracker- 4 sections

#### Men add:

1 carrot  
1/2 banana

#### Dinner:

Fish fillet in wine sauce- see recipe  
1 small baked potato w/ 2 tablespoons plain low- fat yogurt, 1 teaspoon chopped chives  
salad w/ 1 cup spinach leaves, 3 mushrooms, 1 tablespoon zesty diet Italian dressing  
3 oz zucchini, 1 cup broccoli- steamed  
1 roll- 100 calories w/ 1 teaspoon margarine  
1 cup tomato juice

#### Men add:

1 roll w/ 2 teaspoons margarine

Tuesday, Total Calories  
Women 1406, Men 1699

#### Breakfast:

2 pancakes- 160 calories- w/ 1 tablespoon margarine, 1 cup blueberries  
1 cup skim milk

Men add:

1 pancake  
1 teaspoon margarine- 17 calories

Lunch:

Sandwich w/ 1 whole wheat pita- 70 calories, 2 oz turkey breast- 80 calories, 1  
tablespoon mayo- 40 calories, 1 lettuce leaf, 3 slices tomato  
1 pear  
1 cup skim milk

Men add:

1/4 cup skim milk  
1/2 sandwich

Dinner:

Quick clam chowder- see recipe  
1 roll w/ 1/2 tablespoon margarine  
1/2 acorn squash baked w/ 2 tablespoons margarine, cinnamon  
3 cup strawberries

Men add:

1 oz mozzarella cheese

Snack: (anytime of day)

1/4 sliced banana, 1/2 cup strawberries topped with 2 tablespoons low fat vanilla yogurt-  
25 calories

Wednesday, Total Calories  
Women 1396, Men 1698

Breakfast:

1/2 small grapefruit  
1/2 cup 100% bran cereal- 70 calories, with 1 tablespoon raisins, 1 cup skim milk  
1/2 English muffin- 65 calories, 1 slice American cheese- 33 calories

Men add:

1/2 English muffin w/ American cheese

Lunch:

Sandwich w/ 2 slices reduced calorie bread- 80 calories, 2 oz lean roast beef- 110  
calories, 1 teaspoon mustard, 1 lettuce leaf  
Salad w/ 1/2 cup diced cucumber, 4 radishes, 2 chopped scallions, 1/4 cup plain low- fat  
yogurt  
Skim milk- 1 cup  
1/2 banana  
1/2 graham cracker- 2 sections

Men add:

1/2 sandwich

Dinner:

Baked spaghetti- see recipe  
1 cup broccoli- steamed  
1 roll w/ 2 tea spoons margarine  
1 peach

Men add:  
¼ portion of spaghetti

Snack:  
½ cup ice skim milk, topped w/ ½ cup strawberries

Thursday, Total Calories  
Women 1400, Men 1706

Breakfast:  
½ small grapefruit  
1 egg- scrambled  
½ English muffin w/ 2 teaspoons margarine  
1 cup skim milk

Men add:  
½ English muffin w/ 1 teaspoon margarine

Lunch:  
Sandwich w/ 1 whole wheat pita, ½ can water packed tuna, 1 tablespoon mayo, 3 slices tomato, 1 lettuce leaf  
1 carrot  
2/3 cup blueberries stirred into 1 cup low fat vanilla yogurt

Men add:  
½ sandwich

Dinner:  
3 oz lean sirloin beef- broiled, 3 sauteed mushrooms  
1 cup steamed green beans  
½ acorn squash baked w/ 2 teaspoons low calorie margarine, cinnamon  
¼ cantaloupe  
1 roll w/ 1 teaspoon margarine

Men add:  
1 roll w/ 1 teaspoon margarine

Snack:  
½ cup canned pineapple chunks w/ ¼ cup low fat yogurt

Friday, Total Calories  
Women 1404, Men 1699

Breakfast:  
½ cup orange juice- 55 calories  
½ cup 100% bran cereal- 70 calories, w/ ½ banana, 1 cup skim milk  
1 slice reduced calorie bread- 40 calories, w/ 1 teaspoon margarine

