

# MEAL PLAN FOR WEIGHT LOSS

## WEEK 1



**NO RICE DIET**

**Diet Prescription 1500 kcal**

Carbohydrates	225 g
Protein	55 g
Fat	45 g

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Boiled sweet potato (Medium-sized; 1 pc) Whole milk (1 cup) <input type="checkbox"/>	Boiled saging na saba (Small-sized; 2 pcs) Whole milk (1 cup) <input type="checkbox"/>	Boiled sweet potato (Medium-sized; 1 pc) Whole milk (1 cup) <input type="checkbox"/>	Boiled saging na saba (Small-sized; 2 pcs) Whole milk (1 cup) <input type="checkbox"/>	Boiled sweet potato (Medium-sized; 1 pc) Whole milk (1 cup) <input type="checkbox"/>	Boiled saging na saba (Small-sized; 2 pcs) Whole milk (1 cup) <input type="checkbox"/>	Boiled sweet potato (Medium-sized; 1 pc) Whole milk (1 cup) <input type="checkbox"/>
LUNCH	Garlic butter baked chicken breast (1/2 cup) Adlai (1/2 cup) Papaya (1 slice) <input type="checkbox"/>	Ginataang tilapia w/ pechay (1/2 cup) Adlai (1/2 cup) Papaya (1 slice) <input type="checkbox"/>	Chicken liver & gizzard adobo (1/2 cup) Adlai (1/2 cup) Papaya (1 slice) <input type="checkbox"/>	Ginataang hipon, kalabasa & sitaw (1/2 cup) Adlai (1/2 cup) Papaya (1 slice) <input type="checkbox"/>	Chopsuey w/ chicken heart (1/2 cup) Adlai (1/2 cup) Papaya (1 slice) <input type="checkbox"/>	Lumpiang sariwa (1 pc) Lumpiang hubad (1/2 cup) Adlai (1/2 cup) Papaya (1 slice) <input type="checkbox"/>	Sinigang na bangus (1/2 cup) Adlai (1/2 cup) Papaya (1 slice) <input type="checkbox"/>
AFTERNOON SNACK	Toasted whole bread (1 pc) w/ avocado spread (2 Tbsp) <input type="checkbox"/>	Mashed potato (1 cup) w/ bacon bits (1 Tbsp) <input type="checkbox"/>	Toasted whole bread (1 pc) w/ avocado spread (2 Tbsp) <input type="checkbox"/>	Mashed potato (1 cup) w/ bacon bits (1 Tbsp) <input type="checkbox"/>	Toasted whole bread (1 pc) w/ avocado spread (2 Tbsp) <input type="checkbox"/>	Mashed potato (1 cup) w/ bacon bits (1 Tbsp) <input type="checkbox"/>	Toasted whole bread (1 pc) w/ avocado spread (2 Tbsp) <input type="checkbox"/>
DINNER	Sipo quail eggs w/ shrimp (1/2 cup) Adlai (1/2 cup) Warm lemon water w/ chia seeds (1 glass; 1 Tbsp) <input type="checkbox"/>	Pork binagoongan w/ talong (1/2 cup) Adlai (1/2 cup) Warm lemon water w/ chia seeds (1 glass; 1 Tbsp) <input type="checkbox"/>	Scrambled egg w/ sardines (1 pc; 1/2 cup) Adlai (1/2 cup) Warm lemon water w/ chia seeds (1 glass; 1 Tbsp) <input type="checkbox"/>	Monggo w/ tokwa & chicharon (1/2 cup) Adlai (1/2 cup) Warm lemon water w/ chia seeds (1 glass; 1 Tbsp) <input type="checkbox"/>	Ginisang repolyo & carrots w/ chicken breast (1/2 cup) Adlai (1/2 cup) Warm lemon water w/ chia seeds (1 glass; 1 Tbsp) <input type="checkbox"/>	Ginisang baboy w/ sayote (1/2 cup) Adlai (1/2 cup) Warm lemon water w/ chia seeds (1 glass; 1 Tbsp) <input type="checkbox"/>	Nilagang manok w/ pechay & potatoes (1/2 cup) Adlai (1/2 cup) Warm lemon water w/ chia seeds (1 glass; 1 Tbsp) <input type="checkbox"/>



To learn more about the diet meal plan, visit <https://filipiknow.net/no-rice-diet/> or scan here

