

One Day Meal Plan | Gojenbenefit.com

Food :

Eggs

Wheat Bread

Turkey Bacon

Ice cream

Cookie

Strawberry

Apple

Oatmeal

Chicken, Beef or Tofu

Broccoli

Drink:

Coffee (No creamer or No Sugar)

Tea (No Sugar)

Water

Timeframe:

Eat from 7 am to 7pm

Suggested Exercise:

Walk for 30 Minutes (At your fitness level pace)



Pick 2 and Complete

25- Crunches

25- Jumping Jacks

25- Push-up

25- Squats

One Day Meal Plan:

Breakfast: 1 egg (boiled or scrambled) (70cals), 2 slices of wheat bread (160cals) and 2 slices of turkey bacon (60cals)

Snack: 2 cookies (200cals) or 1/2 cup of strawberries (40cals)

Lunch: 1 cup or package of Oatmeal (150 cals) , 1 egg (boiled or scrambled) (70cals) , 1/2 apple (40cals)

Snack: 1/2 cup of ice cream (140cals) or 1/2 of strawberries (40cals)

Dinner: 4 oz of Chicken, Beef or Tofu (180 cals), broccoli (30cals) and 1/2 apple (40cals)

Ask me questions gojenbenefit@gmail.com

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