



Weight Loss Plan

Extreme

Simply follow this 7 week Meal Plan and watch the pounds disappear. The key to achieving your goal is strict adherences to the Plan.

{Breakfast}, Lunch and
Dinner

BREAKFAST

7 days 7 Weeks

1200 Calorie Plan

WEEK 1

Day 1

Breakfast

GREEK SCRAMBLED EGGS AND WHOLE WHEAT TOAST-

Saute 1 cup spinach and 2 Tbsp. Chopped Red Pepper in 1 tsp. Olive oil until wilted. Add 1 chopped Roma tomato, ½ tsp. Chopped garlic, 2 beaten egg whites or egg substitute and cook to desired doneness. Top with 1 tsp. Reduced fat feta cheese and enjoy with 1 piece of whole-wheat toast and 1 Tbsp. Margarine or Butter Spread. Serve with 4 oz 100% Orange Juice.

WEEK 1

Day 2

Breakfast

COLD CEREAL WITH MILK AND FRUIT-

1 cup whole grain cereal (Kashi Go Lean Crunch) with 6 oz nonfat milk and ½ cup berries and ½ slice banana.

WEEK 1

Day 3

Breakfast

WHOLE GRAIN PANCAKES-

2 Frozen or make 2 medium size from a dry mix according to instructions. Enjoy with 1 Tbsp. light syrup, 2 Tbsp. dried walnuts, and 1/2 cup sliced fruit.

WEEK 1

Day 4

Breakfast

YOGURT WITH FRUIT AND NUTS-

Mix together 8 oz nonfat yogurt, ½ sliced banana, 1cup berries, 2Tbsp. nuts

WEEK 1**Day 5****Breakfast****BREAKFAST BURRITO-**

Fill a medium whole wheat tortilla with 2 scrambled eggs, 1 Tbsp. Reduced fat cheddar cheese, 2 Tbsp. Salsa, and 2 Tbsp. Black Beans. Serve with 4 oz 100% Apple Juice.

WEEK 1**Day 6****Breakfast****OATMEAL WITH CINNAMON AND BANANAS, AND WALNUTS-**

½ cup dry oatmeal prepared with water (as directed) and ¼ tsp. Cinnamon. Top with 1 Tbsp. Walnuts and ½ sliced banana. Serve with 8 oz nonfat milk.

WEEK 1**Day 7****Breakfast****ITALIAN OMELET-**

Saute in a small nonstick pan with nonstick spray- ¼ cup zucchini, 1 green onion, sliced, and ¼ cup chopped tomatoes. Pour two beaten eggs on top with a little salt and pepper and 1 Tbsp. Chopped Basil. Once egg sets, flip over and cook until cooked through. Roll Omelet on plate and enjoy with a piece of wheat toast and 1 Tbsp. margarine or butter spread. Serve with 4 oz 100% Juice.

WEEK 2**Day 1****Breakfast****BREAKFAST SMOOTHIE**

Combine ingredients in a blender until frothy: 1 cup berries, 1 (6 oz.) low fat fruit flavored yogurt, 2 Tbsp. non fat milk, ½ banana, 2/3 cup crushed ice, 1 Tbsp. wheat germ.

WEEK 2**Day 2****Breakfast****BANANA BOWL**

Mix 1 sliced banana with 2 Tbsp. non fat sour cream, 2 tsp. sugar, and 1 Tbsp. almonds. Serve with 4oz non-fat milk to drink.

WEEK 2**Day 3****Breakfast****WHOLE GRAIN WAFFLES**

Cook 2 Frozen whole grain waffles cooked according to instructions. Enjoy with 2 Tbsp. light syrup and ½ cup sliced peaches. Serve with 4 oz of your favorite 100% fruit juice (Cran/Peach).