Men add:

1/2 banana  
1 slice bread w/ 1 teaspoon margarine

Lunch:

Sandwich w/ reduced calorie bread, 2 oz sliced turkey breast, 1 tablespoon mayo, 2 slices tomato, 1 lettuce leaf  
1 carrot  
1/2 cup unsweetened apple sauce  
1 cup graham cracker- 2 sections

Men add:

1/2 sandwich

Dinner:

Broiled scallops- see recipe  
1/2 cup steamed brown rice  
Salad w/ 1 cup chopped lettuce, 1/4 cup sliced mushrooms, 1/2 cup spinach leaves, 2 rings green pepper, 1 small celery stalk, 2 tablespoons grated carrot, 1 tablespoon zesty diet Italian dressing  
1/2 tomato broiled w/ 1 teaspoon grated Parmesan cheese  
1 roll w/ 1 teaspoon margarine  
1/4 cantaloupe

Men add:

1 roll w/ 1/2 oz mozzarella cheese

Saturday, Total Calories

Women 1408, Men 1703

Breakfast:

1 orange  
1 poached egg  
1/2 English muffin w/ 1 teaspoon margarine  
1 cup skim milk

Men add:

1/2 banana  
1/2 English muffin w/ 1 teaspoon margarine

Lunch:

Sandwich w/ 1 whole wheat pita, 1/2 can water packed tuna, 1 tablespoon mayo, 3 slices tomato, 1 lettuce leaf  
1/4 cantaloupe  
1 cup strawberries  
1/2 cup low fat yogurt- 100 calories

Men add:

1 cup skim milk

Dinner:

Braised pork chop- see recipe  
3 oz unpeeled new potatoes- steamed  
1/2 cup cooked sliced carrots  
1/2 cup unsweetened applesauce

1 roll w/ 1 teaspoon margarine

Men add:

3 oz unpeeled new potatoes, 2 teaspoons margarine

Snack:

1 apple

Sunday, Total Calories

Women 1400, Men 1702

Breakfast:

½ grapefruit

2 pancakes- 160 calories, w/ 1 tablespoon margarine, 1 cup strawberries

1 cup skim milk

Men add:

1 pancake w/ 1 tablespoon margarine, ¼ cup blueberries

Lunch:

1 serving pasta primavera- see recipe

1 apple

1 cup skim milk

Men add:

2 slices American cheese

Dinner:

Salad w/ 1 cup chopped lettuce, 2 slices tomato, 1 celery stalk, 2 tablespoons grated carrots, 1 tablespoon zesty diet Italian dressing

Chicken Parmesan- see recipe

1 potato- baked, w/ 2 tablespoons plain low fat yogurt, sprinkled w/ chopped chives

3 oz zucchini- steamed, w/ 1 ½ teaspoons grated Parmesan cheese

1 roll w/ 1 teaspoon margarine

Men add:

1 roll w/ 1 teaspoon margarine

Snack:

½ cup unsweetened applesauce mixed w/ ½ cup strawberries

## RECIPES WEEKS 1-2

### Fish fillet in wine sauce:

vegetable cooking spray  
2 tablespoons chopped onions  
1 tablespoon chopped parsley  
1 teaspoon vegetable oil  
2 tablespoons dry white wine  
salt and pepper  
paprika  
lemon wedge  
4 oz flounder

Spray vegetable cooking spray on bottom of pan. Spread ½ the onion and parsley over bottom of dish. Place fish fillet over the mixture and cover it with the oil and remaining onion and parsley. Sprinkle lightly with salt and pepper. Sprinkle the wine over the fish and dust it lightly with paprika.

