

Meal plan templates for breakfast, lunch and dinner

Continue to lose weight with your favourite foods

It's easy to stay healthy for one week isn't it? To drop a few pounds, stay motivated knowing that in 7 days you're going to be able to eat what you please again.

Unfortunately, this is the one reason why people are not able to keep their weight off. They see it as a short term way of eating.

If you are going to be slim and healthy for the rest of your life you have to make a permanent change.

You might not enjoy this way of eating to start with, but the good news is that you will get used to it and enjoy it if you keep going with it.

You'll find ingredients and meals that you love to eat and that allow you to keep your long term goals.

There are a few ways to continue to lose weight and keep it off in the long term.

One of the ways to do this is to count calories (or measure, weigh or allocate 'points' to your food). But who is really going to be able to keep this up for the rest of their lives?

My 7 Day Diet Plan e-book is a calorie controlled diet. The reason why I calculated the calories for you is so that you get a feel for the portion sizes and types of foods that you should be eating to keep this weight off long term.



I don't believe in spending the rest of my life counting calories in order to keep the weight off. So I've devised a simple system that you can use to help you create some simple tasty meals.

This is a template that you can use when you are cooking from a recipe to ensure you don't overeat.

Weight Loss Meal Plan Template

Breakfast

Make your breakfast up from the following ingredients:

- 1 **filler** ([Click here to see the fillers](#))
- 1/8 cup plain nuts or seeds
- 1/8 cup of dried fruit
- 1-2 pieces of fruit
- 1 cup of dairy free milk or fruit juice
- 1 cup of greens (if making a green smoothie)

Lunch

Make your lunch up from the following ingredients:

- 1/2 cup of whole grains, 1 medium potato or 1/2 cup of filling protein source as below (if following a low carb or grain free diet)
- 1/4 cup of beans, lentils, nuts, seeds, hummus or other good quality organic or grass fed animal products (e.g. 3-4 eggs, 1/2 cup pasture raised meat)
- 2 cups of salad including leafy greens
- 1 tablespoon Coconut/Olive Oil (animal fat or butter) or 1/2 avocado or 1/4 cup olives

Dinner

Follow the same formula as lunch

Snacks

- 2 -3 snacks of either 1 piece of fruit or 1/8 cup of nuts or seeds or one more filler. ([Click here to see the fillers](#))

Try and adjust all recipes so they follow the formula above.

Write down everything you eat until you get used to eating this way.

Weigh or measure yourself regularly and if you're not losing weight or reducing in size, try cutting out grains.

Eat only when you are hungry and stop when you're full.

Long term meal plan

Sometimes you just don't have the time to go digging around in recipe books searching for new healthy recipes. To take the stress out of meal planning, why not get a healthy weekly meal plan delivered straight to you. All you need to do is make it!

Here is a fabulous healthy meal plan that I recommend

Whole Lifestyle Nutrition: Gluten and Grain Free Meal Plans: [Click here to read more and get a free sample](#)

Other Diets and Long Term Eating Plans Green Thickies recommends

Kick the Weight with Keto

by Kim Knoch of Eat Fat Lose Fat

[Click here to learn more!](#)

Have Your Cake & Lose Weight Too!

by DaNelle Wolford of Weed 'em & Reap

[Click here to learn more!](#)

Gluten-Free Vegetarian

by Hannah Healy of Healy Real Food Vegetarian

[Click here to learn more!](#)

The Real Food Survival Guide for Busy Moms

by Lindsey Gremont of Homemade Mommy

[Click here to learn more!](#)

Gluten Free & Grain Free Breads, Batters & Doughs

by Halle Cottis of Whole Lifestyle Nutrition

[Click here to learn more!](#)

Reversing Food Allergies ebook

by Ann Marie Michaels of Cheeseslave

[Click here to learn more!](#)

The Real Food. Real Good. eCookbook

by Stephanie Gaudreau of Stupid Easy Paleo

[Click here to learn more!](#)