WEEK 2**Day 4****Breakfast****BREAKFAST IN A BOWL**

Layer the following in a bowl: 1 cup mixed berries, 4oz. low fat fruit flavored yogurt (low sugar), ½ cup Kashi go lean cereal, ½ banana sliced, 1 Tbsp. walnut, almond, or flax seed.

WEEK 2**Day 5****Breakfast****SOUTHWEST SCRAMBLE**

Spray nonstick pan with cooking spray and scramble ½ cup egg substitute, 2 Tbsp. Reduced fat cheddar cheese, 2 Tbsp. Salsa, and 2 Tbsp. Black Beans. Enjoy with a piece of wheat toast and 1 Tbsp margarine.

WEEK 2**Day 6****Breakfast****PEACH COBBLER OATMEAL**

½ cup dry oatmeal prepared with skim milk, ½ cup canned peaches, and ¼ tsp. cinnamon. Top with 1 tsp. brown sugar, and 1 tsp. wheat germ. Serve with 8 oz 100% apple juice to drink

WEEK 2**Day 7****Breakfast****AMERICAN OMELET**

Sauté in a small nonstick pan with nonstick spray- 2 sliced turkey breakfast sausage links, 1 green onion, sliced, and ¼ cup chopped tomatoes. Beat one egg and one egg white. Pour eggs on top with a little salt and pepper and 2 Tbsp. shredded low fat cheddar cheese. Once egg sets, flip over and cook until cooked through. Roll Omelet on plate and enjoy with a piece of wheat toast and 1 Tbsp. margarine (Promise).

WEEK 3**Day 1****Breakfast****CHERRY VANILLA OATMEAL-**

¾ cup water
½ cup old fashioned oats
2 tbsp dried cherries
dash salt
¼ tsp vanilla extract
1 tbsp cherry preserves/jam
2 tbsp skim milk

Place water, oats, salt cherries in saucepan. Bring to a boil, and reduce heat to a simmer for about 5 minutes (1 minute if using quick cooking oats). Remove from heat, and stir in vanilla and cherry jam. Place into serving bowl and top with skim milk.

WEEK 3**Day 2****Breakfast****HAM, CHEESE AND EGG CUPS-**

3 slices deli ham
1 slice wheat bread
½ cup egg whites
¼ cup cheddar cheese
dash black pepper
1 tbsp chopped chives
1 small apple

Preheat oven to 400 degrees F. Lightly coat 3 muffin cups of pan with cooking spray. Gently fit one ham slice into each cup (edges will stick up).

Tear each slice of bread into 3 pieces. Add a piece of bread to the center of each ham cup. Beat egg whites and pour a little on the top of each bread slice. Sprinkle with cheese and pepper.

Bake for 15 minutes. Remove from muffin tin, sprinkle with chives and serve. 3 cups is one serving. Serve with 1 small apple.

WEEK 3**Day 3****Breakfast****ZUCCHINI AND CHEDDAR FRITTATA-**

Cooking spray

2 large eggs

2 large egg whites

¼ cup chopped zucchini

2 tbsp reduced fat cheddar cheese

1 cup diced pineapple

Preheat the broiler and set the rack about 4 to 5 inches from the heat source. Heat cooking spray in small ovenproof nonstick skillet over medium-high heat. Saute zucchini, seasoning with salt and pepper.

Whisk eggs, egg whites, in a medium bowl. Pour over zucchini in skillet and mix gently. Reduce heat to medium-low, cover skillet, and cook until eggs are set around edges, about 2 to 3 minutes.

Sprinkle with cheese and then place skillet under broiler and cook until cheese is melted and just browned, about 2 minutes. Slide Frittata onto plate.

Serve with 1 cup diced pineapple.

WEEK 3**Day 4****Breakfast****SOUTHWESTERN BREAKFAST WRAP-**

1 whole wheat tortilla

1 large egg

2 tbsp reduced fat cheddar cheese

½ cup corn and black bean salad (from night before)

Fill a medium whole wheat tortilla with 1 scrambled egg, 2 Tbsp. Reduced fat cheddar cheese, and ½ cup roasted corn and black bean salad.