Bake in preheated oven 350 approx 15 minutes. If desired, place the fish under the broiler for a few minutes to brown top. 1 serving

### Quick clam chowder:

1 ½ cup tomato juice  
3 tablespoons chopped onion  
3 tablespoon chopped green pepper  
2 tablespoon dices celery  
1/3 diced potato  
¼ teaspoon dried basil  
½ 10 oz can minced clams  
ground pepper

Combine first 5 ingredients in a small saucepan. Bring to a boil, reduce heat and simmer until vegetables are tender, about 10-15 minutes. Add basil, clams, and clam juice. 1 serving

### Baked Spaghetti:

2 ounces spaghetti  
vegetable cooking spray  
½ cup marinara sauce  
1 oz mozzarella cheese  
1 teaspoon grated Parmesan cheese

Cook 2 oz spaghetti al dente, according to package directions; drain. Treat casserole dish with vegetable cooking spray. Add cooked spaghetti to dish and add Marinara sauce. Stir to coat spaghetti evenly with sauce. Top with grated mozzarella. Bake in preheated 325 oven approx 10-15 minutes. Remove from oven, sprinkle with Parmesan. 1 serving

### Broiled Scallops:

6 oz scallops  
2 teaspoons margarine  
pinch dried basil  
pinch dried tarragon  
salt and pepper  
paprika  
lemon wedge

Wash scallops and pat dry. Melt margarine in small skillet and mix with herbs and salt pepper. Remove from heat, add scallops to skillet, coating them lightly with the melted margarine. Sprinkle scallops with paprika.

Transfer scallops to shallow heatproof baking dish lined with aluminum foil and place the dish on the broiling rack about 4 inches below the heat. Turn scallops during cooking so they will brown evenly. Cook 6-8 minutes. 1 serving.

### Braised Pork Chop:

4 oz lean pork loin chop, without bone  
salt and pepper  
vegetable cooking spray  
2 tablespoons chopped onion  
½ cup sliced mushrooms  
1 teaspoon soy sauce  
1 small clove garlic  
pinch ground ginger  
1 teaspoon lemon juice  
2 tablespoon dry white wine

Trim all fat. Sprinkle meat lightly with salt and pepper. Treat casserole dish with vegetable cooking spray. Add chop to dish and slowly begin heating top of the stove. Brown the chop on both sides. Remove the brown chop and cook onion and mushrooms until onion is limp. Push vegetables to one side. Return the chop to the baking dish and cover it with the onion and mushrooms.

Combine the remaining ingredients in a small cup, mix well. Pour over the chop. Cover and place in a preheated 350 degree oven and bake for 30-35 minutes. 1 serving

### Pasta Primavera:

1 small onion, chopped  
1 cup marinara sauce  
1 garlic clove  
ground pepper  
2 teaspoons dried basil  
¼ pound string beans  
½ cup broccoli  
1 tomato, wedges  
3 oz spaghetti  
2 tablespoons Parmesan cheese  
1 tablespoon minced parsley

Combine first 5 ingredients in a medium sized pot and simmer slowly for 10 minutes, covered. Steam string beans and broccoli for 3-4 minutes, until bright green and still crisp. Drain.

Cook spaghetti al dente, according to package directions. Drain.

Toss spaghetti with sauce mix, beans, broccoli, and tomato wedges. Top with Parmesan and parsley. 2 servings

Chicken Parmesan:

1 tablespoon dried bread crumbs  
1/4 teaspoon dried Italian seasoning  
1 tablespoon Parmesan cheese  
1/4 teaspoon dried parsley  
1/8 teaspoon garlic pepper  
salt  
1 chicken breast, 1/2  
1 tablespoon zesty diet Italian dressing  
vegetable cooking spray

Combine first 6 ingredients, set aside. Remove skin from chicken breast. Coat with 1 tablespoon Italian dressing, dredge in bread crumb mixture. Treat a small baking dish with cooking spray. Place chicken bone side down in dish. Sprinkle any remaining crumbs evenly over top. Cover and bake at 350 degrees for 40-45 minutes. 1 serving