

under 200 -  
1/2 cup hummus - w/ olive oil like canola,  
clarify

apple w/ string cheese  
= snack w/ 4 wpi popcorn  
to put to the test to save fat - collagen  
muscle mass, 2 tsp almonds, peanuts,  
or protein bars, 1 tbsp white cheddar, chips

[find more w/ whole snax - ideas online]

lunch - spio A p

- adding chili powder, a hot pepper (capsaicin which is naturally found in peppers helps to use more calories at rest - fat metabolism w/ 25% to - soap w/ bread (cannot)
- choose low sodium, as fup tends to be full of sodium to preserve freshness
- low sodium salt, noodle, veggie w/ bread (around 8-10) or 1 serving of a french fry (vegetable)
- use of small size food - no cheese, no sauce w/ soy ginger - oil

- Tuna sandwich on a roll

- 1/2 can w/ 1 tsp light mayo, mustard
- slice apple w/ tomato - sprout

- frozen meal -

healthy choice fresh steamer, amy's veggie, tomato w/ fresh veggie

- eating up more things? like a burrito

DAY 19:

Wedding Day  
nutritional plan

to lose 10 lbs - 1700 calories a day  
15 lbs 1600 calories  
20 1500

Breakfast -

1 cup Greek yogurt, berries  
1 cup banana - 300 calories  
1 cup SW added wheat (3/4 soy),  
1/2 banana - 410

spin - mush - to not feel

keep it versatile enough to not feel deprived, get fup choice in fru  
some groups. i.e. soap berries for apple, not covered -

diet, both to flow -  
30% of daily calories protein

- before lunch snack - under 100

straw cheese - fruit

- 100 calorie pane

Crack off for high sugar foods - like on  
100 cal, which ~~is~~ <sup>is</sup> empty calories - eating up more things? like a burrito