WEEK 3**Day 5****Breakfast****NUTTY GRANOLA WITH CHERRIES-**

Cooking spray
3 cups Old Fashioned oats
½ cup walnuts, unsalted
½ cup pecans, unsalted
½ cup almonds, unsalted
½ cup maple syrup
2 oz dried cherries
¼ tsp salt
¼ tsp ground cinnamon

Preheat oven to 300 degrees F. Spray large baking sheet with cooking spray.
In a bowl, combine, oats, nuts, maple syrup, salt, cinnamon and dried cherries.

Spread mixture onto baking sheet and bake until golden brown about 30 minutes, stirring occasionally. Let cool, and store in airtight container. Recipe serves 9.

WEEK 3**Day 6****Breakfast****FRUITY BREAKFAST SALAD-**

½ cup pineapple chunks
½ cup diced apple w/skin
½ cup diced peaches
4 oz nonfat vanilla yogurt
1 oz sliced almonds, unsalted
1 tbsp toasted sesame seeds

Mix together chopped fruit, yogurt and almonds. Top with sesame seeds.

WEEK 3

Day 7

Breakfast

NUTTY GRANOLA AND CHERRY PARFAIT-

½ cup nutty granola with cherries

8 oz nonfat vanilla yogurt

2 tsp cherry jam

Add 4 oz yogurt to bottom of parfait glass, top with 1/2 cherry jam and 1/2 of granola.
Repeat layers.

WEEK 4**Day 1****Breakfast****BANANA CRUNCH OATMEAL-**

½ cup oats

½ cup water

1 tbsp chopped walnuts

½ medium banana

¼ tsp ground cinnamon

¼ tsp vanilla extract

Prepare dry oats with water as directed. Add Cinnamon and Vanilla.
Top with walnuts and sliced banana. Serve with 8 oz nonfat milk.

WEEK 4**Day 2****Breakfast****BREAKFAST SANDWICH-**

1 whole wheat English muffin, sandwich sized

1 large egg

2 slices turkey bacon

2 tbsp shredded cheddar cheese

1 cup fresh strawberries, sliced

Toast English muffin. Fry egg in sauté pan until desired doneness.
Cook Turkey bacon. Add egg to bottom half of English muffin.
Top with shredded cheddar cheese and turkey bacon slices. Top with other half of
English muffin. Serve with sliced strawberries.

WEEK 4**Day 3****Breakfast****BANANA NUT MUFFIN-**

1 package banana nut muffin mix

1 small banana

¼ cup walnuts, chopped

¼ cup light cream cheese
Prepare Muffin Mix as Directed on Package. Add mashed
banana and chopped walnuts. Pour into 6 greased muffin cups. Bake as directed. Serve
with 1 tbsp light cream cheese and 4 oz apple juice. Recipe makes 6 servings.

WEEK 4**Day 4****Breakfast****BREAKFAST QUESADILLA-**

- 1 whole wheat tortilla
- 2 eggs, scrambled
- 2 oz ground turkey sausage
- ¼ cup shredded cheddar cheese
- 2 tbsp salsa
- cooking spray
- 2 tbsp sour cream

Spray medium sized saute pan with cooking spray. Place tortilla in skillet. Add Scrambled eggs, cheese, cooked turkey sausage and salsa to 1/2 of the tortilla. Fold over. Cut into 3 triangles and serve with lowfat sour cream for dipping.

WEEK 4**Day 5****Breakfast****FRUITY BAGEL-**

- 1 whole wheat bagel, toasted
- 2 tbsp light cream cheese
- 2 tsp strawberry jam
- ½ cup slice strawberries
- 8 oz skim milk

Cut bagel in half and toast. Spread jam evenly on both slices. Top with cream cheese and sliced strawberries. Serve with 8 oz glass of skim milk.

WEEK 4**Day 6****Breakfast****BREAKFAST TRIFLE-**

- 1 packet instant corn grits
- 2 large eggs, boiled
- 2 oz ground turkey sausage

2 tbsp shredded cheddar cheese
1 tomato, diced
1 tbsp reduced fat sour cream

Prepare Grits as directed on package.

Place ground turkey sausage on a preheated skillet over medium heat. Cook 5 to 6 minutes or until done.

Assemble Mini Breakfast Trifles. Spoon grits into trifle bowls. Sprinkle in cheese. Add chopped hard boiled eggs. Spoon sausage on top and add the tomatoes on top of the sausage. Garnish with a dollop of sour cream and chopped chives if desired.

WEEK 4

Day 7

Breakfast

VEGGIE SCRAMBLE BAGEL-

2 large egg whites
1 large egg
1 tsp olive oil
¼ cup red bell pepper, chopped
¼ cup red onion, chopped
2 tbsp skim milk
1 whole wheat bagel

Preparation Instructions:

Beat together whole egg, egg whites, and milk. Mix in chopped vegetables. Heat oil in a non-stick skillet over med-high heat. Add egg mixture and cook until eggs are done, stirring constantly as they cook. Slice bagel in half and toast lightly. Place scramble between two slices of bagel. Serve with medium apple.

WEEK 5**Day 1****Breakfast**

NUTTY BAGEL-
1 bagel (Multigrain)
2 tbsp peanut butter
1 oz trailmix

Toast bagel. Top each half with 1 tbsp peanut butter, and trail mix.

WEEK 5**Day 2****Breakfast**

PEACHY WAFFLE SHORTCAKE-
2 waffles, multigrain
1 cup sliced peaches, fresh
4 oz nonfat vanilla yogurt
½ cup honey bunches of oats cereal
1 tsp honey

Toast Waffles. Slice Peaches. Layer each waffle with 2 oz yogurt, 1/2 cup peaches, 1/4 cup honey bunches of oats, and top with a drizzle of honey.

WEEK 5**Day 3****Breakfast**

EGG AND TOMATO BAGEL MELT-
1 bagel, multigrain
2 slices tomato
2 slices provolone cheese
2 large eggs
cooking spray

Fry each egg white in nonstick skillet coated with cooking spray. Sprinkle with a dash of salt and pepper. Toast bagel. Top each bagel half with 1 egg white, 1 slice of tomato, and 1 slice of cheese. Place in oven for a couple minutes to melt the cheese.

WEEK 5**Day 4****Breakfast****CRUNCHY FRENCH TOAST-**

- 2 slices French bread
- 2 large eggs
- 1 tsp ground cinnamon
- 1 cup honey bunches of oats cereal
- 2 tbsp light pancake syrup

Heat a nonstick skillet coated with cooking spray. Beat egg whites with cinnamon. In a separate bowl, crumble honey bunches of oats cereal. Coat sliced bread in egg/cinnamon mixture, and then dip into cereal. Place into heated skillet. Cook until lightly browned on each side. Serve drizzled with syrup.

WEEK 5**Day 5****Breakfast****HAM AND ASPARAGUS FRITTATA-**

- ¼ cup shredded cheddar cheese
- 2 large egg whites
- 2 large eggs
- cooking spray
- ¼ cup asparagus, chopped
- 2 oz deli ham, diced

Preheat the broiler and set the rack about 4 to 5 inches from the heat source.

Heat pam in small ovenproof nonstick skillet over medium-high heat.

Saute diced asparagus and season with salt and pepper. Add diced ham.

Whisk eggs, and egg whites, in a medium bowl. Pour over asparagus and ham in skillet and mix gently. Reduce heat to medium-low, cover skillet, and cook until eggs are set around edges, about 2 to 3 minutes.

Sprinkle with cheese and then place skillet under broiler and cook until cheese is melted and just browned, about 2 minutes. Slide Frittata onto plate.

WEEK 5**Day 6****Breakfast****HAM AND CHEDDAR CORNBREAD WITH SCRAMBLED EGGS-**

1 serving Ham and Cheddar Cornbread (from previous meal)

2 large eggs

1 tbsp nonfat milk

dash salt and pepper

cooking spray

Use remaining ham and cheddar cornbread from previous meal. Mix eggs, milk, salt and pepper in a bowl. Add to nonstick skillet coated with cooking spray. Scramble until cooked through.

WEEK 5**Day 7****Breakfast****PEACH CRISP PARFAIT-**

8 oz nonfat vanilla yogurt

1 cup sliced fresh peaches

$\frac{3}{4}$ cup honey bunches of oats cereal

1 tsp honey

In a parfait cup or glass, add yogurt.
Top with sliced peaches, cereal and drizzle with honey.

WEEK 6**Day 1****Breakfast****BLUEBERRY PANCAKES WITH WARM BLUEBERRY SAUCE**

4 blueberry pancakes, frozen or mix
4 oz frozen blueberries
½ tbsp orange juice
1 tsp lemon juice

Combine berries, orange juice, and lemon juice in a bowl. Microwave, uncovered, on until just heated through, 2 to 3 minutes, stirring once. As an alternative, you may use 2 cups fresh blueberries and microwave for 1 or 2 minutes. Makes 2 servings

You can make this ahead of time and freeze in ice cube trays. After they are frozen, put in a plastic bag and just microwave individual cubes to thaw when you need them.

WEEK 6**Day 2****Breakfast****POACHED EGG WITH CREAMY POLENTA**

½ cup yellow cornmeal
2 cups water
2 tbsp cheddar cheese
1 large egg, poached
3 slices turkey bacon

Boil water. Add cornmeal slowly stirring constantly. Reduce heat and cook until mixture pulls away from sides of the pot. Remove from heat and stir in cheese.

Cook Turkey bacon and poach egg.

Place a bed of polenta on plate. Top with turkey bacon and then the poached egg. Sprinkle with salt and pepper.

WEEK 6**Day 3****Breakfast****BREAKFAST GRIDDLE SANDWICH**

2 pancakes frozen or mix
2 slices turkey bacon
½ cup egg substitute or 1 large egg
8 oz orange juice

Cook Pancakes according to package directions. Cook Turkey bacon. Add eggs to saute pan and cook into solid circle, the size of the pancake.

Assemble sandwich by placing egg and turkey bacon on one pancake and placing last pancake on top.

Serve with a glass of orange juice.

WEEK 6**Day 4****Breakfast****BREAKFAST RICE PUDDING**

5 oz rice pudding
½ cup peaches in light syrup
¼ cup blueberries
1 tbsp chopped walnuts

Use your own rice pudding recipe, or buy your favorite store brand. Top pudding with peaches and blueberries. Sprinkle with chopped walnuts.

WEEK 6**Day 5****Breakfast****CHILI SCRAMBLE AND TOAST**

¼ cup Turkey Chili (Reserved)
2 large eggs
2 large egg whites
1 tbsp milk
2 tbsp shredded cheddar cheese

2 slices toasted wheat bread
2 tbsp margarine spread, such as Promise

Spray cooking pan with nonstick cooking spray on medium heat. In bowl, whisk egg whites, eggs, milk, salt and pepper. Add to pan and scramble.

Heat chili in microwave until heated through. Remove scrambled eggs and add to dish. Top with chili and cheese.

Serve with toast and margarine spread.

WEEK 6

Day 6

Breakfast

BLUEBERRY BLINTZES

4 blueberry blintz (found in freezer section)
3 tbsp Warm Blueberry Sauce (see recipe from blueberry pancakes meal)

Heat blintzes in microwave according to package directions. Top with warm blueberry sauce.

WEEK 6

Day 7

Breakfast

STRAWBERRY YOGURT BREAKFAST SPLIT

1 medium banana
1 cup strawberries
6 oz lowfat vanilla yogurt
2 tbsp chopped walnuts

Peel and split 1 banana. Place banana halves in serving bowl. Top with yogurt, strawberries and walnuts.

WEEK 7**Day 1****Breakfast****TOAST AND A PEAR SMOOTHIE**

2 slices Cinnamon Raisin Bread, Toasted
1 Tbsp Butter
3/4 cups Pear Nectar
16 oz Pear Juice
4 oz Vanilla Yogurt

Toast bread and spread with butter or margarine spread. Drain pears.
Combine all ingredients in blender, cover and process until smooth. Makes 2 ½ cups.

WEEK 7**Day 2****Breakfast****EGG AND CHEESE BISCUITS**

2 Reduced Fat Biscuits
2 Large Eggs, fried
1 oz Cheddar Cheese

Prepare Biscuits according to package directions. Place one fried egg between each biscuit, and top with cheese.
Serve with 4 oz milk.

WEEK 7**Day 3****Breakfast****RASPBERRY YOGURT CRUNCH**

1 cup Smart Start Cereal
8 oz Nonfat Yogurt
1 cup Raspberries

Add yogurt to a bowl, top with raspberries. Sprinkle cereal over top.

WEEK 7**Day 4****Breakfast****TOMATO HASHBROWN PIE**

1 package Shredded Hash Browns, thawed
1 Tbsp Butter, melted
2 large Eggs
1 large Egg White
Dash Salt
Dash Pepper
3 slices Tomato
¼ cup Cheddar Cheese, shredded
2 Tbsp Parmesan Cheese, grated

Spray baking dish with cooking spray. Add thawed hashbrowns.

Add melted butter to top. Bake at 350 F for 10 minutes until potatoes begin to brown. Mix eggs, egg white and salt and pepper. Remove dish from oven and pour eggs over the top. Layer with sliced tomatoes and cheeses. Bake an additional 20 minutes or until egg is firm. Serves 2.

WEEK 7**Day 5****Breakfast****FALL VEGETABLE FRITTATA**

¼ cup Cheddar Cheese, shredded
2 large Eggs
2 large Egg Whites
1 cup Spinach
¼ cup Leek, sliced
¼ cup Carrot, grated
1 slice Bread, toasted
1 tsp butter

Preheat the broiler and set the rack about 4 to 5 inches from the heat source.

Heat cooking spray in small ovenproof nonstick skillet over medium-high heat.

Saute carrots, spinach and leek, seasoning with salt and pepper if desired.

Whisk eggs, egg whites, in a medium bowl. Pour over vegetables in skillet and mix gently. Reduce heat to medium-low, cover skillet, and cook until eggs are set around edges, about 2 to 3 minutes. Sprinkle with cheese and then place skillet under broiler and cook until cheese is melted and just browned, about 2 minutes. Slide Frittata onto plate.

Serve with buttered toast.

WEEK 7**Day 6****Breakfast****CINNAMON RAISIN FRENCH TOAST**

2 slices Cinnamon Raisin Bread
1 large Egg White
½ tsp Vanilla Extract
½ tsp Cinnamon
2 Tbsp Maple Syrup

Heat nonstick skillet coated with cooking spray. Whisk together egg white, vanilla and cinnamon. Soak each slice of bread in egg mixture. Add to skillet. Turn to cook evenly on both sides. Serve with warm maple syrup.

WEEK 7**Day 7****Breakfast****ORANGE CRANBERRY OATMEAL**

¾ cups Water
½ cup Oats
1/8 tsp Salt
¼ cup Milk
2 Tbsp Orange Marmalade
¼ cup Fresh Cranberries

Place water, oats, salt and cranberries in saucepan. Bring to a boil, and reduce heat to a simmer for about 5 minutes (1 minute if using quick cooking oats). Remove from heat, and stir in marmalade. Place into serving bowl and top with milk.